

macro counts

Starters & Small Plates

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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 the notes 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

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Tiffin Box for Two <ul style="list-style-type: none"> Calories 1142 Protein 60 Fat 96 Carbs 72 	Pad Thai Chicken Wings <ul style="list-style-type: none"> Calories 642 Protein 43 Fat 43 Carbs 21 	5 Chicken & Vegetable Gyoza with Sweet Soy Dip <ul style="list-style-type: none"> Calories 192 Protein 8.9 Fat 4.7 Carbs 27
Vegetable Spring Rolls with Sweet Chili Sauce <ul style="list-style-type: none"> Calories 445 Protein 7.3 Fat 2.3 Carbs 11.9 	Hoisin Duck Spring Rolls with Plum Chili Sauce <ul style="list-style-type: none"> Calories 490 Protein 22 Fat 7.3 Carbs 48 	4 Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce <ul style="list-style-type: none"> Calories 409 Protein 51 Fat 15 Carbs 18
Duck Pancakes with Hoisin Dipping Sauce <ul style="list-style-type: none"> Calories 515 Protein 32 Fat 11 Carbs 72 	Spicy Thai Fried Potatoes <ul style="list-style-type: none"> Calories 594 Protein 8.5 Fat 34 Carbs 60 	Wasabi Peas <ul style="list-style-type: none"> Calories 166 Protein 6.5 Fat 3.4 Carbs 27
Thai Brown Prawn Crackers 70g <ul style="list-style-type: none"> Calories 290 Protein 7 Fat 5.4 Carbs 53 		

Spice bags

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Camile Signature Spice Bag <ul style="list-style-type: none"> Calories 1759 Protein 57 Fat 109 Carbs 133 	Camile Vegan Spice Bag <ul style="list-style-type: none"> Calories 1222 Protein 21 Fat 84 Carbs 90
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Curries

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Green Curry 	with Chicken	regular	large	with Beef	regular	large	with Prawns	regular	large
		Calories	712	1068	Calories	738	1107	Calories	587
		Protein	46	69	Protein	42	63	Protein	24
		Fat	42	64	Fat	47	71	Fat	38
		Carbs	33	50	Carbs	33	49	Carbs	33
		with Duck	regular	large	with Vegan Tofu	regular	large		
	Calories	703	1055	Calories	595	894			
	Protein	38	57	Protein	11	21			
	Fat	45	67	Fat	41	65			
	Carbs	35	52	Carbs	27	52			
Massaman Curry 	with Chicken	regular	large	with Beef	regular	large	with Prawns	regular	large
		Calories	849	1274	Calories	884	1327	Calories	724
		Protein	45	67	Protein	43	64	Protein	23
		Fat	53	79	Fat	57	86	Fat	48
		Carbs	46	69	Carbs	46	69	Carbs	46
		with Duck	regular	large	with Vegan Tofu	regular	large		
	Calories	840	1261	Calories	732	1098			
	Protein	37	55	Protein	13	19			
	Fat	55	82	Fat	53	80			
	Carbs	47	71	Carbs	47	71			
Red Curry 	with Chicken	regular	large	with Beef	regular	large	with Prawns	regular	large
		Calories	683	1024	Calories	718	1077	Calories	561
		Protein	45	68	Protein	44	65	Protein	23
		Fat	42	64	Fat	47	71	Fat	39
		Carbs	28	42	Carbs	28	42	Carbs	28
		with Duck	regular	large	with Vegan Tofu	regular	large		
	Calories	674	1011	Calories	531	850			
	Protein	37	56	Protein	11	20			
	Fat	44	67	Fat	41	65			
	Carbs	29	44	Carbs	26	44			
Chu Chee Curry 	with Chicken	regular	large	with Beef	regular	large	with Prawns	regular	large
		Calories	477	716	Calories	512	769	Calories	352
		Protein	45	67	Protein	43	65	Protein	23
		Fat	19	29	Fat	24	36	Fat	15
		Carbs	28	43	Carbs	28	43	Carbs	28
		with Duck	regular	large	with Vegan Tofu	regular	large		
	Calories	468	703	Calories	360	540			
	Protein	37	55	Protein	13	19			
	Fat	21	32	Fat	20	30			
	Carbs	30	45	Carbs	30	44			
Camile Katsu Curry with Chicken <ul style="list-style-type: none"> Calories 636 Protein 29 Fat 14 Carbs 96 	Harry's Bangin' Panang Curry with Chicken <ul style="list-style-type: none"> Calories 721 Protein 48 Fat 30 Carbs 80 	Vegan Harry's Bangin' Panang Curry With Chickpeas <ul style="list-style-type: none"> Calories 712 Protein 23 Fat 43 Carbs 51 							

Stir Fries

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Pad Krapow 	with Chicken	regular	large	with Beef	regular	large	with Prawns	regular	large
		Calories	448	683	Calories	483	718	Calories	323
		Protein	42	64	Protein	40	60	Protein	20
		Fat	17	27	Fat	22	32	Fat	13
		Carbs	29	43	Carbs	29	43	Carbs	29
		with Duck	regular	large	with Crispy Chicken	regular	large	with Vegan Tofu	regular
	Calories	439	674	Calories	702	1037	Calories	342	
	Protein	34	51	Protein	42	62	Protein	10	
	Fat	19	27	Fat	29	42	Fat	18	
	Carbs	30	45	Carbs	64	97	Carbs	31	
Pad Prik Haeng 	with Chicken	regular	large	with Beef	regular	large	with Prawns	regular	large
		Calories	534	802	Calories	570	855	Calories	409
		Protein	45	68	Protein	43	65	Protein	23
		Fat	26	40	Fat	31	47	Fat	22
		Carbs	26	38	Carbs	26	38	Carbs	26
		with Duck	regular	large	with Crispy Chicken	regular	large	with Vegan Tofu	regular
	Calories	525	789	Calories	788	1183	Calories	421	
	Protein	37	56	Protein	45	68	Protein	13	
	Fat	28	43	Fat	39	58	Fat	28	
	Carbs	27	40	Carbs	61	91	Carbs	27	
Pad King 	with Chicken	regular	large	with Beef	regular	large	with Prawns	regular	large
		Calories	405	593	Calories	426	624	Calories	280
		Protein	42	61	Protein	39	57	Protein	20
		Fat	17	24	Fat	20	30	Fat	13
		Carbs	20	29	Carbs	20	29	Carbs	20
		with Duck	regular	large	with Crispy Chicken	regular	large	with Vegan Tofu	regular
	Calories	396	580	Calories	659	1183	Calories	292	
	Protein	34	49	Protein	42	68	Protein	9.8	
	Fat	19	27	Fat	29	58	Fat	18	
	Carbs	21	31	Carbs	55	91	Carbs	21	
Crispy Chilli Chicken <ul style="list-style-type: none"> Calories 795 Protein 34 Fat 41 Carbs 61 	Crispy Chilli Beef <ul style="list-style-type: none"> Calories 630 Protein 27 Fat 29 Carbs 93 	Mekong Duck <ul style="list-style-type: none"> Calories 416 Protein 34 Fat 19 Carbs 28 							

Noodles

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Pad Thai <ul style="list-style-type: none"> with Prawns & Chicken Calories 1038 Protein 58 Fat 31 Carbs 126 	with Chicken <ul style="list-style-type: none"> Calories 1065 Protein 65 Fat 31 Carbs 126 	with Vegan Tofu <ul style="list-style-type: none"> Calories 1001 Protein 31 Fat 34 Carbs 134
Pad Kee Mao <ul style="list-style-type: none"> with Chicken Calories 820 Protein 49 Fat 17 Carbs 113 	with Beef <ul style="list-style-type: none"> Calories 855 Protein 47 Fat 22 Carbs 113 	with Prawns <ul style="list-style-type: none"> Calories 714 Protein 31 Fat 13 Carbs 113
Singapore Noodles <ul style="list-style-type: none"> Calories 799 Protein 57 Fat 29 Carbs 75 	Khao Soi Gai <ul style="list-style-type: none"> Calories 1049 Protein 58 Fat 34 Carbs 121 	Spicy Dan Dan Chicken Noodles <ul style="list-style-type: none"> Calories 544 Protein 26 Fat 19 Carbs 66

Fried Rice

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Camile Special Fried Rice <ul style="list-style-type: none"> Calories 828 Protein 64 Fat 20 Carbs 96 	Vegan Fried Rice with Tofu <ul style="list-style-type: none"> Calories 626 Protein 17 Fat 18 Carbs 95 	Chicken Fried Rice <ul style="list-style-type: none"> Calories 780 Protein 38 Fat 21 Carbs 101
Khao Pad Nua <ul style="list-style-type: none"> Calories 847 Protein 50 Fat 30 Carbs 92 		

Specials

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Pad Satay Stir Fry <ul style="list-style-type: none"> with Chicken Calories 425 Protein 45 Fat 14 Carbs 26 	with Beef <ul style="list-style-type: none"> Calories 461 Protein 43 Fat 19 Carbs 26 	with Prawns <ul style="list-style-type: none"> Calories 301 Protein 23 Fat 10 Carbs 26
with Duck <ul style="list-style-type: none"> Calories 478 Protein 35 Fat 25 Carbs 26 	with Vegan Tofu <ul style="list-style-type: none"> Calories 315 Protein 13 Fat 15 Carbs 28 	

Lunch Menu

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Pad Prik Haeng <ul style="list-style-type: none"> Chicken Tofu Calories 497 Protein 31 Fat 11 Carbs 67 	Spicy Fried Rice <ul style="list-style-type: none"> Chicken Tofu Calories 503 Protein 37 Fat 6.7 Carbs 72 	Pad Thai <ul style="list-style-type: none"> Chicken Tofu Calories 679 Protein 44 Fat 23 Carbs 69
Crispy Chilli Chicken or Tofu <ul style="list-style-type: none"> Chicken Tofu Calories 552 Protein 20 Fat 18 Carbs 89 	Green Curry <ul style="list-style-type: none"> Chicken Tofu Calories 653 Protein 33 Fat 26 Carbs 71 	Massaman Curry <ul style="list-style-type: none"> Chicken Tofu Calories 901 Protein 34 Fat 44 Carbs 80

Power Bowls

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Pad Med Mamung (Cashew & Chicken Stir Fry) <ul style="list-style-type: none"> Calories 560 Protein 41 Fat 31 Carbs 26 	Crispy Chicken Salad Bowl <ul style="list-style-type: none"> Calories 906 Protein 37 Fat 23 Carbs 131 	Satay Chicken Crunch Bowl <ul style="list-style-type: none"> Calories 806 Protein 51 Fat 19 Carbs 102
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Sides

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Brown & Wild Rice <ul style="list-style-type: none"> Calories 504 Protein 12 Fat 0.7 Carbs 110 	Jasmine Rice <ul style="list-style-type: none"> Calories 460 Protein 8.9 Fat 0.5 Carbs 105 	Egg Fried Rice <ul style="list-style-type: none"> Calories 502 Protein 12 Fat 8.8 Carbs 93
Stir-Fried Noodles <ul style="list-style-type: none"> Calories 336 Protein 6.3 Fat 5.5 Carbs 63 	Stir-Fried Asian Greens <ul style="list-style-type: none"> Calories 186 Protein 0.5 Fat 11 Carbs 15 	Steamed Broccoli <ul style="list-style-type: none"> Calories 64 Protein 0.8 Fat 0.2 Carbs 5.5
Plain Fried Potatoes <ul style="list-style-type: none"> Calories 543 Protein 7.4 Fat 34 Carbs 49 		

Kids Menu

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LfI Spice Bag <ul style="list-style-type: none"> Chicken Tofu Calories 497 Protein 18 Fat 26 Carbs 52 	Kids' Massaman Curry with Jasmine Rice <ul style="list-style-type: none"> Chicken Tofu
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