

Camile macro counts

Starters & Small Plates

- [Soups](#)
- [Spice Bags](#)
- [Curries](#)
- [Stir Fries](#)

Noodles

- [Fried Rice](#)
- [Specials](#)
- [Kids Menu](#)
- [Lunch Menu](#)

Sides

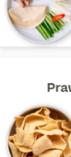
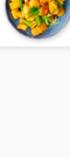
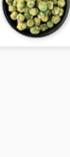
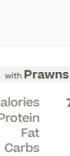
- [Sauces Dressing & Dips](#)
- [Desserts](#)

How to use this guide

We put this guide together with the help of a certified nutritionist, who assessed every dish by weight and ingredient. The listed amounts are for the entire portion of a dish, and do not include the rice side. You can find those under sides. If you have any questions about the document or think we may have missed one, please contact support@camile.ie.

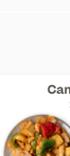
Starters & Small Plates

main menu

 <p>Tiffin Box for Two</p> <p>Calories 958 Protein 48 Fat 54 Carbs 66</p>	 <p>Pad Thai Chicken Wings</p> <p>Calories 642 Protein 43 Fat 43 Carbs 21</p>	 <p>Sriracha Chicken Wings / Hot Wings</p> <p>Calories 640 Protein 43 Fat 43 Carbs 20</p>
 <p>Bang Bang Prawns (4) with Coconut Sriracha Dip</p> <p>Calories 323 Protein 16 Fat 15 Carbs 30</p>	 <p>5 Chicken & Vegetable Gyoza with Sweet Soy Dip</p> <p>Calories 192 Protein 8.9 Fat 4.7 Carbs 27</p>	 <p>5 Prawn Gyoza with Sweet Soy Dip</p> <p>Calories 217 Protein 6.9 Fat 5.4 Carbs 34</p>
 <p>Vegetable Spring Rolls with Sweet Chili Sauce</p> <p>Calories 445 Protein 7.3 Fat 21 Carbs 54</p>	 <p>Hoisin Duck Spring Rolls with Sweet Chili Sauce</p> <p>Calories 490 Protein 22 Fat 22 Carbs 10</p>	 <p>4 Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce</p> <p>Calories 409 Protein 51 Fat 15 Carbs 18</p>
 <p>Duck Pancakes with Hoisin Dipping Sauce</p> <p>Calories 515 Protein 32 Fat 11 Carbs 72</p>	 <p>Spicy Thai Fried Potatoes</p> <p>Calories 594 Protein 8.5 Fat 34 Carbs 60</p>	 <p>Wasabi Peas</p> <p>Calories 195 Protein 18 Fat 3.6 Carbs 16</p>
 <p>Thai Brown Prawns Crackers 70g</p> <p>Calories 290 Protein 7 Fat 5.4 Carbs 53</p>		

Soups

main menu

 <p>Tom Yam Noodle Soup</p>	<p>with Chicken</p> <p>Calories 801 Protein 53 Fat 15 Carbs 111</p>	<p>with Prawns</p> <p>Calories 715 Protein 31 Fat 15 Carbs 111</p>
-----------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------	--------------------------------------------------------------------------------

Spice bags

main menu

 <p>Camile Signature Spice Bag</p> <p>Calories 728 Protein 30 Fat 35 Carbs 68</p>	 <p>Camile Vegan Spice Bag</p> <p>Calories 567 Protein 13 Fat 34 Carbs 48</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Curries

main menu

 <p>Green Curry</p>	with Chicken	with Beef	with Prawns
	regular	regular	regular
	large	large	large
	Calories 712 Protein 29 Fat 42 Carbs 33	Calories 738 Protein 42 Fat 47 Carbs 33	Calories 587 Protein 24 Fat 38 Carbs 33

 <p>Massaman Curry</p>	with Chicken	with Beef	with Prawns
	regular	regular	regular
	large	large	large
	Calories 849 Protein 45 Fat 53 Carbs 46	Calories 884 Protein 43 Fat 57 Carbs 46	Calories 724 Protein 23 Fat 48 Carbs 46

 <p>Red Curry</p>	with Chicken	with Beef	with Prawns
	regular	regular	regular
	large	large	large
	Calories 683 Protein 45 Fat 42 Carbs 28	Calories 718 Protein 47 Fat 41 Carbs 28	Calories 558 Protein 23 Fat 38 Carbs 28

 <p>Chu Chee Curry</p>	with Chicken	with Beef	with Prawns
	regular	regular	regular
	large	large	large
	Calories 477 Protein 45 Fat 19 Carbs 28	Calories 512 Protein 43 Fat 24 Carbs 28	Calories 352 Protein 23 Fat 15 Carbs 28

 <p>Camile Katsu Curry with Chicken</p>	with Chicken	with Beef	with Prawns
	regular	regular	regular
	large	large	large
	Calories 625 Protein 29 Fat 14 Carbs 94	Calories 719 Protein 48 Fat 44 Carbs 30	Calories 710 Protein 23 Fat 43 Carbs 51

Stir Fries

main menu

 <p>Pad Krapow</p>	with Chicken	with Beef	with Prawns
	regular	regular	regular
	large	large	large
	Calories 439 Protein 42 Fat 16 Carbs 28	Calories 475 Protein 40 Fat 21 Carbs 21	Calories 315 Protein 20 Fat 12 Carbs 28

 <p>Pad Prik Haeng</p>	with Chicken	with Beef	with Prawns
	regular	regular	regular
	large	large	large
	Calories 526 Protein 45 Fat 26 Carbs 25	Calories 562 Protein 43 Fat 30 Carbs 25	Calories 401 Protein 23 Fat 21 Carbs 25

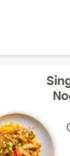
 <p>Pad King</p>	with Chicken	with Beef	with Prawns
	regular	regular	regular
	large	large	large
	Calories 397 Protein 42 Fat 16 Carbs 20	Calories 418 Protein 19 Fat 19 Carbs 20	Calories 272 Protein 20 Fat 12 Carbs 20

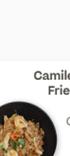
 <p>Crispy Chilli Chicken</p> <p>Calories 543 Protein 25 Fat 22 Carbs 58</p>	 <p>Crispy Chilli Beef</p> <p>Calories 614 Protein 27 Fat 27 Carbs 93</p>	 <p>Mekong Duck</p> <p>Calories 408 Protein 34 Fat 18 Carbs 25</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------

 <p>Crispy Chilli Chicken Burrito</p> <p>Calories 907 Protein 30 Fat 21 Carbs 145</p>

Noodles

main menu

 <p>Pad Thai</p>	with Prawns & Chicken	with Chicken	with Vegan Tofu
	Calories 1038 Protein 58 Fat 31 Carbs 126	Calories 1065 Protein 65 Fat 31 Carbs 126	Calories 985 Protein 31 Fat 33 Carbs 133

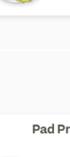
 <p>Pad Kee Mao</p>	with Chicken	with Beef	with Prawns
	regular	regular	regular
	large	large	large
	Calories 820 Protein 49 Fat 17 Carbs 113	Calories 855 Protein 47 Fat 22 Carbs 113	Calories 714 Protein 31 Fat 13 Carbs 113

 <p>Singapore Noodles</p> <p>Calories 799 Protein 57 Fat 29 Carbs 75</p>	 <p>Khao Soi Gai</p> <p>Calories 1049 Protein 58 Fat 34 Carbs 121</p>	 <p>Spicy Dan Dan Chicken Noodles</p> <p>Calories 528 Protein 28 Fat 16 Carbs 66</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Fried Rice

main menu

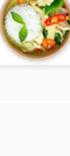
 <p>Camile Special Fried Rice</p> <p>Calories 828 Protein 64 Fat 20 Carbs 96</p>	 <p>Vegan Fried Rice with Tofu</p> <p>Calories 614 Protein 17 Fat 17 Carbs 94</p>	 <p>Chicken Fried Rice</p> <p>Calories 780 Protein 38 Fat 21 Carbs 108</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

 <p>Khao Pad Nua</p> <p>Calories 847 Protein 50 Fat 30 Carbs 92</p>

Specials

main menu

 <p>Pad Satay Stir Fry</p>	with Chicken	with Beef	with Prawns
	regular	regular	regular
	large	large	large
	Calories 404 Protein 49 Fat 10 Carbs 26	Calories 460 Protein 43 Fat 19 Carbs 26	Calories 299 Protein 23 Fat 10 Carbs 26

 <p>Larb Gai</p> <p>Calories 375 Protein 49 Fat 13 Carbs 14</p>	 <p>Phuket Fried Chicken with Coconut Sriracha Dip</p> <p>Calories 601 Protein 32 Fat 31 Carbs 49</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Lunch Menu

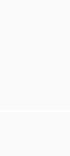
main menu

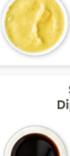
 <p>Pad Prik Haeng</p> <p>Calories 497 Protein 31 Fat 11 Carbs 67</p>	 <p>Spicy Fried Rice</p> <p>Calories 503 Protein 37 Fat 6.7 Carbs 72</p>	 <p>Pad Thai</p> <p>Calories 679 Protein 44 Fat 23 Carbs 69</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------

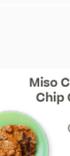
 <p>Crispy Chilli Chicken or Tofu</p> <p>Calories 552 Protein 20 Fat 12 Carbs 89</p>	 <p>Green Curry</p> <p>Calories 653 Protein 33 Fat 26 Carbs 22</p>	 <p>Massaman Curry</p> <p>Calories 389 Protein 34 Fat 44 Carbs 87</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Sides

main menu

 <p>Brown & Wild Rice</p> <p>Calories 504 Protein 12 Fat 0.7 Carbs 110</p>	 <p>Jasmine Rice</p> <p>Calories 460 Protein 8.9 Fat 0.5 Carbs 105</p>	 <p>Egg Fried Rice</p> <p>Calories 502 Protein 12 Fat 8.8 Carbs 93</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

 <p>Stir-Fried Noodles</p> <p>Calories 336 Protein 6.8 Fat 5.5 Carbs 63</p>	 <p>Stir-Fried Asian Greens</p> <p>Calories 196 Protein 6.5 Fat 11 Carbs 15</p>	 <p>Steamed Broccoli</p> <p>Calories 64 Protein 0.8 Fat 0.2 Carbs 5.5</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

 <p>Plain Fried Potatoes</p> <p>Calories 543 Protein 7.4 Fat 34 Carbs 49</p>

Kids Menu

main menu

 <p>Lil' Spice Bag</p> <p>Calories 529 Protein 18 Fat 26 Carbs 52</p>	 <p>Kids' Massaman Curry with Jasmine Rice</p> <p>Calories 856 Protein 33 Fat 35 Carbs 99</p>	 <p>Kids' Wok Fried Noodles</p> <p>Calories 420 Protein 35 Fat 15 Carbs 34</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

 <p>Kids' Special Fried Rice</p> <p>Calories 718 Protein 37 Fat 24 Carbs 87</p>	 <p>Kids' Sweet Crispy Chicken</p> <p>Calories 587 Protein 22 Fat 12 Carbs 96</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Sauces, Dressing & Dips

main menu

<p>Salted Coconut Pandan Caramel Sauce</p> <p>Calories 129 Protein 0 Fat 7.8 Carbs 14</p>	<p>Massaman Curry Dip</p> <p>Calories 312 Protein 4.3 Fat 25 Carbs 17</p>	<p>Vegan Green Curry Dip</p> <p>Calories 289 Protein 3.9 Fat 24 Carbs 12</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>Sweet Chilli Dip</p> <p>Calories 120 Protein 0 Fat 0 Carbs 28</p>	<p>Peanut Satay Dipping Sauce</p> <p>Calories 76 Protein 1.7 Fat 5.2 Carbs 5.5</p>	<p>Sweet Soy Dipping Sauce</p> <p>Calories 46 Protein 0.8 Fat 0 Carbs 9.9</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Desserts

main menu

<p>Miso Chocolate Chip Cookies</p> <p>Calories 328 Protein 3.4 Fat 16 Carbs 42</p>	<p>Miso Almond Brownies with Salted Coconut Pandan</p> <p>Calories 300 Protein 3.2 Fat 18 Carbs 32</p>	<p>Crispy Pandan Caramel Churros</p> <p>Calories 521 Protein 6.6 Fat 24 Carbs 70</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>Ben & Jerry's Chocolate Fudge Brownie Ice Cream 100ml tub</p> <p>Calories 182 Protein 9.3 Fat 9.3 Carbs 24</p>	<p>Ben & Jerry's Caramel Chew Chew Ice Cream 100ml tub</p> <p>Calories 211 Protein 2.6 Fat 12 Carbs 23</p>	<p>Ben & Jerry's Cookie Dough Ice Cream 100ml tub</p> <p>Calories 213 Protein 12 Fat 12 Carbs 23</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------