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

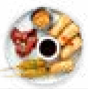
### How to use this guide

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

### Tiffin Box for Two



| | |
|---|---|
| Calories | 958 |
| Protein | 48 |
| Fat | 54 |
| Carbs | 66 |

### Pad Thai Chicken Wings

| | |
|---|---|
| Calories | 642 |
| Protein | 43 |
| Fat | 43 |
| Carbs | 21 |

### Sriracha Chicken Wings / Hot Wings

| | |
|---|---|
| Calories | 640 |
| Protein | 43 |
| Fat | 43 |
| Carbs | 20 |

### Bang Bang Prawns (4) with Coconut Sriracha Dip

| | |
|---|---|
| Calories | 323 |
| Protein | 16 |
| Fat | 15 |
| Carbs | 30 |

### 5 Chicken & Vegetable Gyoza with Sweet Soy Dip

| | |
|---|---|
| Calories | 192 |
| Protein | 8.9 |
| Fat | 4.7 |
| Carbs | 27 |

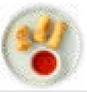
### 5 Prawn Gyoza with Sweet Soy Dip

| | |
|---|---|
| Calories | 217 |
| Protein | 6.9 |
| Fat | 5.4 |
| Carbs | 34 |

### Vegetable Spring Rolls with Sweet Chilli Sauce

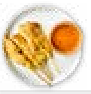
| | | 1 roll (no sauce) |
|---|---|---|
| Calories | 445 | 124 |
| Protein | 7.3 | 2.3 |
| Fat | 21 | 6.9 |
| Carbs | 54 | 13 |

### Hoisin Duck Spring Rolls with Sweet Chilli Sauce



| | | 1 roll (no sauce) |
|---|---|---|
| Calories | 490 | 139 |
| Protein | 22 | 7.3 |
| Fat | 22 | 7.4 |
| Carbs | 48 | 10 |

### 4 Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce



| | | 1 skewer (no sauce) |
|---|---|---|
| Calories | 409 | 71 |
| Protein | 51 | 2 |
| Fat | 15 | 1.6 |
| Carbs | 18 | 12 |

### Duck Pancakes with Hoisin Dipping Sauce

| | |
|---|---|
| Calories | 515 |
| Protein | 32 |
| Fat | 11 |
| Carbs | 72 |

### Spicy Thai Fried Potatoes

| | |
|---|---|
| Calories | 594 |
| Protein | 8.5 |
| Fat | 34 |
| Carbs | 60 |

### Wasabi Peas

| | |
|---|---|
| Calories | 195 |
| Protein | 18 |
| Fat | 3.6 |
| Carbs | 16 |

### Thai Brown Prawn Crackers 70g

| | |
|---|---|
| Calories | 290 |
| Protein | 7 |
| Fat | 5.4 |
| Carbs | 53 |

## Soups

main menu

### Tom Yam Noodle Soup

| | with Chicken | with Prawns |
|---|---|---|
| Calories | 801 | 715 |
| Protein | 53 | 31 |
| Fat | 15 | 15 |
| Carbs | 111 | 111 |

## Spice bags

main menu

### Camile Signature Spice Bag

| | |
|---|---|
| Calories | 1391 |
| Protein | 45 |
| Fat | 80 |
| Carbs | 115 |

### Camile Vegan Spice Bag

| | |
|---|---|
| Calories | 1170 |
| Protein | 23 |
| Fat | 79 |
| Carbs | 87 |

## Curries

main menu

### Green Curry

| | with Chicken | | with Beef | | with Prawns | | with Duck | | with Vegan Tofu | |
|---|---|---|---|---|---|---|---|---|---|---|
| | regular | large | regular | large | regular | large | regular | large | regular | large |
| Calories | 712 | 1068 | 738 | 1107 | 587 | 882 | 703 | 1055 | 535 | 894 |
| Protein | 29 | 69 | 42 | 63 | 24 | 36 | 38 | 57 | 11 | 21 |
| Fat | 42 | 64 | 47 | 71 | 38 | 58 | 45 | 67 | 41 | 65 |
| Carbs | 33 | 50 | 33 | 49 | 33 | 50 | 35 | 52 | 27 | 52 |

### Massaman Curry

| | with Chicken | | with Beef | | with Prawns | | with Duck | | with Vegan Tofu | |
|---|---|---|---|---|---|---|---|---|---|---|
| | regular | large | regular | large | regular | large | regular | large | regular | large |
| Calories | 849 | 1274 | 884 | 1327 | 724 | 1086 | 840 | 1261 | 732 | 1098 |
| Protein | 45 | 67 | 43 | 64 | 23 | 34 | 37 | 55 | 13 | 19 |
| Fat | 53 | 79 | 57 | 86 | 48 | 73 | 55 | 82 | 53 | 80 |
| Carbs | 46 | 69 | 46 | 69 | 46 | 67 | 47 | 71 | 47 | 71 |

### Red Curry

| | with Chicken | | with Beef | | with Prawns | | with Duck | | with Vegan Tofu | |
|---|---|---|---|---|---|---|---|---|---|---|
| | regular | large | regular | large | regular | large | regular | large | regular | large |
| Calories | 683 | 1024 | 718 | 1077 | 558 | 837 | 674 | 1011 | 566 | 850 |
| Protein | 45 | 68 | 44 | 65 | 23 | 35 | 37 | 56 | 13 | 20 |
| Fat | 42 | 64 | 47 | 71 | 38 | 57 | 44 | 67 | 43 | 65 |
| Carbs | 28 | 42 | 28 | 42 | 28 | 42 | 29 | 44 | 29 | 44 |

### Chu Chee Curry

| | with Chicken | | with Beef | | with Prawns | | with Duck | | with Vegan Tofu | |
|---|---|---|---|---|---|---|---|---|---|---|
| | regular | large | regular | large | regular | large | regular | large | regular | large |
| Calories | 477 | 716 | 512 | 769 | 352 | 528 | 468 | 703 | 360 | 540 |
| Protein | 45 | 67 | 43 | 65 | 23 | 34 | 37 | 55 | 13 | 19 |
| Fat | 19 | 29 | 24 | 36 | 15 | 23 | 21 | 32 | 20 | 30 |
| Carbs | 28 | 43 | 28 | 43 | 28 | 43 | 30 | 45 | 30 | 44 |

### Camile Katsu Curry with Chicken

| | |
|---|---|
| Calories | 625 |
| Protein | 29 |
| Fat | 14 |
| Carbs | 94 |

### Harry's Bangin' Panang Curry

| | |
|---|---|
| Calories | 719 |
| Protein | 48 |
| Fat | 44 |
| Carbs | 30 |

### Vegan Harry's Bangin' Panang Curry With Chickpeas

| | |
|---|---|
| Calories | 710 |
| Protein | 23 |
| Fat | 43 |
| Carbs | 51 |

## Stir Fries

main menu

### Pad Krapow

| | with Chicken | with Beef | with Prawns | with Duck | with Crispy Chicken | with Vegan Tofu |
|---|---|---|---|---|---|---|
| Calories | 439 | 475 | 315 | 431 | 520 | 330 |
| Protein | 42 | 40 | 20 | 34 | 28 | 10 |
| Fat | 16 | 21 | 12 | 18 | 21 | 17 |
| Carbs | 28 | 28 | 28 | 30 | 50 | 31 |

### Pad Prik Haeng

| | with Chicken | | with Beef | | with Prawns | |
|---|---|---|---|---|---|---|
| | regular | large | regular | large | regular | large |
| Calories | 526 | 790 | 562 | 843 | 401 | 602 |
| Protein | 45 | 68 | 43 | 65 | 23 | 35 |
| Fat | 26 | 38 | 30 | 46 | 21 | 32 |
| Carbs | 25 | 38 | 25 | 38 | 25 | 38 |

| | with Duck | | with Crispy Chicken | | with Vegan Tofu | |
|---|---|---|---|---|---|---|
| | regular | large | regular | large | regular | large |
| Calories | 517 | 777 | 606 | 910 | 389 | 614 |
| Protein | 37 | 56 | 32 | 48 | 14 | 20 |
| Fat | 28 | 41 | 31 | 46 | 23 | 39 |
| Carbs | 27 | 40 | 47 | 71 | 29 | 40 |

### Pad King

| | with Chicken | | with Beef | | with Prawns | |
|---|---|---|---|---|---|---|
| | regular | large | regular | large | regular | large |
| Calories | 397 | 581 | 418 | 613 | 272 | 408 |
| Protein | 42 | 61 | 39 | 57 | 20 | 30 |
| Fat | 16 | 23 | 19 | 28 | 12 | 18 |
| Carbs | 20 | 29 | 20 | 29 | 20 | 30 |

| | with Duck | | with Crispy Chicken | | with Vegan Tofu | |
|---|---|---|---|---|---|---|
| | regular | large | regular | large | regular | large |
| Calories | 388 | 568 | 477 | 816 | 316 | 420 |
| Protein | 34 | 49 | 28 | 37 | 11 | 15 |
| Fat | 18 | 26 | 21 | 33 | 17 | 25 |
| Carbs | 21 | 31 | 42 | 87 | 28 | 31 |

### Crispy Chilli Chicken

| | regular | large |
|---|---|---|
| Calories | 543 | 816 |
| Protein | 25 | 37 |
| Fat | 22 | 33 |
| Carbs | 58 | 87 |

### Crispy Chilli Beef

| | regular | large |
|---|---|---|
| Calories | 614 | 921 |
| Protein | 27 | 40 |
| Fat | 27 | 40 |
| Carbs | 62 | 93 |

### Mekong Duck

| | regular | large |
|---|---|---|
| Calories | 408 | 612 |
| Protein | 34 | 51 |
| Fat | 18 | 27 |
| Carbs | 25 | 38 |

### Crispy Chilli Chicken Burrito

| | |
|---|---|
| Calories | 907 |
| Protein | 30 |
| Fat | 21 |
| Carbs | 145 |

## Noodles

main menu

### Pad Thai

| | with Prawns & Chicken | with Chicken | with Vegan Tofu |
|---|---|---|---|
| Calories | 1038 | 1065 | 985 |
| Protein | 58 | 65 | 31 |
| Fat | 31 | 31 | 33 |
| Carbs | 126 | 126 | 133 |

### Pad Kee Mao

| | with Chicken | with Beef | with Prawns | with Duck | with Vegan Tofu |
|---|---|---|---|---|---|
| Calories | 820 | 855 | 714 | 811 | 711 |
| Protein | 49 | 47 | 31 | 41 | 18 |
| Fat | 17 | 22 | 13 | 19 | 18 |
| Carbs | 113 | 113 | 113 | 114 | 115 |

### Singapore Noodles

| | |
|---|---|
| Calories | 799 |
| Protein | 57 |
| Fat | 29 |
| Carbs | 75 |

### Khao Soi Gai

| | |
|---|---|
| Calories | 1049 |
| Protein | 58 |
| Fat | 34 |
| Carbs | 121 |

### Spicy Dan Dan Chicken Noodles

| | |
|---|---|
| Calories | 528 |
| Protein | 28 |
| Fat | 16 |
| Carbs | 66 |

## Fried Rice

main menu

### Camile Special Fried Rice

| | |
|---|---|
| Calories | 828 |
| Protein | 64 |
| Fat | 20 |
| Carbs | 96 |

### Vegan Fried Rice with Tofu

| | |
|---|---|
| Calories | 614 |
| Protein | 17 |
| Fat | 17 |
| Carbs | 94 |

### Chicken Fried Rice

| | |
|---|---|
| Calories | 780 |
| Protein | 38 |
| Fat | 21 |
| Carbs | 108 |

### Khao Pad Nua

| | |
|---|---|
| Calories | 847 |
| Protein | 50 |
| Fat | 30 |
| Carbs | 92 |

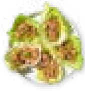
## Specials

main menu

### Pad Satay Stir Fry

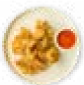
| | with Chicken | with Beef | with Prawns | with Duck | with Vegan Tofu |
|---|---|---|---|---|---|
| Calories | 404 | 460 | 299 | 478 | 310 |
| Protein | 49 | 43 | 23 | 35 | 13 |
| Fat | 10 | 19 | 10 | 25 | 15 |
| Carbs | 26 | 26 | 26 | 26 | 27 |

### Larb Gai



| | |
|---|---|
| Calories | 375 |
| Protein | 49 |
| Fat | 13 |
| Carbs | 14 |

### Phuket Fried Chicken with Coconut Sriracha Dip



| | |
|---|---|
| Calories | 601 |
| Protein | 32 |
| Fat | 31 |
| Carbs | 49 |

## Lunch Menu

main menu

### Pad Prik Haeng

| | Chicken | Tofu |
|---|---|---|
| Calories | 497 | 419 |
| Protein | 31 | 11 |
| Fat | 11 | 11 |
| Carbs | 67 | 67 |

### Spicy Fried Rice

| | Chicken | Tofu |
|---|---|---|
| Calories | 503 | 363 |
| Protein | 37 | 10 |
| Fat | 6.7 | 4.3 |
| Carbs | 72 | 68 |

### Pad Thai

| | Chicken | Tofu |
|---|---|---|
| Calories | 679 | 445 |
| Protein | 44 | 12 |
| Fat | 23 | 11 |
| Carbs | 69 | 71 |

### Crispy Chilli Chicken or Tofu

| | Chicken | Tofu |
|---|---|---|
| Calories | 552 | 425 |
| Protein | 20 | 7.8 |
| Fat | 12 | 8.9 |
| Carbs | 89 | 76 |

### Green Curry

| | Chicken | Tofu |
|---|---|---|
| Calories | 653 | 514 |
| Protein | 33 | 12 |
| Fat | 26 | 22 |
| Carbs | 71 | 66 |

### Massaman Curry

| | Chicken | Tofu |
|---|---|---|
| Calories | 901 | 765 |
| Protein | 34 | 13 |
| Fat | 44 | 40 |
| Carbs | 90 | 87 |

## Sides

main menu

### Brown & Wild Rice

| | |
|---|---|
| Calories | 504 |
| Protein | 12 |
| Fat | 0.7 |
| Carbs | 110 |

### Jasmine Rice

| | |
|---|---|
| Calories | 460 |
| Protein | 8.9 |
| Fat | 0.5 |
| Carbs | 105 |

### Egg Fried Rice

| | |
|---|---|
| Calories | 502 |
| Protein | 12 |
| Fat | 8.8 |
| Carbs | 93 |

### Stir-Fried Noodles

### Stir-Fried Asian Greens

### Steamed Broccoli

| | |
|---|---|
| Calories | 336 |
| Protein | 6.8 |
| Fat | 5.5 |
| Carbs | 63 |

| | |
|---|---|
| Calories | 196 |
| Protein | 6.5 |
| Fat | 11 |
| Carbs | 15 |

| | |
|---|---|
| Calories | 64 |
| Protein | 6.2 |
| Fat | 0.8 |
| Carbs | 5.5 |

### Plain Fried Potatoes

| | |
|---|---|
| Calories | 543 |
| Protein | 7.4 |
| Fat | 34 |
| Carbs | 49 |

## Kids Menu

main menu

### Li'l Spice Bag

| | Chicken | Tofu |
|---|---|---|
| Calories | 529 | 439 |
| Protein | 18 | 8.4 |
| Fat | 26 | 26 |
| Carbs | 52 | 40 |

### Kids' Massaman Curry with Jasmine Rice

| | Chicken | Tofu |
|---|---|---|
| Calories | 856 | 814 |
| Protein | 33 | 15 |
| Fat | 35 | 38 |
| Carbs | 99 | 100 |

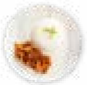
### Kids' Wok Fried Noodles

| | Chicken | Tofu |
|---|---|---|
| Calories | 420 | 390 |
| Protein | 35 | 15 |
| Fat | 15 | 20 |
| Carbs | 34 | 36 |

### Kids' Special Fried Rice

| | Chicken | Tofu |
|---|---|---|
| Calories | 718 | 688 |
| Protein | 37 | 17 |
| Fat | 24 | 29 |
| Carbs | 86 | 87 |

### Kids' Sweet Crispy Chicken



| | |
|---|---|
| Calories | 587 |
| Protein | 22 |
| Fat | 12 |
| Carbs | 96 |

## Sauces, Dressing & Dips

main menu

### Salted Coconut Pandan Caramel Sauce

| | |
|---|---|
| Calories | 129 |
| Protein | 0 |
| Fat | 7.8 |
| Carbs | 14 |

### Massaman Curry Dip

| | |
|---|---|
| Calories | 312 |
| Protein | 4.3 |
| Fat | 25 |
| Carbs | 17 |

### Vegan Green Curry Dip

| | |
|---|---|
| Calories | 282 |
| Protein | 3.9 |
| Fat | 24 |
| Carbs | 12 |

### Sweet Chilli Dip

| | |
|---|---|
| Calories | 120 |
| Protein | 0 |
| Fat | 0 |
| Carbs | 28 |

### Peanut Satay Dipping Sauce

| | |
|---|---|
| Calories | 76 |
| Protein | 1.7 |
| Fat | 5.2 |
| Carbs | 5.5 |

### Sweet Soy Dipping Sauce

| | |
|---|---|
| Calories | 46 |
| Protein | 0.8 |
| Fat | 0 |
| Carbs | 9.9 |

## Desserts

main menu

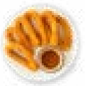
### Miso Chocolate Chip Cookies

| | |
|---|---|
| Calories | 328 |
| Protein | 3.4 |
| Fat | 16 |
| Carbs | 42 |

### Miso Almond Brownies with Salted Coconut Pandan

| | |
|---|---|
| Calories | 300 |
| Protein | 3.2 |
| Fat | 18 |
| Carbs | 32 |

### Crispy Pandan Caramel Churros



| | | 1 churro (no sauce) |
|---|---|---|
| Calories | 521 | 92 |
| Protein | 6.6 | 1.1 |
| Fat | 24 | 5.2 |
| Carbs | 70 | 10 |

### Ben & Jerry's Chocolate Fudge Brownie Ice Cream 100ml tub

| | |
|---|---|
| Calories | 182 |
| Protein | 2.6 |
| Fat | 9.3 |
| Carbs | 24 |

### Ben & Jerry's Caramel Chew Chew Ice Cream 100ml tub

| | |
|---|---|
| Calories | 211 |
| Protein | 2.6 |
| Fat | 12 |
| Carbs | 23 |

### Ben & Jerry's Cookie Dough Ice Cream 100ml tub

| | |
|---|---|
| Calories | 213 |
| Protein | 3.1 |
| Fat | 12 |
| Carbs | 23 |