Camile

macro counts

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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

5 Chicken & Vegetable Gyoza with Sweet Soy Dip

5 Prawn Gyoza with Sweet Soy Dip

Calories	323
Protein	16
Fat	15
Carbs	30

Calories	192
Protein	8.9
Fat	4.7
Carbs	27

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	Calories	715
Protein	53	Protein	31
Fat	15	Fat	15
Carbs	111	Carbs	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**

	regular	large
Calories	712	1068
Protein	29	69
Fat	42	64
Carbs	33	50

with **Beef**

	regular	large
Calories	738	1107
Protein	42	63
Fat	47	71
Carbs	33	49

with **Prawns**

	regular	large
Calories	587	882
Protein	24	36
Fat	38	58
Carbs	33	50

with **Duck**

	regular	large
Calories	703	1055
Protein	38	57
Fat	45	67
Carbs	35	52

with **Vegan Tofu**

	regular	large
Calories	535	894
Protein	11	21
Fat	41	65
Carbs	27	52

Massaman Curry

with **Chicken**

	regular	large
Calories	849	1274
Protein	45	67
Fat	53	79
Carbs	46	69

with **Beef**

	regular	large
Calories	884	1327
Protein	43	64
Fat	57	86
Carbs	46	69

with **Prawns**

	regular	large
Calories	724	1086
Protein	23	34
Fat	48	73
Carbs	46	67

with **Duck**

	regular	large
Calories	840	1261
Protein	37	55
Fat	55	82
Carbs	47	71

with **Vegan Tofu**

	regular	large
Calories	732	1098
Protein	13	19
Fat	53	80
Carbs	47	71

Red Curry

with **Chicken**

	regular	large
Calories	683	1024
Protein	45	68
Fat	42	64
Carbs	28	42

with **Beef**

	regular	large
Calories	718	1077
Protein	44	65
Fat	47	71
Carbs	28	42

with **Prawns**

	regular	large
Calories	558	837
Protein	23	35
Fat	38	57
Carbs	28	42

with **Duck**

	regular	large
Calories	674	1011
Protein	37	56
Fat	44	67
Carbs	29	44

with **Vegan Tofu**

	regular	large
Calories	566	850
Protein	13	20
Fat	43	65
Carbs	29	44

Chu Chee Curry

with **Chicken**

	regular	large
Calories	477	716
Protein	45	67
Fat	19	29

with **Beef**

	regular	large
Calories	512	769
Protein	43	65
Fat	24	36

with **Prawns**

	regular	large
Calories	352	528
Protein	23	34
Fat	15	23

Carbs	28	43

Carbs	28	43

Carbs	28	43

with **Duck**

	regular	large
Calories	468	703
Protein	37	55
Fat	21	32
Carbs	30	45

with **Vegan Tofu**

	regular	large
Calories	360	540
Protein	13	19
Fat	20	30
Carbs	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**

Calories	439
Protein	42
Fat	16
Carbs	28

with **Beef**

Calories	475
Protein	40
Fat	21
Carbs	28

with **Prawns**

Calories	315
Protein	20
Fat	12
Carbs	28

with **Duck**

Calories	431
Protein	34
Fat	18
Carbs	30

with **Crispy Chicken**

Calories	520
Protein	28
Fat	21
Carbs	50

with **Vegan Tofu**

Calories	330
Protein	10
Fat	17
Carbs	31

Pad Prik Haeng

with **Chicken**

	regular	large
Calories	526	790
Protein	45	68
Fat	26	38
Carbs	25	38

with **Beef**

	regular	large
Calories	562	843
Protein	43	65
Fat	30	46
Carbs	25	38

with **Prawns**

	regular	large
Calories	401	602
Protein	23	35
Fat	21	32
Carbs	25	38

with **Duck**

	regular	large
Calories	517	777
Protein	37	56
Fat	28	41
Carbs	27	40

with **Crispy Chicken**

	regular	large
Calories	606	910
Protein	32	48
Fat	31	46
Carbs	47	71

with **Vegan Tofu**

	regular	large
Calories	389	614
Protein	14	20
Fat	23	39
Carbs	29	40

Pad King

with **Chicken**

	regular	large
Calories	397	581
Protein	42	61
Fat	16	23
Carbs	20	29

with **Beef**

	regular	large
Calories	418	613
Protein	39	57
Fat	19	28
Carbs	20	29

with **Prawns**

	regular	large
Calories	272	408
Protein	20	30
Fat	12	18
Carbs	20	30

with **Duck**

	regular	large
Calories	388	568
Protein	34	49

with **Crispy Chicken**

	regular	large
Calories	477	816
Protein	28	37

with **Vegan Tofu**

	regular	large
Calories	316	420
Protein	11	15

Fat	18	26
Carbs	21	31

Fat	21	33
Carbs	42	87

Fat	17	25
Carbs	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**
Calories	820	855	714
Protein	49	47	31
Fat	17	22	13
Carbs	113	113	113

	with **Duck**	with **Vegan Tofu**
Calories	811	711
Protein	41	18
Fat	19	18
Carbs	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

Calories	336
Protein	6.8
Fat	5.5
Carbs	63

Stir-Fried Asian Greens

Calories	196
Protein	6.5
Fat	11
Carbs	15

Steamed Broccoli

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

BEN&JERRY'S
DELIVERED FROZEN

Calories	182
Protein	2.6
Fat	9.3
Carbs	24

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

BEN&JERRY'S
DELIVERED FROZEN

Calories	211
Protein	2.6
Fat	12
Carbs	23

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

BEN&JERRY'S
Cookie Dough

Calories	213
Protein	3.1
Fat	12
Carbs	23