



L A N N A

L u x e   C h i c   U n i q u e

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YOUR LANNA GUIDE

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## PLEASE CLICK

*below to find what you are looking for*

<b>Welcome</b>	<b>3</b>
<b>In-Room Dining</b>	<b>4</b>
<b>Panu Natural Spa</b>	<b>21</b>
<b>Panu Natural Products</b>	<b>33</b>
<b>Fitness/Wellness</b>	<b>34</b>
<b>Lanna Activities</b>	<b>35</b>
<b>For The Kids</b>	<b>36</b>
<b>Chi Beach Club</b>	<b>38</b>
<b>Lanna Services</b>	<b>40</b>
<b>Car &amp; Motorbike Hire</b>	<b>41</b>
<b>General Info</b>	<b>42</b>
<b>Beaches</b>	<b>44</b>
<b>Lanna &amp; Island Activities</b>	<b>45</b>
<b>Medical Info</b>	<b>48</b>







### **Thank you for choosing Lanna**

With so many activities and services available on Koh Samui, we've put together a guide to help you find everything with ease. Simply let us know anything you wish to book and enjoy and we will take care of the rest for you.

We hope you have an incredible holiday and make memories to last a life time!

**SIMPLY CONTACT US FOR ANY BOOKING, ORDER OR ENQUIRY**



**+66 (0) 982 838 648**



**lannasamui**

# THE LANNA CAFÉ

## DRINKS

<b>Fresh Coconut</b>	100	<b>Nine's Lime</b>	<b>Glass 120 Jug 250</b>	<b>Milky Lemonade</b>	<b>Glass 140 Jug 290</b>
		Tonic water, still water & fresh wedges of lime with a dash of fresh mint		1 part fresh milk & Sprite, water and lots of ice	
<b>Water</b>					
Minere still water 600ml	60				
Perrier sparkling water 330ml	120	<b>Fresh Lemonade</b>	<b>Glass 120 Jug 250</b>	<b>Smoothies</b>	120 I *160
		Tonic water, still water & fresh wedges of lemon and juice served with a dash of mint		Strawberry I Banana I Chocolate I Vanilla made with yoghurt, milk & fresh fruit	
<b>Soft Drink</b>	60			<b>Lanna's Signature Milkshakes</b>	130 I *160
Coke, Coke Light, Fanta, Ginger Ale & Soda water		<b>Creamy Sweet</b>	<b>Glass 140 Jug 320</b>	Chocolate I Banana I Strawberry I Mango	
		<b>Lemonade / Lime</b>		<b>Lanna's Lassi's</b>	120 I *160
<b>Fever Tree Tonics</b>	120	Fresh lemon juice, water & condensed milk with lots of ice		Traditional mango or banana lassi made with plain greek yoghurt, a blend of Lanna's spices & topped with juniper	
Mediterranean or indian					
<b>Fentimans</b>	120				
Pink grapefruit					

\*Coconut or almond milk

## MOCKTAILS

<b>Like A Virgin</b>	190	<b>Vanilla Kiss</b>	190	<b>Coconut Mojito</b>	190
Mojito - fresh mint leaves, lime wedges, dash of brown sugar, lemon juice & soda water		Fresh mango, lime wedges, coconut milk & sugar free vanilla syrup		Light coconut milk, lime, sparkling water, fresh mint leaves, flakey sea salt	

## COFFEES

HOT			ICED		
Espresso	90	Café Mocha	160	Americano	120
Doubleshot Espresso	120	Caramel Macchiato	160	Caramel Macchiato	160
Cortado	120	Affogato	230	Espresso	120
Cappuccino	160	Irish Coffee	290	Green Tea Latte	160
Café Latte	160	Blanco y Negro	230	Milky Latte	160
Americano	90	Espresso Martini	220	Latte	160
				Mocha	160

# THE LANNA CAFÉ

## FRAPPÉ

Caramel	150	Chocolate	150	Choco Mint	150
Vanilla	150	Double Chocoholics	150	Vanilla Matc	150

## CHOCOLATE CORNER

	HOT	ICED
<b>Holy Choc &amp; Mint</b> Semi-dark spanish chocolate with natural mint extract	150	180
<b>Holy Hazelnut</b> Semi dark spanish chocolate & roasted hazelnuts	150	180
<b>Holy Healthy Choc</b> Semi dark spanish chocolate, no sugar	150	180

## TEAVOLUTION

English Breakfast	80	Peppermint	80	<b>Masala Chai</b>	150
Earl Grey	80	Vanilla	80	A warm blend of cinnamon, cardamom and turmeric served with hot frothy milk	
Ginger & Honey	80	Moroccan Mint	80		
Ginger	90			<b>Vanilla Chai Latte</b>	120
Lemon	90			A rich, smooth and creamy mixture of black tea and exotic spices with hot frothy milk	
Black Tea	90			sugar-free torani vanilla	
Iced Lemongrass	120				

## WELLNESS SHOTS

Ginger	70
Lemongrass	70
Turmeric	70
Vitamin C	70

# THE LANNA CAFÉ

## INCLUSIVE BREAKFAST 399

Please choose one item from each section

**TEAS**

- English Breakfast
- Jasmine
- Green tea
- Camomile
- Earl Grey
- Vanilla
- Ginger & Honey
- Moroccan Mint
- Pure Peppermint

**COFFEES**

- Americano
- Iced/Hot Latte
- Iced/Hot Cappuccino
- Espresso
- Fresh Brew
- Espresso Macchiato
- Macchiato

**FRESH JUICES**

- Pineapple
- Mango
- Orange
- Apple

### The Avocado

Smashed avocado on sourdough toast (v) or with 2 poached eggs

### The Eggs & Bacon

Three eggs any style with grilled bacon & sourdough toast

### The Smoked

Smoked salmon & scrambled eggs on sourdough toast

### Scrambled Tofu (v)

Served with peppers and sourdough toast

### The Breakfast Bagel

Fried egg & bacon with lettuce, tomatoes and brown sauce or ketchup

### The Egg Baguette

Two fried eggs, crispy bacon with ketchup or brown sauce or both

### The Nourish Bowl (v)

Berry rice, avocado, carrots, white & red cabbage, red pepper nori with cashew, almond slices, pumpkin and sesame seeds

### Banana Pancake (v)

with organic yoghurt and raw honey

### Organic Yoghurt

with fresh fruit & raw honey

### Fresh Fruit (v)

Selection of seasonal fruit

### Pastry Basket

Croissants & danish pastry

### Cinnamon Raisin Bagel

Fresh locally made bagel served with lashings of butter and honey



# THE LANNA CAFÉ

## À LA CARTÉ BREAKFAST MENU

### French Toast (v)

160

Toffee apple chunks & cinnamon honey  
or banana & peanut /cashew butter

### The Nourish (v)

180

Bowl of wild rice, avocado, mixed seeds,  
nuts, carrots, bell peppers and nori seaweed

### Granola Super Bowl (v)

160

Chia seeds, flax seeds, roasted oats, nuts,  
seeds, raisins and raw organic honey

### Lanna's Signature Porridge (v)

160

Made with coconut milk or cows milk, raisins,  
seeds served with sautéed cinnamon apples

### The Smoked

180

Smoked salmon and scrambled eggs  
served on sourdough toast

### Cinnamon Raisin Bagel

100

Fresh local bagel with lashings of butter

### Pastry Basket

100

Mini selection of croissants

### The Avocado

160

Smashed avocado with 2 poached eggs  
served on sourdough toast

### Eggs & Bacon

160

Three eggs any style, grilled bacon and  
served on sourdough toast

### The Breakfast Bagel

180

Egg & bacon with a splash of brown sauce or  
ketchup and lettuce, cucumber & tomatoes

### American Pancake

120

3 pancakes served with banana, nutella or  
honey and whipping cream

### Full English Breakfast

399

Bacon, 2 sausages, 2 fried eggs, baked beans,  
grilled tomatoes, mushrooms, hash browns  
with 2 pieces toast with your choice of tea or  
coffee and an orange, pineapple or apple juice

### Seasonal Fruit Plate (v)

120

Watermelon, dragonfruit, papaya,  
bananas & berries

### EXTRAS

Egg 30 | Bacon 40 | Salmon 80 | Avocado 80 | Toast 30

# THE LANNA CAFÉ

## BREAKFAST BOWLS 190

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### **Choc & Peanut Butter Delight\***

Banana | Caramelized Banana | Unsweetened  
Almond Milk | Peanut Butter | Cacao | Dates |  
Lanna's Granola | Organic Honey

### **Majestic Dragonfruit\***

Banana | Pink Dragonfruit | Dates | Mango |  
Raspberries | Lime Juice | Lanna's Granola | Crushed  
Pistachios | Coconut Flakes & Goji Berries

### **Oceans Eleven\***

Banana | Blueberries | Mango | Blue Spirulina |  
Coconut Milk | Dates | Lanna's Granola | Coconut  
Flakes | Goji Berries | Pumpkin & Chia Seeds

### **Taste of the Tropics\***

Caramelized Banana | Mango | Papaya | Dragonfruit |  
Cinnamon Apple | Coconut Milk | Lanna's Granola |  
Coconut Flakes | Organic Honey | Pistachio & Flaxseeds

**100% Natural with no added sugar & your choice of coconut or greek yoghurt**

\*Contain nuts

## LUNCHTIME BOWLS 390

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Our roast vegetables are marinated overnight in our mix of Mediterranean and eastern herbs and spices for a wholesome delicious meal!

### **All bowls include**

Broccoli | Cauliflower | Peppers | Zucchini | Garlic | Carrots | Pumpkin | Beetroot roasted in Lemon Olive Oil

### **Select ONE Protein**

Chicken | Tuna | Tofu | Falafel | Eggs of your choice | Avocado | Feta Cheese

### **Select ONE Signature Sauce**

Italian pesto & penne pasta | Harissa & mediterranean couscous  
Hummus & crispy manaeesh | Feta cheese & warm flatbread

### **Select ONE Topping**

Cashews | Almonds | Pumpkin | Sesame Seeds | Flaxseed

### **EXTRAS**

**Fruit 40 | Nuts 40 | Chicken Breast 150g 150 | Tenderloin 130g 290**



# THE LANNA CAFÉ

## STARTERS

<b>Pumpkin Soup (v)</b>	150	<b>Mediterranean Eggplant (v)</b>	290
A blend of onions, garlic, peppercorns, vegetable stock, fresh parsley & roasted pumpkin served with Lanna's oat roti		Za'atar sautéed aubergine, tomatoes, onions, garlic, cumin & sesame seeds finished with a lemon zest and served with corn bread roti & Lanna's special harrisa dressing	
<b>Chicken Satay</b>	180	<b>Sweet Potato Gnocchi (v)</b>	290
Succulent chunks of chicken breast served with Lanna's peanut sauce		Our gnocchi is made with sweet potato and served with broccoli, cherry tomatoes, pumpkin seeds, Lanna's pesto sauce and topped with almond parmesan	
<b>Jumbo Chicken Wings</b>	5pcs 280   10pc 420	<b>Lanna's Air-Fried Corn Chips (v)</b>	190
Our jumbo juicy tender chicken wings are marinated overnight & one of our guest favourites!		Served with tangy mango salsa & guacamole dip	
Your choice of....		<b>Madly Mex (v)</b>	299
Tandoori Wings with Raita		Your choice of quesadilla, taco or tortilla with caramelized onions & garlic, cheese & cajun chicken or a medley of sautéed vegetables in lebanese spices served with french fries or guacamole	
Cajun Wings with Harissa		<b>Chicken Tikka</b>	299
Jerk Wings with Garlic Mayo		Organic chicken marinated in our tikka masala and served with cheesy naan bread & raita	
<b>Fresh Spring Rolls (v)</b>	190		
Filled with beetroot, carrots, avocado, coriander & romaine cos served with Lanna's almond dip			
<b>Hummus Dip (v)</b>	190		
Sunflower, pumpkin & sesame crispbread served with a choice of Lanna's delightful dips			
Almond   Beetroot   Hummus			

# THE LANNA CAFÉ

## SUPER SIZED SALAD BOWLS 320

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All served with Lanna's air-dried corn chips, taro chips or seeded crackers

### **Greek Salad (v)**

A colourful mediterranean salad made with green & red bell peppers, chunks of tomatoes, cucumber, onion, feta cheese, and olives and dressed with oregano and olive oil.

### **Tangy Mango Salad (v)**

Mixed salad, carrots, tomatoes, shallots, cashew nuts, pumpkin seeds, lettuce & mango served with a fresh mango olive oil dressing and tangy mango dressing

### **Scrumptious Watermelon Salad (v)**

Our favorite! garlic sautéed prawns, watermelon, feta cheese, fresh mint & basil leaves, cucumber, olives, lettuce and a touch of tabasco sauce and olive balsamic oil

### **Caesar Salad**

Lettuce, croutons, back bacon, lemon juice, olive oil, egg, worcestershire sauce, anchovies, garlic, dijon mustard & black pepper

### **Beetroot Quinoa Salad (v)**

Quinoa, beetroot, mixed vegetables, cucumber, tomatoes with almond & cashew nuts and a sprinkling of coriander & parsley served with coriander sauce.

### **Lebanese Fattoush Salad (v)**

A mix of cucumber, carrots, romaine lettuce, red onion, tomato, radish & bell pepper served with Lanna's sumac & Za'atar dressing

### **Lanna's Signature Papaya Salad (v)**

Local papaya, feta cheese, celery, cucumber, avocado, served with fresh mint & lime juice

### **Nicoise Tuna Salad**

Mixed salad, tomatoes, onions, capsicum, carrots and boiled egg topped with balsamic and olive oil

### **Falafel Super Bowl (v)**

Falafels served with b atonnet carrots and cucumbers, mixed salad and a medley of Lanna's beetroot & traditional hummus & tzatziki with sides of flaxseed & pumpkin seed crackers

### **EXTRAS**

**Falafel** 50 | **Vegetable Falafel** 50 | **Chicken** 80 | **Seared Tuna** 80 | **Tofu** 150 | **Garlic Prawns** 190

# THE LANNA CAFÉ

## BURGERS

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All served with french or taro fries & Lanna's signature coleslaw

### Wagyu Cheeseburger

Our beef patty is served in our sesame seed bun with cheddar cheese, lettuce, tomatoes and caramelized onions

**Slider 290 Full Size 320**

### Wagyu, Bacon & Egg

Wagyu beef patty served with all trimmings topped with cheddar cheese & fried egg

**Full Size 390**

### Chargrilled Cajun Chicken

Chicken fillet served in our sesame seed bun with our blend of cajun spices, tomatoes, lettuce and caramelized onions

**Slider 290 Full Size 320**

### Veggie Burger (v)

A garam masala blend of broccoli, cauliflower, carrots, onions, quinoa, mushrooms, gherkins, lettuce, tomatoes and caramelized onions

**Slider 290 Full Size 320**

### The Naked Burger

Our bun-less burger is perfect for a NO CARBS diet! A whopping 150g Wagyu patty wrapped in lettuce with caramelized onions, slices of tomatoes and served with our signature cauliflower roti

**Slider 290 Full Size 320**

### EXTRAS

**Egg 30 | Bacon 40 | Cheddar Cheese 50 | Burger Patty 150**

# THE LANNA CAFÉ

## WRAPS

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Our wraps come with a choice of oat roti, tortilla or cauliflower roti with your choice of taro or french fries

### Falafel (v)

Sesame seed coated falafels with iceberg lettuce, onions, tomatoes, radish, mint leaves, gherkins and served with our delicious walnut hummus costed roti

290

### Butter Chicken

Marinated in Lanna's blend of kashmiri spices and slow cooked in our authentic butter masala served in our raita coated roti

290

## BAGELS 250

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Authentic bagels made in Koh Samui & all served with Lanna's coleslaw & french or taro fries

### Choose your bagel

Classic | Sesame Seed | Everything Bagel - onions, garlic, black & white sesame seeds

### Cajun Chicken

Our chicken is marinated in cajun spice served with lettuce, tomatoes, cucumber and Lanna's mayonnaise

### Chicken Tikka

Succulent pieces of organic chicken cooked in our secret pakistani recipe of delectable spices and topped with juicy caramelized onions

### Salmon & Cream Cheese

Served with lettuce, tomatoes & spring onions

### Tuna & Mayonnaise

Capsicum, lettuce, tomatoes & cucumber with melted cheddar cheese

### EXTRAS

Egg 30 | Bacon 40 | Cheddar Cheese 50 | Salmon 80 | Avocado 80



# THE LANNA CAFÉ

## CLUB SANDWICHES / BAGUETTES

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Your choice of white, multigrain or a warm baguette and served with french or taro fries and Lanna's coleslaw

### Club Classic

299

Chicken, bacon, lettuce and tomatoes with gherkins and caramelized onions topped with cajun mayonnaise

### Club Med (v)

299

Avocado, roasted capsicum, roasted garlic with mushrooms, caramelized onions, tomatoes, lettuce and pesto

## PIZZA

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### Margarita (v)

250

Homemade pomodoro, mozzarella, tomato and a choice of Lanna's garlic or chili infused olive oil

### Pepperoni

320

Homemade pomodoro, tomatoes, pepperoni and a choice of lanna's garlic or chili infused olive oil.

### Chicken & Mushroom

320

Spicy cajun chicken, homemade pomodoro, served with a choice of Lanna's garlic or chili infused oils.

### Chicken Tikka

320

Marinated in Lanna's blend of kashmiri spices and slow cooked in our authentic butter masala with caramelized onions

### Hawaiian

320

Slithers of ham and pineapple served with a choice of Lanna's garlic or chili infused olive oils

### The Pepper Pizza (v)

320

One of our favourites! A rainbow of fresh bell peppers (capsicum), onions and garlic

# THE LANNA CAFÉ

## PASTA

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Our simple, fresh & delicious Italian menu is perfect for a light lunch or dinner.

### Choose your pasta

Spaghetti | Penne | Fettucine

### Choose your side

Homemade garlic bread | Crostini with balsamic & extra virgin olive oil

### Classic (v)

Our classic garlic, onion in lemon or chili olive oil is the perfect choice for a refreshing light meal

190

### Pesto Alla Genovese (v)

Our Lanna pesto sauce is simply divine. made with fresh italian basil leaves, pine nuts, garlic, coarse himalayan pink salt that are all blended together in sardinian olive oil and topped with shavings of parmigiano-reggiano

290

### Spaghetti Alla Carbonara

A delicious combo of crispy bacon, egg yolks, garlic, seasoning and shavings of parmigiano & pecorino

290

### Spaghetti Bolognese

A staple in households across the world. this rich tomato based sauce is slow cooked using prime beef mince, onions, garlic, carrots, beef stock and topped with lashings of parmesan cheese

320

### EXTRAS

**Prawns** 320 | **Seafood** 320 | **Seared Tuna** 320 | **Mixed Seafood** 350

# THE LANNA CAFÉ

## THAI FAVORITES

All our curries are served with plain jasmine rice

### Crispy Spring Rolls

120

The perfect starter. Our vegetable spring rolls are air-fried and served with a sweet thai chili dipping sauce

### Chicken Satay

220

Succulent breasts of chicken served with Lanna's peanut sauce

### Green Curry

A firm favourite cooked in coconut milk with an wonderfully zingy Asian spices and red chili

Chicken, Tofu or Veg 220 | Pork or Shrimp 250

### Panang Curry

Rich, salty & sweet with zesty lime made with coconut milk reduced down to make a delicious thick sauce

Chicken, Tofu or Veg 220 | Pork or Shrimp 250

### Massaman Curry

Slow cooked for that melt in your mouth sensation with potatoes, coconut milk and our traditional Thai massaman paste and peanuts galore

Chicken or Veg 220 | Prime Beef Neck Filets 250

### Tom Yum Kung

290

A delicious prawn and lemongrass clear soup with mushrooms and vegetables that leaves an explosion of hot and spicy flavors

### Pad Thai

Everyone's favourite Thai dish made with flat rice noodles, bean sprouts, vegetables, tofu & egg with a side of chili flakes & peanuts

Chicken, Tofu or Veg 220 | Pork or Shrimp 250

### Phad Puk Ruam

200

A simple but delicious staple in Thai cuisine using medley of vegetables stir-fried in our delicious oyster sauce

### Chicken & Cashew Nuts

200

Chunky tender chicken cooked with a blend of subtle thai spices, with capsicum, onions and of course cashew nuts

### Som Tam

220

The most delicious Thai salad & eaten daily by locals! A delicious mix of sweet, salty & spicy with young green papaya, green beans, carrot, tomato, garlic, chilli & roasted peanuts with a zesty lime dressing

Steamed rice	40
Riceberry non-glutinous rice	60
Egg fried rice	60
Special fried rice	120
Chicken fried rice	160
Shrimp fried rice	180

### EXTRAS

Tofu 150 | Garlic prawns 190 | Chicken 160 | Prawns 220



Price excludes 10% service charge & 7% government tax

# THE LANNA CAFÉ

## INDIAN MENU - Hand of Fatima

### STARTERS

<b>Chicken or Paneer Tikka</b>	220
Marinated overnight in our tikka masala and served with Lanna's garlic naan bread	
<b>Vegetable Fritters (v)</b>	190
A medley of vegetables lightly fried in our blend of indian spices and chickpea batter and served with either raita or sweet chili sauce	
<b>Aloo Croquettes (v)</b>	190
One of our favorites with an indian twist. creamy mash potato infused with indian spices and lightly fried in breadcrumbs	
<b>Traditional Lassi</b>	160
Traditional mango or banana lassi made with plain greek yoghurt and blended until silky smooth in our spices and topped with juniper pepper	

### MAINS

<b>Butter Chicken</b>	290
Marinated in Lanna's blend of kashmiri spices and slow cooked in our authentic butter masala	
<b>Daal Tadka (v)</b>	180
Authentic tadka daal with onions, garlic, paprika fresh chili, coriander and turmeric	
<b>Palak Paneer</b>	250
Fresh paneer served in our beautifully rich creamy spinach butter masala	
<b>Butter Egg Masala</b>	160
Hard boiled eggs and served in our buttery garam masala from kashmir	
<b>Aloo Gobi (v)</b>	160
Authentic potatoes and turmeric cauliflower curry cooked in Lanna's special blend of pakistani karahi spices	
<b>Chana Masala (v)</b>	180
A rich blend of Lanna's kashmiri spices slow cooked in our authentic onion masala	
<b>Aubergine (v)</b>	190
Cooked overnight in our blend of south indian spices and tomato masala	
<b>Bombay Aloo (v)</b>	220
A beautiful creamy blend of turmeric & sesame potato chunks cooked in our cumin & mustard seed masala and topped with plain yoghurt	
<b>The Lamb</b>	490
The highlight of Lanna's traditional curries! our 'falling of the bone' New Zealand lamb shank curry is cooked overnight and then added to our secret family recipe	



# THE LANNA CAFÉ

## THALI SETS

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### FOR ONE | 3 Dishes | 490

#### INCLUDES

Saffron Basmati Rice  
1 Roti or Naan  
2 Popadoms  
Raita  
Tomato & Onion Relish

### TWO SHARE | 6 Dishes | 790

#### INCLUDES

Saffron Basmati Rice  
1 Roti  
1 Naan  
4 Popadoms  
Raita  
Tomato & Onion Relish

### FULL SET | 9 Dishes | 1,299

#### INCLUDES

Saffron Basmati Rice  
2 Roti  
2 Garlic Naan  
6 Popadoms  
Raita  
Tomato & Onion Relish

## THALI SIDE DISHES

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Raita	60
Tomato & onion relish	60
2 Rotis	70
Saffron basmati rice	130
6 Popadoms	160

# THE LANNA CAFÉ

## DESSERTS

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<b>American Banana Pancakes</b> Served with nutella, fresh bananas, nuts and fresh cream	160
<b>Lanna's Kulfi Delight</b> Deep fried sesame seed coated bananas served with Lanna's pistachio, dates, vanilla handmade ice-cream/kulfi by rossini	290
<b>Apple Crumble</b> Our homemade crumble is made with cinnamon stewed apples topped with a nutty crumble and served with vanilla ice-cream and our hot custard sauce	220
<b>Fruit Platter</b> A beautiful serving of fresh seasonal fruits	150
<b>Fresh Fruit Tart</b> Homemade tart made seasonal fruits served with vanilla ice-cream or whipping cream	290
<b>Patisserie Flan</b> Homemade flan served with mixed berry compote	290
<b>Chocolate Tart</b> Homemade tart served with warm chocolate sauce and raspberry compote	290

## PLANT BASED DESSERTS

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<b>Mango Sticky Rice</b> A traditional thai sesseract of seasonal mangoes served with sticky white rice and coconut milk	150
<b>Double Chocolate Cheesecake</b> Made with a delicious blend of cocoa nibs & cocoa powder, organic dark chocolate, cashew nuts, dates coconut oil served with ice-cream, topped with nuts	220
<b>Double Chocolate Brownie Cake</b> Deliciously made with almond, almond milk, coconut sugar , cocoa powder, coconut oil served warm chocolate sauce and topped with nuts	220
<b>Poached Banana</b> served in warm coconut milk, thai style topped with pistachios and coconut flakes	160
<b>Homemade Lemon Cheesecake</b> Served with coconut & cashew nut ice-cream	290

# THE LANNA CAFÉ

## KID'S DRINKS

### Milkshake

Chocolate | Vanilla | Strawberry

120

### Family Sized Jugs 4/6 Servings

Sprite | Coca Cola | Fanta

120

### Soft Drinks

Sprite | Coca Cola | Fanta

60

### Fresh Juice

Orange | Pineapple | Mango

60

### Vanilla Milk

Glass of Ice & Milk

40

### CHOCOLATE

#### HOT | ICED CHOCOLATE

120

Our drinking chocolate is the best treat that'll have the little ones full of joy. all served with marshmallows and sprinkles

Choc Choccie | Double Chocolate | Choc & Mint

Made with fresh milk

No trans-fat & creamer free

## KID'S BREAKFAST 150

Please choose ONE from each section

### JUICE

Orange | Pineapple

### Beans on Toast

Baked beans served on lightly toasted multigrain bread

### Eggs On Toast

Scrambled, fried, omelette & hash brown

### Egg Soldiers

Soft boiled egg with slithers of toast

### Toast Time

2 slices with your choice of Nutella or Jam

### Cereal

Cornflakes | Coco Pops

### Porridge

Rolled oats with bananas

### Pancakes

Yummy pancakes with Nutella and bananas

### Seasonal Fruit

Banana | Watermelon | Strawberries

### Yoghurt

Bananas | Strawberries

# THE LANNA CAFÉ

## KID'S FAVOURITES

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### Fish & Chips

Lightly battered air-dried fish served with french fries

150

### Fish Finger Sandwiches

Breadcrumbsed air-dried fish sandwiched in white bread and topped with fries & ketchup

150

### Mini Chicken | Fish Burgers

Cute burgers served with french fries and ketchup

250

### Potato Wedges

Oven cooked potato wedges served with ketchup or mayo

120

### Mac n Cheese

The kids favourite! It's Mac! and it's cheese! lots of cheese!

150

### Ham, Egg & Fries

Slices of ham, 2 fried eggs and french fries

150

### Spaghetti Bolognese

Another favorite dish for the little ones! A tomato based herby sauce served with spaghetti and topped with cheese

180

### Cheese & Ham Sandwich

Served with french fries.

150

### Spaghetti with Fresh Tomato

A tomato based herby sauce served with spaghetti and topped with cheese

150

## KID'S DESSERT

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### Ice-Cream

Vanilla | Choc | Strawberry

1 Scoop 50 2 Scoop 90

### Banana Boat To Share

Banana, ice-cream & fruit topped with fresh cream

190

### Banana & Nutella Pancake

Chopped bananas coated in nutella and served on pancakes with choice of vanilla, chocolate or strawberry ice-cream

150

### Chocolate Brownie & Ice-Cream

Warm homemade chocolate brownie served with ice-cream and whipped cream and marshmallows

120





PANU NATURAL  
SPA



# BODY

## LANNA SIGNATURE MASSAGE

(60MIN. - 1400)  
(90MIN. - 1700)

East meets West with this fusion of traditional massage with the most effective elements from an eclectic mix of different massage schools. As pure essential oils are massaged into your body their fragrance uplifts your senses; your meridian lines are activated providing the warm sensation of free energy flow while muscles and ligaments are gently kneaded to ease tension. Gentle stretching follows with a finale of a facial and scalp massage to complete this signature treatment.

## SWEDISH SPORTS MASSAGE

(60MIN. - 1400)  
(90MIN. - 1700)

This massage combines the three key massage elements of kneading, gliding and percussion. It utilises a combination of both light and deep stroke massage to stimulate blood circulation and lymphatic flow thereby soothing tension. This treatment will facilitate the elimination of tiredness and stress, and leave you feeling light and rejuvenated.

Price excludes 10% service charge & 7% government tax





## AROMATHERAPY BODY MASSAGE / HOT AROMATHERAPY MASSAGE

(60MIN. - 1400) /  
(60MIN. - 1600)  
(90MIN. - 1700) /  
(90MIN. - 1900)

Aromatherapy is an esoteric healing practice which utilises pure essential oils for their therapeutic calming and detoxifying effects. Treat yourself to an hour or more of bliss with this gentle therapeutic massage while in a state of total relaxation. Relax while all stress and tension dissolves as the internal balance of mind body and spirit is brought back into a state of harmony through the combination of fragrant oils and a healing touch.

## ALOE VERA MASSAGE

(60MIN. - 1400)  
(90MIN. - 1700)

The magical healing powers of organic Aloe Vera Gel have been reported back thousands of years ago. It is known by many as “nature’s pharmacy” and is used to help heal a wide range of human ailments. The magic of Aloe Vera has always produced great results. Come and experience its amazing benefits for yourself.

Price excludes 10% service charge & 7% government tax



## THAI TRADITIONAL MASSAGE

(60MIN. - 800)  
(90MIN. - 1000)

Thai Massage is one of the world's great massage traditions. This incorporates a blend of Indian yoga techniques, relaxing muscles and ligaments as well as improving blood circulation. It also channels the energy fields running stress throughout the body in order to achieve the balance necessary for optimised living. Through the rebalancing of these energy fields, aches and pains will recede to be replaced by feelings of both calmness and well-being.

## HERBAL COMPRESS MASSAGE

(90MIN. - 1700)

A Thai massage, in which bundles of therapeutic herbs are wrapped in cloth and then steamed before being used as compresses. The healing elements from the herbs are released onto the body and then massaged in, providing a synergy of natural elements combined with touch which stimulates good blood circulation and is especially effective for deep muscle aches and the alleviation of joint pain. The additional of heat in this technique makes its therapeutic elements more powerful. It is highly recommended as an option to follow a Thai Traditional Massage

Price excludes 10% service charge & 7% government tax





## HEAD & BACK MASSAGE

(40MIN. - 700)

Massage focusing on the significant head, back, neck and shoulder muscles. Utilising Tiger Balm, this treatment relieves pain whilst dissolving exhaustion and tension which is then replaced by strength and rejuvenation.

## HOT STONE MASSAGE

(60MIN. - 1600)

A deep relaxing massage using hot stones placed in strategic sites on the body to help open up meridians or energy lines. The heated stones make deep tissue manipulation easier to achieve whilst also assisting in the release of toxins and improving circulation. This particular treatment has been found to be particularly effective in the relief of insomnia and is seen as an ideal treatment for the alleviation of stress.

Price excludes 10% service charge & 7% government tax



## KIDS MASSAGE

(40MIN. - 600)

We are pleased to encourage parents to share the joy and relaxed feeling of professional massage with their children. It is a lovely way to spend holiday time and introduce your children to the magic of massage. Parents and children will be in the same room during treatment.

## THAI HERBAL STEAM

(MIN.20 MIN. - FREE OF CHARGE)

The essence of this treatment can be found in the therapeutic benefits offered by turmeric, plai, lemongrass, camphor and kaffir lime. These Thai herbs contribute towards optimising good health and clearing the complexion as well as helping significantly towards detoxification and the release of tension.

Price excludes 10% service charge & 7% government tax



## BODY SCRUB

(40MIN. - 1300)

Pure pleasure is experienced through the skin leading to a glowing radiance. This treatment exfoliates and hydrates your skin, removing impurities and encouraging youthful rejuvenation. Tailor make this treatment to your own specifications by choosing one of our natural Thai scrubs: Star Fruit, Jasmine Rice, Green Tea

## BODY MASK

(40MIN. - 1300)

This offers a whole host of improvements to your skin including moisturisation, detoxification, firming and tightening, texture smoothing, as well as helping blood circulation. Along with feeling wonderful, this treatment results in fresh silky smooth skin. We have a wide variety of options available to suit the individual including Aloe Vera & Thai herbs.

Price excludes 10% service charge & 7% government tax





## FACIAL TREATMENTS

We offer a choice of facial treatments designed to rejuvenate and revitalise your skin. The complete skin care program starts with deep cleansing followed by a scrub. You then enjoy 20 minutes of relaxing massage before a final facial mask chosen specifically to cater to your needs.

### HERBAL FACIAL

(60 MIN. - 1300)

Utilising a blend of 9 different Thai herbs, this scrub if followed by massage and mask results in hydrated skin that glows with new levels of luminosity and feels renewed.

### DEAD SEA TREATMENT

(60 MIN. - 1500)

The Dead Sea Minerals which form the core of this treatment combine both Vitamin A and Vitamin E which are known for their powerful antioxidant and strengthening properties. As a result of the synergistic properties of these minerals working together, this treatment produces optimum results both on the dermatological and visual level - a powerful rejuvenator.

Price excludes 10% service charge & 7% government tax



## FOOT REFLEXOLOGY MASSAGE

(60MIN. - 800)

Reflexology is a healing art achieved by applying pressure on reflex points of the feet which correspond to organs in the body as a whole. Through precise massage, reflexology stimulates circulation, induces feelings of relaxation and encourages healing, leading to an optimised stage of wellbeing.

OPI MANICURE 500

OPI PEDICURE 500

GENTLEMAN'S MANICURE 300

GENTLEMAN'S PEDICURE 300

FOOT SCRUB (40MIN) 500

Price excludes 10% service charge & 7% government tax





# PACKAGES

## SIAMESE SECRET

(160 MIN. - 3600)

Siamese Secret a traditional beauty ritual of Thai Woman since ancient times. This full-body treatment leaves your skin feeling both incredibly soft and phenomenally smooth to the touch.

- 20 min. Herbal Steam
- 40 min. Body Scrub
- 40 min. Body Wrap
- 60 min. Aromatherapy Massage

## ASIAN JOURNEY

(160 MIN. - 3200)

Asian Journey is the ultimate combination of the world's greatest massage techniques with the magic of Thai herbs. Experience the very best that Thailand has to offer in this unique and timeless journey to blissful contentment.

- 60 min. Thai massage
- 60 min. Herbal Compress
- 40 min. Facial Deep Cleansing & Herbal Mask

Price excludes 10% service charge & 7% government tax





## TROPICAL INDULGENCE

(140MIN. - 1900)

Pampering the body and uplifting the soul using tropical flower essences, this special package will amplify your senses through pleasure and tranquility as a result of total immersion in this tropical indulgence

- 20 min. Floral Foot Bath
- 60 min. Foot Reflexology Massage
- 60 min. Aromatherapy Massage

## FRESH BREEZE

(120MIN. - 2900)

This treatment has been designed to treat your body to a totally refreshing and rejuvenating experience. The Fresh Breeze will bring you into a deep stage of relaxation that will lead to a long lasting feeling of comfort and contentment.

- 60 min. Body Scrub and Oil Massage
- 60 min. Herbal Facial Treatment

Price excludes 10% service charge & 7% government tax



## SUN SOOTHE BLISS

(100MIN. - 2100)

Let Aloe Vera gently treat your skin with it's magical effects. An absolute blessing for sunburn, it will rehydrate, refresh and cool the skin - which also gives a boost to skin repair and rejuvenation. This is the perfect choice for those who have been enjoying the Samui sunshine, and a blessing to those who have over-exposed themselves to sun.

- 20 min. Foot Bath
- 40 min. Aloe Vera Body Wrap
- 40 min. Facial Treatment: Deep Cleansing / Aloe Vera Facial Mask

## LOVELY DAY

(140MIN. - 2400)

An unforgettable experience of harmony and relaxation exclusively designed for the Panu Natural Spa. Partake in a journey of the senses that will help you find the way to inner harmony and restore your emotional balance.

- 60min. Foot Reflexology
- 60min. Signature Massage
- 20min. Tropical Facial Mask

## COUPLES

Keep that romance alive and treat your loved one to a shared afternoon of sheer bliss at the the Panu Natural Spa. Special promotion for couples:

Price excludes 10% service charge & 7% government tax

## PANU NATURAL PRODUCTS



All Kalara properties and Spas are exclusively furnished with PANU Natural.

Developed over the last 15 years by the owners of Kalara, every item has been hand-crafted and contains only the very finest locally sourced natural and organic ingredients.

PANU is the name of our youngest son and in Thai literally means 'The Sun' - PANU natural is sold all over the world, meeting the very highest European and International standards.

Below is a list of some of our products that are available for you to purchase and enjoy at home!

### BODY WASH 250ml

LEMONGRASS | COCONUT | ROSE 360

### SHAMPOO 250ml

LEMONGRASS | COCONUT | ROSE 360

### CONDITIONER 250ml

LEMONGRASS | COCONUT | ROSE 360

### BODY LOTION 250ml

LEMONGRASS | COCONUT | ROSE 360  
FRANGIPANI | SIAM JASMINE 360

### MASSAGE OIL 120ml

LEMONGRASS | COCONUT | ROSE 295  
JASMINE | FRANGIPANI | LAVENDER 295

### BODY SCRUB 150g

LEMONGRASS | COCONUT | MANGO 340  
PASSIONFRUIT | MANGOSTEEN 340

### ESSENTIAL OIL 15ml

LEMONGRASS | PEPPERMINT 350  
ORANGE | EUCALYPTUS | CITRONELLA 350  
JASMINE | ROSE | FRANGIPANI 350  
PATCHOULI | LAVENDER 440  
MOKE | ORCHID 340

### DIFFUSER 50ml

LEMONGRASS | SPICY CITRUS | LAVENDER 340  
JASMINE | ROSE 340

### HANDCREAM 80gm

COCONUT LIME | FRESH LEMONGRASS 340

### BATHBOMB 160gm

COCONUT | FELL IN LOVE | FRANGIPANI 120  
JASMINE | LAVENDER | LEMONGRASS 120  
LOTUS | LOVE SPELL | MANGO | OCEAN 120  
ORCHID | PEACH | ROSE | SAKURA | STRAWBERRY 120

### COCONUT COLD PRESS

COCONUT OIL COLD PRESS 120ml 150  
COCONUT OIL COLD PRESS 250ml 350

### PANU GLYCERIN SOAP 120gm

MANGO | ALOE VERA | CHARCOAL | COCONUT 60  
BUTTERFLY PEA | LEMONGRASS | ORCHID | LILY 60  
JASMINE PEPPERMINT | PINEAPPLE | SAKURA 60  
COCONUT & RICE MIXED FRUIT | LOTUS 60  
VANILLA | LAVENDER 60

### PANU DEORORANT 60gm 60

### LEMONGRASS FOOT CREAM 120gm 295

### LOOFA

LOOFA SIZE 5" 50  
LOOFA SIZE 12" 90  
LOOFA WITH HANDLE 120



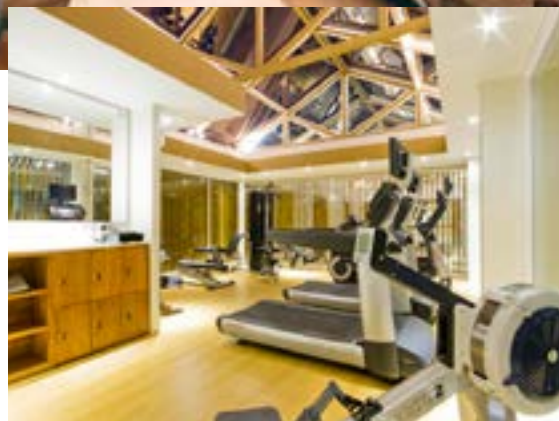
## FITNESS/ WELLNESS



### Gym

Our gorgeous pool-view gym offers free weights, elliptical, bike & running machines, yoga mats, complimentary water, sweat towels & more.

Open 6am-late and sanitized for your safety, we ask that you please wipe down machines after use and be considerate of others.



### Hydrotherapy Beds

Lanna offers some amazing in-pool hydrotherapy beds to relieve those tired muscles – for your enjoyment anytime during pool hours.

### Herbal Steam & Sauna

Our steam and sauna located within Panu Natural Spa are available for use during your stay and compliment any of our wonderful treatments and massages available.

### Yoga

Lanna offers complimentary yoga during your stay!

Enjoy morning & evening classes at our gorgeous OM Yoga Studio with mats, towels & water provided.

Please see the YOGA SCHEDULE at the studio for up-to-date times.





## LANNA ACTIVITIES



## COOKING UP A STORM

### LEARN THE ART OF THAI COOKING

Enjoy a Thai Cooking Class with our Chef right here at Lanna Samui!

Discover the flavours, ingredients and basics that make Thai food so delicious & of course .... dine on the dishes you make!

- Shopping at local Thai market to purchase all your fresh ingredients
- 3 recipes to take home
- Thai Cooking Class Completion Certificate

Please make your reservation by dialing 0 at least 1/2 day in advance.

**FOR THE  
KIDS**



### **Kid's Room**

Our Kid's Room located on the ground floor of Sage building offers games, toys, movies, books, an X Box and much more.

Sanitized regularly for your children's safety, we ask that all items are returned to their keeping place once your kids are done having a lot of fun!

### **Cooking Classes**

We've designed cooking classes especially for kids!

Learn to make simple recipes step by step, get your own personal chefs' help and of course eat all your delicious creations.

### **Swimming Lessons**

Private swimming lessons can be arranged for your children with a qualified swim instructor. Please enquire with our lovely staff.

### **Babysitting & Child-Minding**

Thai people adore children and there are many reputable Thai/English speaking babysitting/child minding services available.

We only recommend companies/babysitters who have experience with children of all ages who will keep your children entertained or watch over their night-time sleep to ensure your peace of mind.









# CHI BEACH BAR & RESTAURANT



With a 25m saltwater pool overlooking the white sandy shores of Bangrak beach, Chi boasts a swim-up pool bar, sunloungers, in-pool bean bags swing seats & more.

Chi offers live entertainment & International DJ's with amazing cocktails & delicious modern cuisine along with Samui's first CANNABIS INFUSED menu!

**Please contact Reception to book your table, beanbag, sun-lounger or sunbed at least 24hrs before, to avoid disappointment.**

## OPEN 7 DAYS A WEEK

Chi accepts cash or credit card only.  
Purchases cannot be added to your room bill











## LANNA SERVICES

### Tailors

If you are looking to have an item made or simply have something fixed, hemmed or re-buttoned – we have several trusted tailors we can recommend who will provide you with quality service and can arrange for you to visit them, or for them to come to you!

### Laundry Service

Should you require the laundry service during your stay, Lanna is more than happy to assist. For a small charge, your items can be laundered and ironed or even dry cleaned with same day service if required. Please see inside your wardrobe for a laundry bag & sheet to fill out for items that require cleaning. You can leave the bag with the filled out sheet outside your door for collection. For items that are very valuable we recommend you wash yourself or when you return home.

### Photography

We have a selection of recommended professional photographers who work with us and are on hand for any event, be it big or small. From intimate celebrations to larger than life weddings – photography services are perfect if you're looking to capture the memories of your holiday in a spectacular way.

### Shuttle Bus

We offer a shuttle bus service for a small fee which goes to Chi Samui, Chaweng, Fisherman's Village & Lanna – please check your in-room shuttle bus schedule for current pick up and drop off times.

### Driver/Taxi Service

If you are going out for dinner or perhaps heading out for some shopping around the island and you require our driver service/taxi, simply dial 0 and we will order you a taxi to your destination of choice.

### Car & Motorbike Hire

Motorbike or Car hire is a great way to discover the island of Samui. If you would like some time to explore, we have a fleet of vehicles & motorbikes and can arrange one for you. Please see the next page for all the available options we have!

Please note, in Samui, we drive on the left and some road rules may differ to those at home, please take a moment to educate yourself. Also ensure you have a valid license to be able to legally drive as well as insurance in case of any unforeseen accident, as hospital stays can be costly.

When driving around the island, please drive safely and obey all road rules and wear a helmet or seatbelts at all times.

## CAR & MOTORBIKE HIRE

Enjoy the stunning paradise island of Koh Samui to the fullest by renting a vehicle from Lanna.

Cruise to the sunset beaches of Lipa Noi and enjoy a cocktail at the world famous Nikki Beach or take a trip to the top of the island and savour a fresh coconut while soaking in the incredible sea views.

Lanna vehicles offer excellent value, are in top condition and are fully insured with unlimited mileage and free delivery and collection.

### Toyota Vios (or similar)



Seats: 5  
Door: 4  
Transmission: Auto  
Air Condition: Y  
Engine Size: 1,500  
Luggage: 2L, 2S  
Music System:  
Radio, CD & Bluetooth  
Similar Car: ✓

**Prices:** 1 day: 1,350 THB/ Weekly: 1,220 THB  
Monthly: 30,000 THB

### Toyota Fortuner (or similar)



Seats: 7  
Door: 4  
Transmission: Auto  
Air Condition: Y  
Engine Size: 3,000  
Luggage: 2L, 2M  
Music System:  
Radio, CD & Bluetooth  
Similar Car: ✓

**Prices:** 1 day: 2,500 THB/ Weekly: 2,150 THB  
Monthly: 55,000 THB

### Toyota Revo Double Cab (or similar)



Seats: 5  
Door: 4  
Transmission: Auto  
Air Condition: Y  
Engine Size: 2,800  
Luggage: 2L, 1S  
Music System:  
Radio, CD & Bluetooth  
Similar Car: ✓

**Prices:** 1 day: 1,900 THB/ Weekly: 1,720 THB  
Monthly: 45,000 THB

### CR-V (or similar)



Seats: 5  
Door: 5  
Transmission: Auto  
Air Condition: Y  
Engine Size: 2,400  
Luggage: 2L, 2M  
Music System:  
Radio, CD & Bluetooth  
Similar Car: ✓

**Prices:** 1 day: 2,500 THB/ Weekly: 2,150 THB  
Monthly: 55,000 THB

### Honda Civic (or similar)



Seats: 5  
Door: 5  
Transmission: Auto  
Air Condition: Y  
Engine Size: 1,800  
Luggage: 2L  
Music System:  
Radio, CD & Bluetooth  
Similar Car: ✓

**Prices:** 1 day: 1,500 THB/ Weekly: 13,500 THB  
Monthly: 35,000 THB

### Honda Click



**Prices:** Daily rate 450 THB

## CONDITIONS

#### Requirements:

- Minimum drivers age 21 Years
- Credit card imprint 20,000 B

#### Required Documents:

- Passport
- Domestic driving license
- International driving permit
- Credit card(Visa /MasterCard)

#### Rates Include:

- 7% Government tax
- Unlimited mileage
- Premium insurance for all cars. Not included for bike rental

#### Options :

- Baby seat 100 THB per day
- GPS navigator (where not fitted) 100 THB per day
- Chauffeur on request

**Our cars are not allowed to leave Koh Samui under any circumstances**

**Our cars are not to be taken off-roading under any circumstances**

## GENERAL INFO

### Convenience Stores

7/11, Family Mart and other 24 hour convenience stores are readily available in Koh Samui – in fact there are hundreds. These stores sell drinks, snacks, sunscreen, SIM cards, toiletries and other commonly items. You can also purchase alcohol. Please be aware that as a law of Thailand you may only purchase alcohol between certain hours. You cannot purchase alcohol between 11:00 am and 2:00 pm and from 5:00 pm to 10:00 pm.

Only a few minutes walk from Lanna (or ask for a ride in our Lanna Tuk Tuk!) is a 7/11 store and a few more minutes is a small 24-hour Tesco should you require anything.

### Shopping Centers and Supermarkets

There are several major shopping centers on the island. The newest and most popular is Central Festival located in the heart of Chaweng. Central Festival has a department store as well as a supermarket called Tops where you can find many Western products for purchase. Central Festival is also home to hundreds of clothing, electrical and other shops and restaurants.

Other smaller shopping malls such as Tesco Lotus have branches in both Chaweng and Lamai, Big C located in Chaweng and also Makro (a cash and carry) which has branches in Lamai and Chaweng.

Tesco offers a supermarket for food and other goods as well as other smaller shops, fast food and banks within the complex (Tesco Chaweng is also home to a Cinema and Bowling).

Big C is very similar to Tesco whilst Makro is a wholesale store selling more bulk items for the restaurants and hotels on the island. You can also purchase alcohol at any of these shopping centers. Please be aware that as a law of Thailand you may only purchase alcohol between certain hours. You cannot purchase alcohol between 11:00 am and 2:00 pm and from 5:00 pm to 10:00 pm and must be over 20 years of age.

Tesco and Big C are open from 10am to 9pm daily while Makro is open from 7am until 10pm.

### Phones/Calling and Wi-Fi

Complimentary Wi-Fi is available all throughout Lanna for your convenience.

You will also find most venues on the island offer free Wi-Fi and you simply need to request the password from the place you are staying/eating or drinking at.

If you wish to make phone calls or simply keep in touch with loved ones and would like to purchase a SIM card and credit to use whilst in Thailand, you can purchase at any phone store (located within the Shopping Centers, see prior) or from any 7/11 or Family Mart Convenience store (see prior).

There are several carriers including 1-2-Call and D-Tac. Simply ask at the convenience store for a SIM card and for credit and they will help load your phone with the credit and the SIM card. When you run out of credit, simply go to the convenience store and ask for the amount of credit/top-up you would like eg. 100 baht, 200 baht and so on.

Dialing code to call from/to Thailand - Thailand country code 066

FROM THAILAND » 001 + country code + regional area code WITHOUT the 0 + number

FROM ABROAD » 00 + 66 + regional area code WITHOUT the 0 + number

Calling a mobile phone - Dialing codes 01 or 06 or 07 or 09

FROM THAILAND » 01 or 06 or 07 or 09 + your correspondent's number

FROM ABROAD » 00 + 66 + 1 or 6 or 7 or 9 + your correspondent's number

### Cinema

A cinema is located within Tesco Lotus in Chaweng or at Central Festival in the center of Chaweng. Generally only one or two English movies are shown at any time, whilst the rest are Thai/Thai based films. You can check their website for screening times - [www.majorcineplex.com](http://www.majorcineplex.com)

### Driver Safety

In Samui, we drive on the left and some road rules may differ to those at home, please take a moment to educate yourself on Thai driving laws.

You must have a valid license to ensure your insurance is valid and in case of any unforeseen accident, as hospital stays can be costly.

When driving around the island, please drive safely and obey all road rules and wear a helmet or seatbelts at all times.



## GENERAL INFO



### Money Exchange

In the main areas of Koh Samui such as Chaweng, Lamai, Bangrak, Bophut and Maenam you will find money changing booths that are open generally until 11pm at night. There will be a board that clearly shows the current exchange rates for your reference. When ready to exchange monies, you will be asked to present your passport and sign a receipt slip acknowledging the amount of exchange and what you are Thai Baht or other currencies. Please check this thoroughly before signing.

Please note that coins cannot be exchanged.

### ATMs and Banking

You will find countless numbers of ATMs dotted along the streets and inside shopping centers all around Koh Samui. Only a few minutes walk from Lanna (or simply request the use of our Lanna Tuk Tuk) is a full-service bank along with an ATM and money exchange where you can take care of all your banking needs.

There are several different banks including Siam Commercial Bank, Kasikorn Bank, Bangkok Bank and Bank of Ayudhya.

ATM machines offer several language options for your convenience. Please be aware, unlike in some countries, once you select what you require the money will come out FIRST and your ATM card will come out LAST.

If you need to go into the bank, there are always English speaking Bank Tellers available who can help you with more complex transactions.

### CREDIT CARD LOSS OR THEFT

- Visa, Mastercard (Bangkok) 02-299 1990
- American Express (Bangkok) 02-273 0020

## BEACHES



The beaches on Samui all vary depending on which side of the island they are located with different types of sand, tides and facilities etc. Below we explore the main ones for you:

### • Big Buddha Beach

Located a minute from Lanna & where our gorgeous Chi Samui Beach Bar & Restaurant is located, the long sweeping beach hosts a number of ferries and a view to Koh Phangan as well as the giant golden Big Buddha.

Fairly quiet and uninhabited, this beach is great for a cooling dip & long walks.

### • Bophut Beach

An ideal place to chill out, and located only 10 minutes from Lanna, Bophut boasts 2 kilometers of white sandy shoreline fringed by leaning coconut palms. A quiet beach void of hawkers (apart from those selling delicious fresh fruit and food), Bophut beach gives you the relaxation you are looking for.

### • Chaweng Beach

Samui's most popular, loud and lively beach, you'll find the perfect swimming waters here along with many bars and restaurants that stay open until the wee hours. With various watersports available and plenty of people and hawkers, Chaweng beach has an electric vibe like no other.

### • Choeng Mon Beach

Choeng Mon is made up of a series of bays and while many people just like to totally relax here, there are plenty of water sport options available. With a number of restaurants, Choeng Mon's wide stretch of beach is dotted with sunbeds for your enjoyment.

### • Lamai Beach

Some will argue that the swimming in Lamai is even better than on Chaweng beach. The long perfect white sand crescent of the beach is also considered to be the finest on the island. Dotted with relaxed beach-style bars, it's easy to sit back and soak in the island.

### • Maenam Beach

The tranquillity of Maenam still continues to draw those in search of peace and quiet, retaining its old Samui character. Home to windsurfing and several restaurants and bars, this wide stretch of beach is popular with all.

### • Taling Ngam Beach

Set on the west coast, Taling Ngam beach is known for its absolute tranquillity. With very few tourists, this beach remains quite untouched and is a reflection of the Koh Samui of old.

### • Lipa Noi Beach

Like Taling Ngam, Lipa Noi is one of the quieter stretches of beach that allow you to completely immerse yourself in the surroundings whilst listening to the lapping waves. A number of hotel restaurants offer up thirst-quenching and stomach-sating dishes to enjoy.



## LANNA & ISLAND ACTIVITIES



### Explore Koh Samui

Koh Samui is home to amazing beaches, countless temples, waterfalls, natural rock formations and much more.

Lanna can organise a private tour of the island for you 2,4 or 6 hours - so you can choose what you want to see and when.

From diving, elephant sanctuaries, boat tours – Samui has it all. The following pages are just a small selection of what is available – for more options, please visit Reception to see all the amazing adventures that await!



## LANNA & ISLAND ACTIVITIES



### Koh Tao & Koh Nangyuan Snorkeling Trip

Koh Tao is arguably one of Thailand's best kept secrets. Known as a snorkeler and scuba divers paradise, visitors are encouraged to explore the crystal clear shallow waters, coral reefs filled with colorful marine life, feed the fish, wander the white sandy beaches or just sun bake amongst within stunning landscape.

Koh Nangyuan is a tiny island attached to Koh Tao and is also known for its magnificent snorkeling and beautiful beaches. It also holds a large mountain and two smaller mountains for short hikes and spectacular views.

- 07:00 Air-con minivan pick up from LANNA to Lomprayah Pier. Light meal served for breakfast at the pier
- 08:00 Board a high speed catamaran, the most comfortable way to get there, within 1.5 hours
- 09:30 Arrive in Koh Tao, board a snorkeling boat and begin your underwater exploration
- 12:00 Buffet lunch will be served at Koh Nangyuan restaurant, with further snorkeling in Koh Nangyuan, as well as fun activities such as the 10 minute hike to the view point on top of the mountain.
- 14:30 Catamaran journey back to Samui
- 16:30 Souvenir shopping and transfer back to LANNA

### Angthong National Marine Park

By Speed Boat

Explore the exotic island of Angthong National Marine Park. Walk on pristine white beaches, swim in emerald green water, discover the island and various caves by kayak, snorkel the tropical underwater world and climb the mountain ranges.

- 07:30 Transfer from LANNA to Nathon Pier
- 08:30 Depart from Koh Samui to Angthong National Marine Park, with breakfast served on board
- 09:50 Arrive at Angthong National Marine Park "Koh Wau Ta Lap". Kayak to explore the various caves, climb to the panoramic view points, discover -Bua Boke-volcanic cave and snorkeling around the beach
- 12:00 Lunch on board
- 13:00 Catamaran journey back to Samui
- 16:30 Arrive "Koh Mae Koh", climb the pathway to view the famous inner sea, and more snorkeling
- 15:00 Journey back to Koh Samui, with afternoon snack on board
- 16:20 Arrive in Koh Samui and transfer back to LANNA



## LANNA & ISLAND ACTIVITIES

### **Samui Quad Bike Tour**

Explore Koh Samui's jungles by quad bike, travelling on an exciting journey - 1, 2 or 3 hours in length. Trek under lush coconut groves, through rivers and fruit plantations, along winding jungle tracks and to hidden waterfalls.

Whether you have ridden a quad motorbike before, or a beginner, this fun day out suits everyone. Training is provided and guides are there on hand to assist throughout the trip.

The tour includes transfer to and from LANNA, all equipment, assistance, fuel and insurance, plus refreshments are available from the viewpoint restaurant.

### **Treetop Tour Cable Ride**

Want an adventure you'll never forget? Tour Samui's rainforests by cable - gliding from tree house to tree house above the rainforest canopy. No experience necessary, completely safe and fully insured

Package includes:

- 4x4 safari to the location
- Short nature trek
- 10 cable rides for over 780 meters
- Highly trained staff on every platform
- World's best equipment - PETZL
- Complimentary fresh fruit and snacks
- 2 to 3 hours per tour, but you are welcome to spend the whole day

### **Jet Ski Safari**

3 Hour Jet Ski Safari- Maximum 2 Person

Twice a day

- 10.30 am in the morning
- 2.30 pm in the afternoon

The safari is 3 hours long & takes you on a tour of Samui to Koh Phangan



## Hospitals

There are 5 main hospitals on the island –

- Bangkok Samui Hospital – Chaweng Noi
- Thai International Hospital – Chaweng
- Samui International Hospital – Chaweng
- Bandon International Hospital – Bophut
- Samui Hospital (known as Nathon Hospital)– Nathon

Nathon Hospital is the public Government hospital generally used for the Thai locals and their everyday needs. The other hospitals all offer varying levels of service and equipment, but all have English and other language speaking Doctors on staff. We highly recommend Bangkok Samui Hospital for any requirement. Please note, medical assistance in Thailand is not cheap and an injury or stay overnight can cost you a significant amount of money. It is thoroughly recommended that you have medical insurance prior to coming to Thailand, or for travelling anywhere in the world.

## Pharmacies

You will notice that Samui is home to many pharmacies. Most will have at least one English speaking staff member. Although in Samui you can purchase a lot of medicine over the counter that at home you would require a Doctor's prescription for, it is advisable you seek professional advice and not just that of the Pharmacist for anything serious.

## Dentist

Home to many dentists, Samui and Thailand are known for their quality dental work that is significantly cheaper than you will find at home. Do your research online and find a dentist that has reviews from other clients and get a thorough consultation and quote before committing to any work.

## Safety and Security

Lanna provides 24 hour security to ensure your safety. We do however recommend for your own peace of mind, you keep all of your valuables in the safe provided for you.

Although Samui is considered safe, it is always recommended you stay alert and do not travel alone late at night, just like you would at home, being cautious and aware is the best way to ensure your own safety.

## Embassies in Thailand

Australia 02-287 2680	Netherlands 02-254 7701	Germany 02-213 2331
India 02-258 0300	United Kingdom 02-253 0191	Israel 02-252 3131
Austria 02-287 3970	Italy 02-285 4090	Belgium 02-679 5460
Japan 02-252 6151	Canada 02-237 4126	Malaysia 02-286 1390
South Korea 02-247 7537	Norway 02-253 0390	Denmark 02-213 2021
United States 02-252 5040	Singapore 02-286 2111	Finland 02-256 9306
Sweden 02-254 4954	France 02-213 2181	Switzerland 02-253 0156
New Zealand 02-251 8165	Spain 02-252 6112	Portugal 02-234 0372

## Airlines (AIRLINE NAME/AIRLINE CODE/PHONE NUMBER)

### Useful Numbers

#### Emergency Numbers

- Information/Inquiries all over Thailand - 1133
- Samui Immigration Office - 077-421 069
- Samui Airport - 077-425 012
- Tourism Authority of Thailand - 077-420 504
- Samui Hospital (Nathon Hospital) - 077-421 230
- Samui International Hospital -- 077-422 272
- Bandon International Hospital - 077-245 236/9
- Samui Rescue (Ambulance) - 077-421 444
- Fire Dept - 106 or 199
- Police Emergencies – 191
- Tourist Police 077-421 281
- Tourist Police Emergency number 1699
- Police Stations (Thai Police)
  - o Nathon 077-421 095
  - o Chaweng 077-422 067
  - o Lamai 077-424 068
  - o Maenam 077-425 070
  - o Bophut 077-425 071
- Navy Police 077-421 245
- Air France –AF 02-233 9477
- Lot Polish – LO 02-235 2223/7

- Air India – AL 02-256 9614/8
- Lufthansa – LH 02 264 2400
- Air New Zealand – NZ 02-237 1560/2
- Malaysian - MH 02 263 0565/71
- Alitalia - AZ 02-233 4000/4
- Pakistan Int. – PK 02-234 2961/5
- All Nippon Air - NH 02-238 5121
- Philippines Air. - PR 02-233 2350/2
- British Airways - BA 02-236 0038
- Qantas Air. – QF 02-636 1747
- Canadian Air. – CP 02-251 4521
- Sabena - SN 02-238 2201/3
- Cathay Pacific – CX 02-263 0606
- SAS – SK 02-260 0444
- China Airlines - CI 02-253 4242/3
- Silk Air - MI 02-236 0440
- Emirates Arab - EK 02-260 7400/4
- Singapore Air. – SQ 02-236 0440
- Eva Air - BR 02-240 0890
- Swiss Airlines - LX 02-636 2150
- Japan Airlines - JL 02-274 1411/25
- Thai Int'l - TG 02-513 0121/9
- KLM – KL 02-679 1100
- United Air. - UA 02-253 0558
- Lauda Air - NG 02-233 2565





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