



Updated **8th October 2024** (Niamh O'Connor RD)

		Nutritional Values Per Serving									
Recipe ID	Last Modified	Camile Savers	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
8377306	23/09/2024 11:54	Camile (Savers) - Crispy Chilli Chicken Burrito (03/23) 8377306	907	21	5	145	33	7.7	30	5.3	Low Saturated Fat,Source of Protein,Source of Vitamin K,Source of Vitamin C
8236437	10/09/2024 19:20	Camile (Value Specials) - Chicken Fried Rice (03/23) 8236437	780	21	3.1	108	11	5.7	38	4.1	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A
6817247	21/09/2024 14:51	Camile (Specials) - Spicy Dan Dan Noodles with Vegan Chicken (02/23) 6817247	500	15	1.8	68	11	6.8	20	5.4	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A
6817220	21/09/2024 14:51	Camile (Specials) - Spicy Dan Dan Chicken Noodles (02/23) 6817220	528	16	2	66	12	4.4	28	5.2	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A
Recipe ID	Last Modified	Summer Specials	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
12286545	10/09/2024 19:21	Camile (Specials) - Bang Bang Prawns (4) with Coconut Sriracha Dip (08/24)	323	15	3	30	8.5	1.4	16	2.9	High in Protein,Source of Vitamin E,High in Vitamin B12,High in Chloride,Source of Selenium
10704803	10/09/2024 19:21	Camile (Specials) - Chilli Lime Buddha Bowl with Tofu (05/24)	441	12	1.6	68	29	5.5	14	3.8	Low Fat,Low Saturated Fat,Source of Vitamin A,High in Chloride,High in Iodine
10704615	10/09/2024 19:21	Camile (Specials) - Chilli Lime Buddha Bowl with Chicken (05/24)	486	8.8	2	66	29	4.8	33	4	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin A,High in Chloride
8694633	10/09/2024 19:20	Camile (Specials) - Po Pia Sot Prawns (05/23) 8694633	257	9.7	3.1	32	6.2	2	9.5	0.82	Low Sugar,Source of Protein,Source of Vitamin A
98649	10/09/2024 19:20	Camile (Specials) - Po Pia Sot Teriyaki Chicken (07/23) 98649	276	12	3.2	27	11	2.8	12	1.2	Low Saturated Fat,Source of Protein,High in Vitamin A,High in Vitamin K,Source of Vitamin C
Recipe ID	Last Modified	Starters & Small Plates	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
12286545	10/09/2024 19:21	Camile (Specials) - Bang Bang Prawns (4) with Coconut Sriracha Dip (08/24)	323	15	3	30	8.5	1.4	16	2.9	High in Protein,Source of Vitamin E,High in Vitamin B12,High in Chloride,Source of Selenium

12266057	10/09/2024 19:20	Camile (Starters) - Pad Thai Chicken Wings (08/24)	642	43	5.5	21	17	0.5	43	3.5	High in Protein,Source of Vitamin E,Source of Vitamin K
10052351	10/09/2024 19:20	Camile (Starters) - Mini Tiffin Box with Plum Sauce (01/24)	495	22	2.9	44	26	3.8	28	2.6	
10045871	10/09/2024 19:20	Camile (Nibbles) - 1 Chargrilled Chicken Skewer without sauce (01/24)	71	1.6	0.8	2	2.3	0	12	0.37	
10045235	10/09/2024 19:21	Camile (Sides) - Plain Fried Potatoes (01/24)	543	34	2.5	49	0.7	7.3	7.4	0.2	Low Saturated Fat,Sugar Free,Very Low Salt,Source of Vitamin E,Source of Vitamin K
9566429	10/09/2024 19:20	Camile (Nibbles) - Thai Brown Prawn Crackers 70g (02/24)	290	5.4	0.6	53	9.3	1	7	0.73	Low Saturated Fat,High in Chloride
9485586	10/09/2024 19:22	Camile (Sauces) - Sweet Chilli Dip 2oz tub (11/23) 9485586	120	0	0	28	28	3	0	0.71	Fat Free,No Saturated Fat,Source of Fibre,Source of Vitamin C,High in Chloride
8547246	10/09/2024 19:20	Camile (Starters) - 5 Chicken & Vegetable Gyoza with Sweet Soy Dip (04/23) 8547246	192	4.7	1.6	27	14	2.5	8.9	2.6	Low Saturated Fat,Source of Protein,High in Chloride
8547228	10/09/2024 19:20	Camile (Starters) - 5 Prawn Gyoza with Sweet Soy Dip (04/23) 8547228	217	5.4	0.5	34	14	1.9	6.9	2.6	Low Saturated Fat,Source of Protein
8546943	10/09/2024 19:20	Camile (Starters) - 5 Pork Gyoza with Sweet Soy Dip (04/23) 8546943	239	10	4.2	28	10	2.7	7.6	2.7	Source of Protein
8546856	10/09/2024 19:20	Camile (Starters) - 5 Vegetable Gyoza with Sweet Soy Dip (04/23) 8546856	198	0.9	0.2	39	12	2.3	7.1	2.5	Low Fat,Low Saturated Fat,Source of Protein
8400670	10/09/2024 19:20	Camile Ireland (Nibbles) - 1 Duck Spring Roll (03/23) 8400670	139	7.4	0.8	10	2.8	0.6	7.3	0.75	
5056864	10/09/2024 19:20	Camile (Starters) - Calamari Fries with Wasabi Mayo Dip (03/23) 5056864	826	70	18	36	3.2	0	13	3.1	Low Sugar,Source of Fibre,Source of Vitamin E,Source of Vitamin K

5012681	10/09/2024 19:22	Camile Ireland (Rolls) - Vegetable Spring Rolls with Sweet Chilli Sauce (02/23) 5012681	445	21	1.4	54	25	5.6	7.3	2.4	High in Vitamin K,Source of Vitamin C,Source of Folic Acid,Low Saturated Fat
4086626	10/09/2024 19:20	Camile Ireland (Nibbles) - 1 Vegetable Spring Roll (02/23) 4086626	124	6.9	0.5	13	3.4	1.3	2.3	0.67	Low Saturated Fat,High in Vitamin K,High in Vitamin C,Source of Folic Acid,Source of Vitamin A,Source of Vitamin E
4078571	10/09/2024 19:20	Camile (Starters) - Sriracha Chicken Wings / Hot Wings (02/23) 4078571	640	43	5.5	20	15	0.5	43	3.1	High in Protein,Source of Vitamin E,High in Vitamin K
3480899	10/09/2024 19:20	Camile (Starters) - 4 Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce (02/23) 3480899	409	15	7.5	18	18	0.7	51	2.4	High in Protein,High in Niacin,High in Vitamin B6,Source of Vitamin B5,Source of Potassium,High in Chloride,Source of Phosphorus,Source of Selenium
3473204	10/09/2024 19:22	Camile (Sauces) - Sweet Soy Dipping Sauce (02/23) 3473204	46	0	0	9.9	9.7	1	0.8	1.6	Fat Free,No Saturated Fat,High in Protein,Source of Fibre
3460040	10/09/2024 19:20	Camile Thai (starters) - Vegan Spice Bag Cauliflower Wings with Sriracha Coconut Dip (06/24) 3460040	395	25	3.9	34	15	6	8.8	4.7	Low Saturated Fat,Low Sugar,Source of Vitamin E,High in Vitamin K,High in Vitamin C,Source of Folic Acid,High in Chloride,Source of Fibre
2509685	10/09/2024 19:20	Camile Thai (Starters) - Duck Pancakes with Hoisin Dipping Sauce (02/23) 2509685	515	11	2.3	72	17	1.1	32	2.9	Low Saturated Fat,High in Protein,High in Vitamin B12,High in Vitamin K,Source of Thiamin
2434052	10/09/2024 19:21	Camile Thai (Starters) - Crispy Tofu with Tamarind Dressing (02/23) 2434052	849	45	3.9	78	13	3.6	32	5.9	No Saturated Fat,Source of Protein,High in Chloride,High in Calcium,Source of Phosphorus,Source of Magnesium,High in Iron,Source of Copper,High in Manganese,High in Iodine,Source of Zinc,Low Sugar,Source of Vitamin E,Source of Vitamin K,Source of Selenium
2386039	10/09/2024 19:21	Camile Signature Spice Bag (02/23) 2386039	728	35	3.3	68	6.5	8.8	30	3.8	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B6,High in Chloride,Source of Folic Acid,Source of Potassium
1381571	10/09/2024 19:21	Camile Thai (CP Sauces) - Sriracha Coconut Dip Batch (02/23) 1381571	50	2	1.6	7.4	6.6	0	0.5	1.1	Fat Free,No Saturated Fat,High in Fibre,High in Vitamin A,High in Vitamin C,High in Potassium,Source of Thiamin,Source of Vitamin B6,Source of Folic Acid,High in Chloride,Source of Copper,Source of Manganese
98656	10/09/2024 19:22	Camile Ireland (Rolls) - Vegetable Spring Rolls with Plum Dipping Sauce (02/23) 98656	446	21	1.4	55	25	5.6	7.3	2.4	Low Saturated Fat,High in Vitamin A,Source of Vitamin C,High in Chloride,High in Vitamin K,Source of Folic Acid

98654	10/09/2024 19:22	Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (02/23) 98654	491	22	2.5	48	23	3.5	22	2.6	Low Saturated Fat,Source of Protein,High in Vitamin A,Source of Vitamin C,High in Vitamin B12,High in Chloride,Source of Vitamin K
98633	10/09/2024 19:20	Camile Ireland - Tiffin Box for Two (02/23) 98633	958	54	8.2	66	38	5.7	48	4.2	High in Protein,Source of Vitamin A,Source of Vitamin C,Source of Niacin,High in Vitamin K,High in Chloride
98622	10/09/2024 19:21	Camile (Sides) - Spicy Thai Fried Potatoes (02/23) 98622	594	34	2.6	60	9.9	8.4	8.5	2	Low Saturated Fat,Low Sugar,Source of Vitamin C,High in Vitamin B6,Source of Folic Acid,Source of Potassium,Source of Vitamin E,Source of Vitamin K,Source of Thiamin,High in Chloride
36214	10/09/2024 19:22	Camile (Sauces) - Peanut Satay Dipping Sauce (02/23) 36214	76	5.2	2.5	5.5	4.8	0.5	1.7	0.18	High in Vitamin E,Source of Thiamin,Source of Niacin,High in Biotin,High in Chloride,Source of Phosphorus,Source of Magnesium,Source of Copper,High in Manganese,Source of Vitamin B6,Source of Folic Acid,Source of Vitamin B5,Source of Potassium.Source of Zinc

Recipe ID	Last Modified	Nibbles	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
10045871	10/09/2024 19:20	Camile (Nibbles) - 1 Chargrilled Chicken Skewer without sauce (01/24)	71	1.6	0.8	2	2.3	0	12	0.37	
9566429	10/09/2024 19:20	Camile (Nibbles) - Thai Brown Prawn Crackers 70g (02/24)	290	5.4	0.6	53	9.3	1	7	0.73	Low Saturated Fat,High in Chloride
8400670	10/09/2024 19:20	Camile Ireland (Nibbles) - 1 Duck Spring Roll (03/23) 8400670	139	7.4	0.8	10	2.8	0.6	7.3	0.75	
8174349	10/09/2024 19:20	Camile (CP / Nibbles) - Crushed Peanuts Roasted (02/23)	325	27	4.5	5.5	2.8	3.5	14	0	No Salt,High in Fibre,Source of Protein,High in Vitamin E,Source of Vitamin K,High in Thiamin,High in Niacin,High in Vitamin B6,High in Folic Acid,High in Biotin,High in Vitamin B5,High in Potassium,High in Phosphorus,High in Magnesium,Source of Iron,High in Zinc,High in Copper,High in Manganese
4806264	10/09/2024 19:20	Camile Ireland (Nibbles) - Wasabi Peas (09/21) 4806264	166	3.4	1.1	27	5.2		6.5	0.72	Source of Protein
4089738	10/09/2024 19:20	Camile (Nibbles) - 2 Chargrilled Chicken Skewers (02/23)	142	3.3	1.6	3.9	4.5	0	24	0.73	Low Sugar,High in Protein,High in Niacin,High in Vitamin B6,Source of Vitamin B5,Source of Potassium,High in Chloride,High in Phosphorus,Source of Selenium

4086626	10/09/2024 19:20	Camile Ireland (Nibbles) - 1 Vegetable Spring Roll (02/23) 4086626	124	6.9	0.5	13	3.4	1.3	2.3	0.67	Low Saturated Fat,High in Vitamin K,High in Vitamin C,Source of Folic Acid,Source of Vitamin A,Source of Vitamin E
4086616	10/09/2024 19:20	Camile Thai (Nibbles) - 2 Sriracha Chicken Wings / Hot Wings (02/23) 4086616	224	13	1.7	13	11	0.5	13	1.8	High in Protein,High in Vitamin K
3972434	10/09/2024 19:20	Camile (Nibbles) - Thai Brown Prawn Crackers 130g (02/24)	500	5.7	0.7	98	17	1.8	13	1.4	Low Saturated Fat,High in Chloride
3217720	10/09/2024 19:20	Camile (Nibbles) - Sweet & Spicy Peanuts (02/23) 3217720	447	40	4.9	8.2	5.3	3	12	0.29	High in Fibre,Source of Protein,High in Niacin,High in Vitamin B6,High in Folic Acid,High in Biotin,High in Vitamin B5,Source of Potassium,High in Chloride,High in Phosphorus,High in Magnesium,Source of Zinc,High in Copper,High in Manganese,High in Vitamin E,High in Vitamin K,High in Thiamin,Source of Iron
98802	10/09/2024 19:20	Camile (Nibbles) - Honey Chilli Cashews (02/23) 98802	249	18	3.4	14	9.8	1.9	7.3	0.7	Low Salt,Source of Fibre,Source of Vitamin K,Source of Vitamin C,High in Thiamin,Source of Vitamin B6,Source of Folic Acid,Source of Biotin,Source of Potassium,High in Phosphorus,High in Magnesium,High in Iron,High in Zinc,High in Copper,High in Manganese,High in Selenium,High in Chloride
98801	10/09/2024 19:20	Camile (Nibbles) - Edamame (06/20) 98801	195	3.6	0.6	16	3.8	14	18	14.3	Low Saturated Fat,Low Sugar,High in Fibre,High in Protein,High in Vitamin K,High in Folic Acid,Source of Potassium,High in Chloride,Source of Phosphorus,Source of Magnesium,Source of Copper,High in Manganese,Low Fat

Recipe ID	Last Modified	Camile Rolls	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
8400670	10/09/2024 19:20	Camile Ireland (Nibbles) - 1 Duck Spring Roll (03/23) 8400670	139	7.4	0.8	10	2.8	0.6	7.3	0.75	
5012681	10/09/2024 19:22	Camile Ireland (Rolls) - Vegetable Spring Rolls with Sweet Chilli Sauce (02/23) 5012681	445	21	1.4	54	25	5.6	7.3	2.4	High in Vitamin K,Source of Vitamin C,Source of Folic Acid,Low Saturated Fat
4086626	10/09/2024 19:20	Camile Ireland (Nibbles) - 1 Vegetable Spring Roll (02/23) 4086626	124	6.9	0.5	13	3.4	1.3	2.3	0.67	Low Saturated Fat,High in Vitamin K,High in Vitamin C,Source of Folic Acid,Source of Vitamin A,Source of Vitamin E
98656	10/09/2024 19:22	Camile Ireland (Rolls) - Vegetable Spring Rolls with Plum Dipping Sauce (02/23) 98656	446	21	1.4	55	25	5.6	7.3	2.4	Low Saturated Fat,High in Vitamin A,Source of Vitamin C,High in Chloride,High in Vitamin K,Source of Folic Acid
98654	10/09/2024 19:22	Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (02/23) 98654	491	22	2.5	48	23	3.5	22	2.6	Low Saturated Fat,Source of Protein,High in Vitamin A,Source of Vitamin C,High in Vitamin B12,High in Chloride,Source of Vitamin K

Recipe ID	Last Modified	Soups	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
12267029	10/09/2024 19:20	Camile (Soups) - Tom Yam Noodle Soup Chicken (08/24)	801	15	3.2	111	15	5.9	53	6.2	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin K,Source of Niacin,Source of Vitamin B6
12266841	10/09/2024 19:20	Camile (Soups) - Tom Yam Noodle Soup Prawns (08/24)	715	15	3	111	15	5.9	31	7.8	
98658	10/09/2024 19:21	Camile Thai (Soups) - Tom Yam Goong (02/23) 98658	219	11	1.9	19	13	3.1	10	5.5	Low Calorie,Fat Free,Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,High in Vitamin B12,High in Chloride,Source of Fibre,Source of Manganese

Recipe ID	Last Modified	Salads	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
10704803	10/09/2024 19:21	Camile (Specials) - Chilli Lime Buddha Bowl with Tofu (05/24)	441	12	1.6	68	29	5.5	14	3.8	Low Fat,Low Saturated Fat,Source of Vitamin A,High in Chloride,High in Iodine
10704615	10/09/2024 19:21	Camile (Specials) - Chilli Lime Buddha Bowl with Chicken (05/24)	486	8.8	2	66	29	4.8	33	4	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin A,High in Chloride
917544	10/09/2024 19:21	Camile Thai (Salads) - Vegan Tofu & Kale Salad with Tamarind Dressing (02/23) 917544	379	11	1	50	18	8.4	15	3.6	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,High in Vitamin C,Source of Folic Acid,High in Chloride,High in Calcium,Source of Phosphorus,Source of Copper,Source of Manganese,Source of Fibre,Source of Vitamin A,Low Fat
156757	10/09/2024 19:20	Camile Thai (Salads) - Sticky Chicken Salad with Tamarind Dressing (02/23) 156757	528	13	2.4	57	27	9.4	40	5.1	High in Protein,High in Vitamin K,Source of Vitamin B6,Source of Folic Acid,Source of Potassium,High in Chloride,Source of Vitamin A,Source of Vitamin C,Low Saturated Fat,Source of Fibre,Low Fat

Recipe ID	Last Modified	Spice Bags	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
3460056	10/09/2024 19:20	Camile's Vegan Spice Bag with Vegan Green Curry Dip (06/24) 3460056	849	58	23	60	16	8.9	17	4.3	Low Sugar,Source of Protein,Source of Vitamin K,Source of Vitamin C,High in Chloride,High in Calcium,Source of Manganese,Low Saturated Fat,Source of Vitamin B6,Source of Folic Acid,Source of Copper
3460048	10/09/2024 19:21	Camile (Sauces) - Massaman Curry Dip (02/23) 3460048	312	25	19	17	14	2.1	4.3	3.4	Source of Potassium,High in Chloride,Source of Magnesium,Source of Copper,Source of Manganese

3460046	10/09/2024 19:20	Camile's Signature Spice Bag with Massaman Curry Dip (02/23) 3460046	1040	60	23	85	21	11	34	7.2	Low Sugar,Source of Protein,Source of Vitamin K,Source of Vitamin C,Source of Vitamin B6,Source of Potassium
3460028	10/09/2024 19:21	Camile (Sauces) - Vegan Green Curry Dip (02/23) 3460028	282	24	20	12	10	0.5	3.9	1.4	Source of Vitamin K,High in Vitamin C,Source of Folic Acid,Source of Potassium,High in Chloride,Source of Copper,High in Manganese
2685959	10/09/2024 19:21	Camile Vegan Spice Bag (06/24) 2685959	567	34	3.1	48	5.7	8.4	13	2.9	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B6,Source of Folic Acid,High in Chloride,High in Calcium,Source of Copper,Source of Manganese,Source of Potassium,Source of Phosphorus,Source of Vitamin E,Source of Fibre
2386039	10/09/2024 19:21	Camile Signature Spice Bag (02/23) 2386039	728	35	3.3	68	6.5	8.8	30	3.8	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B6,High in Chloride,Source of Folic Acid,Source of Potassium

Recipe ID	Last Modified	Customer Favourites	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
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2380143	10/09/2024 19:21	Camile (Noodles) - Classic Pad Thai Chicken & Prawn (02/23) 2380143	1038	31	5.4	126	34	9.1	58	4.9	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin A,Source of Niacin,Source of Vitamin B6,Source of Chloride,Source of Phosphorus,Source of Copper,Source of Vitamin B12,Source of Biotin,Source of Selenium
98660	23/09/2024 11:53	Camile - Crispy Chilli Chicken (02/23) 98660	543	22	2.1	58	34	7.5	25	2.2	Low Saturated Fat,Source of Fibre,Source of Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Chloride,Source of Niacin
98633	10/09/2024 19:20	Camile Ireland - Tiffin Box for Two (02/23) 98633	958	54	8.2	66	38	5.7	48	4.2	High in Protein,Source of Vitamin A,Source of Vitamin C,Source of Niacin,High in Vitamin K,High in Chloride

Recipe ID	Last Modified	6 Under 600 Calories	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
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3456264	10/09/2024 19:21	Camile Thai - Feel Good Massaman Curry with Tofu (02/23) 3456264	306	19	1.6	24	20	5.8	7.4	3.4	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Low Sugar,Source of Fibre
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3456261	10/09/2024 19:21	Camile Thai - Feel Good Green Curry with Tofu (02/23) 3456261	314	19	1.5	26	22	6.5	7.4	4.8	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Source of Fibre
3456245	10/09/2024 19:21	Camile Thai - Feel Good Chu Chee Curry with Tofu (02/23) 3456245	298	19	1.5	22	19	5.5	7.5	2.9	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Low Sugar,Source of Fibre
3349106	10/09/2024 19:21	Camile Thai - Feel Good Massaman Chicken Curry (02/23) 3349106	422	18	2.6	22	19	5.8	39	3.6	Low Saturated Fat,High in Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B6,High in Chloride,Low Sugar,Source of Fibre
3349102	10/09/2024 19:21	Camile Thai - Feel Good Green Chicken Curry (02/23) 3349102	430	18	2.5	25	22	6.4	39	5	Low Saturated Fat,High in Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B6,High in Chloride,Source of Fibre
3349084	10/09/2024 19:20	Camile Thai - Feel Good Chu Chee Chicken Curry (02/23) 3349084	415	18	2.5	21	19	5.4	39	3.1	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,Low Sugar

Recipe ID	Last Modified	Curries	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
9139187	10/09/2024 19:21	Camile Thai (Specials) - Chicken Katsu Curry (09/23) 9139187	625	14	4.2	94	6.4	3.4	29	2.2	Low Saturated Fat,Low Sugar,Source of Protein
3218092	10/09/2024 19:21	Camile Thai - Vegan Green Curry with Vegan Chicken (02/23) 3218092	676	42	30	36	22	12	33	3.9	Source of Fibre,Source of Protein,Source of Vitamin C,Low Sugar
3218091	10/09/2024 19:21	Camile Thai - Vegan Red Curry with Vegan Chicken (02/23) 3218091	672	42	30	34	20	12	33	3.8	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Chloride
3218083	10/09/2024 19:21	Camile Thai - Vegan Red Curry with Tofu (02/23) 3218083	531	41	30	26	19	3.9	11	2.1	Source of Protein,Source of Vitamin C,High in Chloride,High in Calcium,Source of Copper,Source of Manganese,Low Sugar
2678587	10/09/2024 19:21	Camile Thai - Vegan Green Curry with Tofu (02/23) 2678587	535	41	30	27	21	4.1	11	2.2	No Saturated Fat,Low Salt,Source of Protein,High in Vitamin C,High in Calcium,Source of Manganese,High in Chloride,Source of Copper,Low Sugar
2510214	10/09/2024 19:20	Camile Thai - Chiang Mai Curry Beef (04/21) 2510214	806	54	37	31	24	5.1	45	3.7	Low Sugar,High in Protein,Source of Vitamin B12
1326264	10/09/2024 19:20	Camile Thai - Massaman Curry Beef - Large (02/23) 1326264	1327	86	51	69	39	10	64	7.9	Low Sugar,Source of Protein,Source of Vitamin B6,Source of Vitamin B12

198089	10/09/2024 19:21	Camile Thai - Green Curry Chicken (02/23) 198089	712	42	31	33	29	6.6	46	6.4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,High in Chloride
167209	10/09/2024 19:20	Camile Thai - Chu Chee Beef - LARGE (02/23) 167209	769	36	8	43	35	8.2	65	6.7	High in Protein,Source of Vitamin C,Source of Niacin,Source of Vitamin B6,Source of Vitamin B12
167206	10/09/2024 19:20	Camile Thai - Chu Chee Tofu - LARGE (02/23) 167206	540	30	2.3	44	35	8.3	19	6.5	Low Saturated Fat,High in Protein,Source of Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Source of Fibre,Source of Vitamin K
167204	10/09/2024 19:20	Camile Thai - Chu Chee Duck - LARGE (02/23) 167204	703	32	4.8	45	36	8.2	55	7.6	Low Saturated Fat,Source of Protein,Source of Vitamin C,High in Vitamin B12
167202	10/09/2024 19:20	Camile Thai - Chu Chee Chicken - LARGE (02/23) 167202	716	29	3.8	43	35	8.2	67	6.7	Low Saturated Fat,High in Protein,Source of Vitamin C,Source of Vitamin B6
167200	10/09/2024 19:20	Camile Thai - Chu Chee Prawns - LARGE (02/23) 167200	528	23	1.8	43	35	8.2	34	8.3	Low Fat,Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
167199	10/09/2024 19:20	Camile Thai - Red Curry Tofu LARGE (02/23) 167199	850	65	45	44	35	6.1	20	5.8	Low Sugar,Source of Fibre,Source of Protein,High in Calcium,Source of Iron,Source of Manganese,Source of Copper,Source of Vitamin C
167195	10/09/2024 19:21	Camile Thai - Red Curry Duck LARGE (02/23) 167195	1011	67	48	44	36	5.9	56	6.9	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin B12
167194	10/09/2024 19:21	Camile Thai - Red Curry Prawns LARGE (02/23) 167194	837	57	45	42	35	5.9	35	7.7	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
167192	10/09/2024 19:21	Camile Thai - Red Curry Chicken LARGE (02/23) 167192	1024	64	47	42	35	5.9	68	6	Low Sugar,Source of Fibre,High in Protein
167191	10/09/2024 19:21	Camile Thai - Red Curry Beef LARGE (02/23) 167191	1077	71	51	42	35	5.9	65	6.1	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin B6,Source of Vitamin B12,Source of Zinc
167189	10/09/2024 19:20	Camile Thai - Green Curry Tofu LARGE (02/23) 167189	894	65	45	52	43	10	21	9.4	Source of Protein,Source of Vitamin C,High in Calcium,Source of Copper,Source of Manganese
167186	10/09/2024 19:21	Camile Thai - Green Curry Duck LARGE (02/23) 167186	1055	67	48	52	44	9.9	57	10.5	Low Sugar,High in Protein,Source of Vitamin C,Source of Vitamin B12

167184	10/09/2024 19:21	Camile Thai - Green Curry Prawn LARGE (02/23) 167184	882	58	45	50	43	9.9	36	11.3	Source of Protein,Source of Vitamin C,High in Vitamin B12,Source of Fibre
167183	10/09/2024 19:21	Camile Thai - Green Curry Chicken LARGE (02/23) 167183	1068	64	47	50	43	9.9	69	9.7	Low Sugar,High in Protein,Source of Vitamin C
167180	10/09/2024 19:21	Camile Thai - Green Curry Beef LARGE (02/23) 167180	1107	71	51	49	42	10	63	9.7	Low Sugar,High in Protein,Source of Vitamin C,Source of Vitamin B6,Source of Vitamin B12
167171	10/09/2024 19:20	Camile Thai - Massaman Curry Chicken - Large (02/23) 167171	1274	79	46	69	39	10	67	7.9	Low Sugar,High in Protein,Source of Vitamin B6
167168	10/09/2024 19:20	Camile Thai - Massaman Curry Tofu - Large (02/23) 167168	1098	80	45	71	39	10	19	7.6	Low Sugar,Source of Manganese
167163	10/09/2024 19:20	Camile Thai - Massaman Curry Duck - Large (02/23) 167163	1261	82	47	71	40	10	55	8.7	Low Sugar,Source of Protein,Source of Vitamin B12
167162	10/09/2024 19:20	Camile Thai - Massaman Curry Prawns - Large (02/23) 167162	1086	73	44	69	39	10	34	9.5	Low Sugar,Source of Protein,High in Vitamin B12,High in Chloride
98719	10/09/2024 19:20	Camile Thai - Red Curry Tofu (02/23) 98719	566	43	30	29	23	4	13	3.9	Low Sugar,Source of Fibre,Source of Vitamin C,Source of Manganese,Source of Protein,High in Calcium,Source of Iron,Source of Copper
98718	10/09/2024 19:21	Camile Thai - Red Curry Prawns (02/23) 98718	558	38	30	28	23	4	23	5.1	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
98717	10/09/2024 19:21	Camile Thai - Red Curry Duck (02/23) 98717	674	44	32	29	24	4	37	4.6	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12
98716	10/09/2024 19:21	Camile Thai - Red Curry Chicken (02/23) 98716	683	42	31	28	23	4	45	4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C
98715	10/09/2024 19:21	Camile Thai - Red Curry Beef (02/23) 98715	718	47	34	28	23	4	44	4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12,Source of Vitamin B6,Source of Zinc
98714	10/09/2024 19:20	Camile - Massaman Curry Tofu (02/23) 98714	732	53	30	47	26	6.7	13	5.1	Low Sugar,High in Chloride,Source of Manganese,Source of Protein,Source of Copper
98713	10/09/2024 19:21	Camile - Massaman Curry Prawns (02/23) 98713	724	48	30	46	26	6.6	23	6.3	Low Sugar,Source of Protein,High in Vitamin B12,High in Chloride
98712	10/09/2024 19:20	Camile - Massaman Curry Duck (02/23) 98712	840	55	32	47	27	6.6	37	5.8	Low Sugar,Source of Protein,Source of Vitamin B12,High in Chloride
98711	10/09/2024 19:20	Camile - Massaman Curry Chicken (02/23) 98711	849	53	31	46	26	6.6	45	5.3	Low Sugar,High in Chloride,High in Protein,Source of Vitamin B6

98710	10/09/2024 19:20	Camile - Massaman Curry Beef (02/23) 98710	884	57	34	46	26	6.6	43	5.3	Low Sugar,Source of Protein,Source of Vitamin B6,High in Chloride,Source of Vitamin B12
98709	10/09/2024 19:20	Camile Thai - Green Curry Tofu (02/23) 98709	596	43	30	34	29	6.7	14	6.3	Low Sugar,Source of Fibre,Source of Vitamin C,High in Chloride,Source of Manganese,Source of Protein,High in Calcium,Source of Copper
98707	10/09/2024 19:21	Camile Thai - Green Curry Prawn (02/23) 98707	587	38	30	33	29	6.6	24	7.5	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
98706	10/09/2024 19:21	Camile Thai - Green Curry Duck (02/23) 98706	703	45	32	35	29	6.6	38	7	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12,High in Chloride
98704	10/09/2024 19:21	Camile Thai - Green Curry Beef (02/23) 98704	738	47	34	33	28	6.8	42	6.4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Source of Vitamin K
98703	10/09/2024 19:20	Camile Thai - Chu Chee Tofu (02/23) 98703	360	20	1.5	30	23	5.5	13	4.3	Low Saturated Fat,High in Protein,Source of Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Source of Fibre,Source of Vitamin K
98702	10/09/2024 19:20	Camile Thai - Chu Chee Prawns (02/23) 98702	352	15	1.2	28	23	5.5	23	5.6	Low Saturated Fat,High in Protein,Source of Vitamin C,High in Vitamin B12,Low Fat,Source of Fibre,Source of Vitamin K
98701	10/09/2024 19:20	Camile Thai - Chu Chee Duck (02/23) 98701	468	21	3.2	30	24	5.5	37	5	Low Saturated Fat,High in Protein,Source of Vitamin C,High in Vitamin B12
98700	10/09/2024 19:20	Camile Thai - Chu Chee Chicken (02/23) 98700	477	19	2.5	28	23	5.5	45	4.5	Low Fat,Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B6
98699	10/09/2024 19:20	Camile Thai - Chu Chee Beef (02/23) 98699	512	24	5.3	28	23	5.5	43	4.5	Low Fat,Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B6,Source of Vitamin B12,Source of Niacin
12891568	08/10/2024 09:54	Camile (Specials) - Monkfish Red Curry (10/24)	564	38	28	30	24	4.7	24	4	Low Sugar,Source of Protein

Recipe ID	Last Modified	Feel Good Curries	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
4082999	10/09/2024 19:21	Camile Thai - Feel Good Red Curry with Tofu (02/23) 4082999	299	19	1.5	23	19	5.2	7.5	2.9	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Source of Fibre
4082991	10/09/2024 19:21	Camile Thai - Feel Good Red Chicken Curry (02/23) 4082991	416	18	2.5	22	19	5.1	39	3.1	Low Saturated Fat,Low Sugar,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6

3456264	10/09/2024 19:21	Camile Thai - Feel Good Massaman Curry with Tofu (02/23) 3456264	306	19	1.6	24	20	5.8	7.4	3.4	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Low Sugar,Source of Fibre
3456261	10/09/2024 19:21	Camile Thai - Feel Good Green Curry with Tofu (02/23) 3456261	314	19	1.5	26	22	6.5	7.4	4.8	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Source of Fibre
3456245	10/09/2024 19:21	Camile Thai - Feel Good Chu Chee Curry with Tofu (02/23) 3456245	298	19	1.5	22	19	5.5	7.5	2.9	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Low Sugar,Source of Fibre
3349106	10/09/2024 19:21	Camile Thai - Feel Good Massaman Chicken Curry (02/23) 3349106	422	18	2.6	22	19	5.8	39	3.6	Low Saturated Fat,High in Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B6,High in Chloride,Low Sugar,Source of Fibre
3349102	10/09/2024 19:21	Camile Thai - Feel Good Green Chicken Curry (02/23) 3349102	430	18	2.5	25	22	6.4	39	5	Low Saturated Fat,High in Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B6,High in Chloride,Source of Fibre
3349084	10/09/2024 19:20	Camile Thai - Feel Good Chu Chee Chicken Curry (02/23) 3349084	415	18	2.5	21	19	5.4	39	3.1	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,Low Sugar

Recipe ID	Last Modified	Stir Fries	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
12665456	23/09/2024 11:54	Camile Thai - Pad Krapow with Duck (09/24)	431	18	3	30	23	7.4	34	5	Low Saturated Fat,High in Protein,Source of Vitamin C
12665441	23/09/2024 11:54	Camile Thai - Pad Krapow with Beef (09/24)	475	21	5.1	28	22	7.4	40	4.4	High in Protein,Source of Vitamin C,Source of Vitamin B6,Source of Vitamin B12
12665366	23/09/2024 11:54	Camile Thai - Pad Krapow with Prawns (09/24)	315	12	1	28	22	7.4	20	5.5	Low Saturated Fat,Low Sugar,High in Protein,High in Vitamin C,Low Fat,Source of Fibre,Source of Vitamin B12
12268925	23/09/2024 11:54	Camile Thai - Pad Krapow with Crispy Chicken (08/24)	520	21	1.9	50	23	7.9	28	4.6	Low Saturated Fat,High in Protein,Source of Vitamin K,Source of Vitamin C,Source of Niacin

12266453	23/09/2024 11:54	Camile - Pad Med Mamung Crispy Chicken (08/24)	632	35	3.5	48	21	6.5	28	4.6	Low Saturated Fat,Source of Protein,Source of Vitamin A,High in Vitamin K,Source of Vitamin C,Source of Niacin,Source of Vitamin B6
12266385	23/09/2024 11:54	Camile - Pad Prik Haeng Crispy Chicken (08/24)	606	31	3.8	47	19	7.4	32	2.8	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,Source of Niacin,Source of Vitamin B6
12266333	23/09/2024 11:54	Camile Thai - Pad King Crispy Chicken (08/24)	477	21	1.8	42	14	4.9	28	2.8	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin K,Source of Niacin,Source of Vitamin B6
12266293	10/09/2024 19:53	Camile Thai - Pad Krapow with Tofu (08/24)	330	17	1.4	31	24	8	10	4.1	Low Saturated Fat,Source of Fibre,Source of Vitamin K,High in Vitamin C
12266249	10/09/2024 19:53	Camile Thai - Pad Krapow with Vegan Chicken (08/24)	471	17	1.9	39	25	16	32	5.8	Low Saturated Fat,High in Fibre,High in Protein,Source of Vitamin C
8139537	23/09/2024 11:54	Petite Camile - Pad Prik Haeng Tofu (02/23) 8139537	438	26	3.3	33	24	7.4	14	4.3	Low Saturated Fat,Low Sugar,Source of Fibre,Source of Vitamin A,High in Vitamin K,High in Vitamin C,Source of Protein
4760692	23/09/2024 11:54	Camile Thai - Crispy Chilli Prawns (02/23) 4760692	485	15	1.5	60	33	8.3	22	5.2	Low Saturated Fat,Source of Fibre,Source of Protein,High in Vitamin K,High in Vitamin C
4086354	10/09/2024 19:53	Camile Thai - Pad Prik Haeng Prawns GLUTEN-FREE (02/23) 4086354	403	22	2.9	22	15	13	24	5.5	Low Saturated Fat,Low Sugar,High in Fibre,High in Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,High in Vitamin B12
4086352	10/09/2024 19:53	Camile Thai - Pad Prik Haeng Duck GLUTEN-FREE (02/23) 4086352	520	28	4.9	23	16	13	38	5	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Vitamin B12,Source of Copper,Low Saturated Fat
4086346	10/09/2024 19:53	Camile Thai - Pad Prik Haeng Chicken GLUTEN-FREE (02/23) 4086346	528	26	4.3	22	15	13	46	4.4	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,Source of Phosphorus
4086260	10/09/2024 19:53	Camile Thai - Pad Prik Haeng Beef GLUTEN-FREE (02/23) 4086260	564	30	7	22	15	13	44	4.4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,Source of Niacin,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Source of Phosphorus,Source of Zinc
4086254	10/09/2024 19:53	Camile Thai - Pad King Prawns GLUTEN-FREE (02/23) 4086254	273	12	0.9	16	10	10	20	5.5	Low Saturated Fat,Low Sugar,High in Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12

4086252	10/09/2024 19:53	Camile Thai - Pad King Duck GLUTEN-FREE (02/23) 4086252	389	18	2.9	18	11	10	34	5	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12,Low Saturated Fat
4086245	10/09/2024 19:53	Camile Thai - Pad King Chicken GLUTEN-FREE (02/23) 4086245	398	16	2.3	16	10	10	42	4.4	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Source of Vitamin K,Source of Vitamin B6
4086237	10/09/2024 19:53	Camile Thai - Pad King Beef GLUTEN-FREE (02/23) 4086237	420	19	4.6	16	10	10	40	4.4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin K,Source of Vitamin B6,High in Vitamin B12,Source of Zinc
4085733	10/09/2024 19:53	Camile Thai - Vegan Pad King with Vegan Chicken (02/23) 4085733	457	17	1.8	36	21	13	32	5.8	Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin K
3460316	10/09/2024 19:53	Camile Thai - Vegan Pad Prik Haeng with Vegan Chicken (02/23) 3460316	530	23	3.1	37	20	16	35	4.2	Low Saturated Fat,High in Fibre,High in Protein,High in Vitamin K,High in Vitamin C,Low Sugar,Source of Vitamin A
3156000	10/09/2024 19:53	Camile Thai - Vegan Pad Prik Haeng with Tofu (02/23) 3156000	389	23	2.6	29	19	8.1	14	2.4	Low Saturated Fat,Source of Protein,High in Vitamin K,High in Vitamin C,Source of Folic Acid,High in Chloride,High in Calcium,Source of Phosphorus,Source of Copper,Source of Manganese,Low Sugar,Source of Vitamin A,Source of Fibre
2678632	23/09/2024 11:54	Camile Thai - Pad Krapow with Chicken (08/24)	439	16	2.4	28	22	7.4	42	4.4	Low Fat,Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin K,High in Niacin,Source of Chloride,Source of Vitamin C,Source of Phosphorus
1460978	10/09/2024 19:53	Camile Thai - Vegan Pad King with Tofu (02/23) 1460978	316	17	1.3	28	20	5.4	11	4.1	Low Saturated Fat,Source of Protein,High in Vitamin K,High in Chloride,High in Calcium,Source of Manganese,Source of Copper,Source of Fibre
167247	23/09/2024 11:54	Camile Thai - Mekong Duck LARGE (02/23) 167247	612	27	4.4	38	27	7.4	51	7.5	High in Protein,Source of Vitamin K,High in Vitamin B12,Low Sugar,Low Saturated Fat
167246	23/09/2024 11:54	Camile Thai - Pad Med Mamung LARGE (02/23) 167246	835	45	6	39	30	8.9	63	6.7	Low Saturated Fat,High in Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,High in Niacin,Source of Vitamin B6,Source of Vitamin B12,Source of Phosphorus,Source of Potassium
167234	23/09/2024 11:54	Camile Thai - Pad Prik Haeng Duck LARGE (02/23) 167234	777	41	7.3	40	28	10	56	4.7	High in Protein,High in Vitamin K,High in Vitamin C,High in Vitamin B12,High in Chloride,Source of Copper,Low Sugar,Source of Vitamin A,Source of Vitamin B6,Low Saturated Fat

167231	23/09/2024 11:54	Camile Thai - Pad Prik Haeng Tofu LARGE (02/23) 167231	614	39	4.9	40	27	10	20	3.6	Low Saturated Fat,Source of Protein,High in Vitamin K,High in Vitamin C,High in Chloride,High in Calcium,Source of Phosphorus,Source of Copper,Source of Manganese,Low Sugar,Source of Vitamin A,Source of Fibre
167230	23/09/2024 11:54	Camile Thai - Pad Prik Haeng Prawns LARGE (02/23) 167230	602	32	4.3	38	27	10	35	5.5	Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin K,High in Vitamin C,High in Vitamin B12,High in Chloride,Low Sugar,Source of Vitamin A
167229	23/09/2024 11:54	Camile Thai - Pad Prik Haeng Beef LARGE (02/23) 167229	843	46	11	38	27	10	65	3.9	Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Source of Phosphorus,Source of Zinc,Low Sugar,Source of Vitamin A,Source of Niacin
167227	23/09/2024 11:54	Camile Thai - Pad Prik Haeng Chicken LARGE (02/23) 167227	790	38	6.4	38	27	10	68	3.9	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Chloride,Source of Phosphorus,Low Sugar,Source of Vitamin A
167226	23/09/2024 11:54	Camile Thai - Pad King Tofu LARGE (02/23) 167226	420	25	2	31	20	6.7	15	3.7	Low Saturated Fat,Source of Protein,High in Vitamin K,High in Chloride,High in Calcium,Source of Manganese,Low Sugar,Source of Copper,Source of Fibre
167225	23/09/2024 11:54	Camile Thai - Pad King Duck LARGE (02/23) 167225	568	26	4.3	31	20	6.4	49	4.7	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin K,High in Vitamin B12,High in Chloride,Low Sugar
167224	23/09/2024 11:54	Camile Thai - Pad King Beef LARGE (02/23) 167224	613	28	6.7	29	19	6.4	57	3.8	Low Fat,Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin K,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Low Sugar,Source of Zinc
167223	23/09/2024 11:54	Camile Thai - Pad King Chicken LARGE (02/23) 167223	581	23	3.4	29	19	6.4	61	3.8	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin K,Source of Vitamin B6,Low Sugar
167222	23/09/2024 11:54	Camile Thai - Pad King Prawns LARGE (02/23) 167222	408	18	1.4	30	20	6.6	30	5.5	Fat Free,Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12,High in Chloride,Low Sugar
167221	23/09/2024 11:53	Camile Thai - Crispy Chilli Beef LARGE (02/23) 167221	921	40	5.5	93	51	11	40	3.4	Low Saturated Fat,Source of Fibre,Source of Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,Source of Vitamin B12,High in Chloride

167218	23/09/2024 11:53	Camile Thai - Crispy Chilli Chicken LARGE (02/23) 167218	816	33	3.1	87	51	11	37	3.3	Low Saturated Fat,Source of Fibre,Source of Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Chloride,Source of Niacin
99114	23/09/2024 11:54	Camile Thai - Pad King Beef (02/23) 99114	418	19	4.6	20	13	4.4	39	2.6	Low Fat,Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin K,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Low Sugar,Source of Zinc
98676	23/09/2024 11:54	Camile Thai - Pad Prik Haeng Tofu (02/23) 98676	410	26	3.3	27	18	6.9	13	2.4	Low Saturated Fat,Source of Protein,High in Vitamin K,High in Vitamin C,High in Chloride,High in Calcium,Source of Phosphorus,Source of Copper,Source of Manganese,Low Sugar,Source of Vitamin A,Source of Fibre
98675	23/09/2024 11:54	Camile Thai - Pad Prik Haeng Prawns (02/23) 98675	401	21	2.9	25	18	6.8	23	3.7	Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin K,High in Vitamin C,High in Vitamin B12,High in Chloride,Low Sugar,Source of Vitamin A
98674	23/09/2024 11:54	Camile Thai - Pad Prik Haeng Duck (02/23) 98674	517	28	4.9	27	18	6.8	37	3.2	High in Protein,High in Vitamin K,High in Vitamin C,High in Vitamin B12,High in Chloride,Source of Copper,Low Sugar,Source of Vitamin A,Source of Vitamin B6,Low Saturated Fat
98672	23/09/2024 11:54	Camile - Pad Prik Haeng Chicken (02/23) 98672	526	26	4.3	25	18	6.8	45	2.6	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Chloride,Source of Phosphorus,Low Sugar,Source of Vitamin A
98669	23/09/2024 11:54	Camile Thai - Pad Prik Haeng Beef (02/23) 98669	562	30	7	25	18	6.8	43	2.6	Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Source of Phosphorus,Source of Zinc,Low Sugar,Source of Vitamin A,Source of Niacin
98668	23/09/2024 11:54	Camile Thai - Pad King Tofu (02/23) 98668	280	16	1.3	21	13	4.5	9.8	2.4	Low Saturated Fat,Source of Protein,High in Vitamin K,High in Chloride,High in Calcium,Source of Manganese,Low Sugar,Source of Copper,Source of Fibre
98666	23/09/2024 11:54	Camile Thai - Pad King Prawns (02/23) 98666	272	12	0.9	20	13	4.4	20	3.7	Fat Free,Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12,Low Sugar,High in Chloride
98665	23/09/2024 11:54	Camile Thai - Pad King Duck (02/23) 98665	388	18	2.9	21	14	4.4	34	3.2	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin K,High in Vitamin B12,High in Chloride,Low Sugar

98664	23/09/2024 11:54	Camile Thai - Pad King Chicken (02/23) 98664	397	16	2.3	20	13	4.4	42	2.6	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin K,Source of Vitamin B6,Low Sugar
98661	23/09/2024 11:54	Camile Thai - Mekong Duck (02/23) 98661	408	18	2.9	25	18	4.9	34	5	High in Protein,Source of Vitamin K,High in Vitamin B12,High in Chloride,Low Sugar,Low Saturated Fat
98660	23/09/2024 11:53	Camile - Crispy Chilli Chicken (02/23) 98660	543	22	2.1	58	34	7.5	25	2.2	Low Saturated Fat,Source of Fibre,Source of Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Chloride,Source of Niacin
98659	23/09/2024 11:53	Camile Thai - Crispy Chilli Beef (02/23) 98659	614	27	3.7	62	34	7.6	27	2.2	Low Saturated Fat,Source of Fibre,Source of Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,Source of Vitamin B12,High in Chloride
69996	23/09/2024 11:54	Camile Thai - Pad Med Mamung Chicken (03/24)	552	30	4	26	20	5.9	41	4.4	Low Saturated Fat,High in Protein,Source of Vitamin A,High in Vitamin K,Source of Vitamin C,High in Niacin,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Source of Phosphorus,Source of Potassium

Recipe ID	Last Modified	Noodles	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
5752087	10/09/2024 19:21	Camile Thai - Vegan Pad Thai with Vegan Chicken (02/23) 5752087	1126	33	5.3	141	37	23	52	7.2	Low Saturated Fat,Source of Fibre,Source of Protein,Source of Vitamin A,High in Chloride,High in Iodine,Low Sugar
4004747	23/09/2024 11:54	Camile Thai - Pad Kee Mao with Prawns (08/24) 4004747	714	13	1.7	113	18	8.1	31	6	Low Fat,Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B12,Source of Copper,Source of Fibre
4004740	23/09/2024 11:54	Camile Thai - Pad Kee Mao with Duck (08/24) 4004740	811	19	3.6	114	19	8.1	41	5.1	Low Fat,Low Saturated Fat,Low Sugar,High in Protein,High in Vitamin K,Source of Vitamin C,High in Vitamin B12,Source of Copper
4004737	23/09/2024 11:54	Camile Thai - Pad Kee Mao with Beef (08/24) 4004737	855	22	5.8	113	18	8.1	47	4.5	Low Fat,Low Saturated Fat,Low Sugar,High in Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B12
4004698	23/09/2024 11:54	Camile Thai - Pad Kee Mao with Chicken (08/24) 4004698	820	17	3	113	18	8.1	49	4.5	Low Fat,Low Saturated Fat,Low Sugar,High in Protein,High in Vitamin K,Source of Vitamin C

4004674	10/09/2024 19:21	Camile Thai - Vegan Pad Kee Mao with Vegan Chicken (08/24) 4004674	852	19	2.5	123	21	17	39	5.9	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,Source of Protein,High in Vitamin K,Source of Vitamin C
4004641	10/09/2024 19:21	Camile Thai - Vegan Pad Kee Mao with Tofu (08/24) 4004641	711	18	2	115	20	8.6	18	4.2	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Low Fat
3902291	17/09/2024 14:29	Camile (Specials) - Singapore BareNaked Noodles (02/23) 3902291	500	18	5.4	29	21	12	49	4.6	Low Saturated Fat,Low Sugar,High in Monounsaturated Fat,High in Polyunsaturated Fat,High in Unsaturated fat,Source of Fibre,High in Protein,Source of Vitamin A,Source of Vitamin B12
3460300	10/09/2024 19:21	Camile (Noodles) - Pad Thai with Chicken (02/23) 3460300	1065	31	5.5	126	34	9.1	65	4.1	Low Saturated Fat,High in Protein,Source of Vitamin A,Source of Vitamin B6,Source of Biotin,Source of Chloride,Source of Phosphorus,Source of Copper,Source of Niacin
2380143	10/09/2024 19:21	Camile (Noodles) - Classic Pad Thai Chicken & Prawn (02/23) 2380143	1038	31	5.4	126	34	9.1	58	4.9	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin A,Source of Niacin,Source of Vitamin B6,Source of Chloride,Source of Phosphorus,Source of Copper,Source of Vitamin B12,Source of Biotin,Source of Selenium
1048673	10/09/2024 19:21	Camile Thai - Vegan Pad Thai with Tofu (02/23) 1048673	985	33	4.8	133	36	15	31	5.5	Low Saturated Fat,Low Salt,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Chloride,High in Calcium,Source of Copper,Source of Manganese,High in Iodine,Source of Vitamin A
98698	21/09/2024 14:51	Camile - Singapore Noodles (02/23) 98698	799	29	6.1	75	22	3.9	57	5.5	Low Fat,Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin B12,High in Chloride,Source of Copper,Source of Vitamin A,Source of Vitamin K,Source of Phosphorus
98695	21/09/2024 14:51	Camile Thai (Noodles) - Khao Soi Gai (02/23) 98695	1049	34	9.3	121	63	13	58	14.2	Low Saturated Fat,High in Protein,Source of Vitamin A,High in Chloride

Recipe ID	Last Modified	Fried Rice	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
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4085837	10/09/2024 19:21	Camile Thai - Vegan Fried Rice with Vegan Chicken (02/23) 4085837	600	13	1.3	96	17	10	20	3.1	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin A,Source of Vitamin K,Source of Vitamin C
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4004518	10/09/2024 19:21	Camile Thai - Vegan Fried Rice with Tofu (02/23) 4004518	614	17	1.6	94	17	8.2	17	2.8	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin K,Source of Vitamin C,High in Calcium,Source of Manganese,Source of Fibre,Source of Vitamin A
98788	23/09/2024 11:54	Camile Thai - Khao Pad Nua (06/23) 98788	847	30	7.3	92	17	5	50	3.9	Low Saturated Fat,High in Protein,High in Vitamin K,Source of Vitamin B12,High in Chloride,Low Sugar
98720	23/09/2024 11:54	Camile Thai - Camile Special Fried Rice (02/23) 98720	828	20	3.1	96	20	6.9	64	4.4	Low Saturated Fat,High in Protein,Source of Vitamin A,Source of Vitamin B12,High in Chloride,Low Sugar,Low Fat

Recipe ID	Last Modified	Specials	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
12266453	23/09/2024 11:54	Camile - Pad Med Mamung Crispy Chicken (08/24)	632	35	3.5	48	21	6.5	28	4.6	Low Saturated Fat,Source of Protein,Source of Vitamin A,High in Vitamin K,Source of Vitamin C,Source of Niacin,Source of Vitamin B6
12263933	10/09/2024 19:21	Camile (Specials) - Larb Gai (08/24)	375	13	1.4	14	11	1.5	49	1.9	Low Saturated Fat,Low Sugar,High in Protein,High in Vitamin K,Source of Niacin,Source of Vitamin B6,Source of Phosphorus
12263341	23/09/2024 14:04	Camile (Specials) - Phuket Fried Chicken with Coconut Sriracha Dip (08/24)	601	31	4.4	49	11	0.8	32	4	High in Protein,Source of Vitamin E,Source of Vitamin K,High in Niacin,Source of Vitamin B6,Source of Potassium,Source of Phosphorus,Source of Selenium
10704803	10/09/2024 19:21	Camile (Specials) - Chilli Lime Buddha Bowl with Tofu (05/24)	441	12	1.6	68	29	5.5	14	3.8	Low Fat,Low Saturated Fat,Source of Vitamin A,High in Chloride,High in Iodine
10704615	10/09/2024 19:21	Camile (Specials) - Chilli Lime Buddha Bowl with Chicken (05/24)	486	8.8	2	66	29	4.8	33	4	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin A,High in Chloride
9842878	23/09/2024 11:54	Camile (Specials) - Pad Satay Stir-Fry with Duck (12/23) 9842878	478	25	8.7	26	19	6.5	35	5.7	High in Protein,High in Vitamin C,High in Chloride
9842842	10/09/2024 19:21	Camile (Specials) - Pad Satay Stir-Fry with Vegan Chicken (12/23) 9842842	451	16	5.2	36	21	15	35	6.3	Source of Fibre,High in Protein,High in Vitamin C,High in Chloride
9836974	10/09/2024 19:21	Camile (Specials) - Pad Satay Stir-Fry with Tofu (12/23) 9836974	310	15	4.7	27	20	6.8	13	4.6	Source of Fibre,Source of Protein,High in Vitamin C,High in Chloride

9836970	23/09/2024 11:54	Camile (Specials) - Pad Satay Stir-Fry with Prawns (12/23) 9836970	299	10	4.4	26	19	6.5	23	5.9	Source of Fibre,High in Protein,High in Vitamin C,Source of Vitamin B12,High in Chloride,Source of Selenium
9836958	23/09/2024 11:54	Camile (Specials) - Pad Satay Stir-Fry with Beef (12/23) 9836958	460	19	8.5	26	19	6.5	43	4.9	High in Protein,High in Vitamin C,Source of Niacin,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Source of Phosphorus,Source of Zinc
9836926	23/09/2024 11:54	Camile (Specials) - Pad Satay Stir-Fry with Chicken (12/23)	404	10	4.6	26	19	6.5	49	4.7	Low Fat,Source of Fibre,High in Protein,High in Vitamin C,Source of Niacin,Source of Vitamin B6,High in Chloride
9463634	10/09/2024 19:21	Camile (Specials) - Golden Glow Yellow Curry with Tofu (11/23) 9463634	882	62	32	54	35	9.5	23	3.6	
9463559	10/09/2024 19:21	Camile (Specials) - Golden Glow Yellow Curry with Chicken (11/23) 9463559	760	39	30	49	35	9.1	48	3.6	High in Protein,Source of Vitamin A,High in Chloride
9243353	10/09/2024 19:21	Camile (Specials) - Crispy Pandan Caramel Churros (09/23) 9243353	521	24	6.4	70	20	0	6.6	1.9	High in Chloride
9139187	10/09/2024 19:21	Camile Thai (Specials) - Chicken Katsu Curry (09/23) 9139187	625	14	4.2	94	6.4	3.4	29	2.2	Low Saturated Fat,Low Sugar,Source of Protein
8201055	10/09/2024 19:21	Camile (Specials) - Satay Chicken Burrito (02/23) 8201055	933	29	11	124	27	4.8	42	5.7	Source of Protein,Source of Niacin,Source of Phosphorus
8200923	10/09/2024 19:22	Camile (Specials) - Green Chicken Curry Burrito (02/23) 8200923	914	33	17	118	16	6.8	32	5.2	Low Sugar,Source of Protein
8103327	10/09/2024 19:21	Camile (Specials) - Honey Ginger Duck Special (03/23) 8103327	480	24	3.9	29	22	6	34	4.3	High in Protein,High in Vitamin K,Source of Vitamin C,High in Chloride,Low Saturated Fat
8002298	23/09/2024 11:54	Camile (Specials) - Crispy Chicken Burrito (02/23) 8002298	979	23	5.6	155	40	7.1	33	6.3	Low Saturated Fat,Source of Protein
7656065	10/09/2024 19:21	Camile (Christmas Special) - Camile Fried Chicken with Spicy Maple Jang Sauce (02/23) 7656065	1078	58	9.2	78	17	4	58	6.8	High in Protein,Source of Vitamin E,Source of Vitamin K

7247511	10/09/2024 19:21	Camile (Specials) - Honey Crispy Bao Buns (02/23) 7247511	356	7.7	1.6	57	22	2.4	13	1.4	Low Saturated Fat,Source of Protein,Source of Niacin
6817247	21/09/2024 14:51	Camile (Specials) - Spicy Dan Dan Noodles with Vegan Chicken (02/23) 6817247	500	15	1.8	68	11	6.8	20	5.4	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A
6817220	21/09/2024 14:51	Camile (Specials) - Spicy Dan Dan Chicken Noodles (02/23) 6817220	528	16	2	66	12	4.4	28	5.2	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A
5812750	10/09/2024 19:21	Camile (Specials) - Vegan Red Curry with Chickpeas (02/23) 5812750	638	40	30	45	20	13	18	2.1	Low Sugar,Source of Fibre,Source of Vitamin C,Source of Manganese
5765536	10/09/2024 19:21	Camile (Specials) - Paddy's Krispy Krapow Tofu (02/23) 5765536	332	15	1.3	34	26	9.1	12	4.1	Low Saturated Fat,Source of Fibre,Source of Protein,High in Vitamin A,High in Vitamin K,Source of Vitamin C,Source of Manganese
5765194	23/09/2024 11:54	Camile (Specials) - Paddy's Krispy Krapow Chicken (02/23) 5765194	482	16	1.6	52	25	9	28	4.6	Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin A,High in Vitamin K,Source of Vitamin C,Source of Niacin,High in Chloride
5342317	10/09/2024 19:21	Camile (Specials) - Harry's Bangin' Panang Curry Vegan (02/23) 5342317	710	43	26	51	24	14	23	3.3	Low Sugar,Source of Fibre,Source of Vitamin C,Source of Manganese,Source of Protein
5342302	10/09/2024 19:21	Camile (Specials) - Harry's Bangin' Panang Curry with Chicken (02/23) 5342302	719	44	27	30	23	4.9	48	3.5	Low Sugar,High in Protein,Source of Vitamin C
3902307	10/09/2024 19:21	Camile (Specials) - Vegan Green Curry with Chickpeas (02/23) 3902307	643	39	29	47	22	13	18	2.2	High in Monounsaturated Fat,High in Polyunsaturated Fat,High in Unsaturated fat,Source of Fibre,High in Protein,Source of Vitamin C,Source of Manganese,Low Sugar
3902291	17/09/2024 14:29	Camile (Specials) - Singapore BareNaked Noodles (02/23) 3902291	500	18	5.4	29	21	12	49	4.6	Low Saturated Fat,Low Sugar,High in Monounsaturated Fat,High in Polyunsaturated Fat,High in Unsaturated fat,Source of Fibre,High in Protein,Source of Vitamin A,Source of Vitamin B12
3460048	10/09/2024 19:21	Camile (Sauces) - Massaman Curry Dip (02/23) 3460048	312	25	19	17	14	2.1	4.3	3.4	Source of Potassium,High in Chloride,Source of Magnesium,Source of Copper,Source of Manganese
3460028	10/09/2024 19:21	Camile (Sauces) - Vegan Green Curry Dip (02/23) 3460028	282	24	20	12	10	0.5	3.9	1.4	Source of Vitamin K,High in Vitamin C,Source of Folic Acid,Source of Potassium,High in Chloride,Source of Copper,High in Manganese

3221633	23/09/2024 11:54	Camile Thai (Seafood) Thai-Style Teriyaki Salmon (07/23) 3221633	685	36	5.4	42	34	7.9	42	7.4	High in Protein,Source of Vitamin D,Source of Vitamin E,Source of Vitamin C,Source of Thiamin,Source of Niacin,High in Vitamin B12,Source of Phosphorus,Source of Selenium,Low Saturated Fat,Source of Vitamin K
2685959	10/09/2024 19:21	Camile Vegan Spice Bag (06/24) 2685959	567	34	3.1	48	5.7	8.4	13	2.9	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B6,Source of Folic Acid,High in Chloride,High in Calcium,Source of Copper,Source of Manganese,Source of Potassium,Source of Phosphorus,Source of Vitamin E,Source of Fibre
2386039	10/09/2024 19:21	Camile Signature Spice Bag (02/23) 2386039	728	35	3.3	68	6.5	8.8	30	3.8	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B6,High in Chloride,Source of Folic Acid,Source of Potassium
69996	23/09/2024 11:54	Camile Thai - Pad Med Mamung Chicken (03/24)	552	30	4	26	20	5.9	41	4.4	Low Saturated Fat,High in Protein,Source of Vitamin A,High in Vitamin K,Source of Vitamin C,High in Niacin,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Source of Phosphorus,Source of Potassium
12891568	08/10/2024 09:54	Camile (Specials) - Monkfish Red Curry (10/24)	564	38	28	30	24	4.7	24	4	Low Sugar,Source of Protein

Recipe ID	Last Modified	Burritos	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
8201055	10/09/2024 19:21	Camile (Specials) - Satay Chicken Burrito (02/23) 8201055	933	29	11	124	27	4.8	42	5.7	Source of Protein,Source of Niacin,Source of Phosphorus
8200923	10/09/2024 19:22	Camile (Specials) - Green Chicken Curry Burrito (02/23) 8200923	914	33	17	118	16	6.8	32	5.2	Low Sugar,Source of Protein
8002298	23/09/2024 11:54	Camile (Specials) - Crispy Chicken Burrito (02/23) 8002298	979	23	5.6	155	40	7.1	33	6.3	Low Saturated Fat,Source of Protein

Recipe ID	Last Modified	Seafood	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
12665366	23/09/2024 11:54	Camile Thai - Pad Krapow with Prawns (09/24)	315	12	1	28	22	7.4	20	5.5	Low Saturated Fat,Low Sugar,High in Protein,High in Vitamin C,Low Fat,Source of Fibre,Source of Vitamin B12
12286545	10/09/2024 19:21	Camile (Specials) - Bang Bang Prawns (4) with Coconut Sriracha Dip (08/24)	323	15	3	30	8.5	1.4	16	2.9	High in Protein,Source of Vitamin E,High in Vitamin B12,High in Chloride,Source of Selenium
9836970	23/09/2024 11:54	Camile (Specials) - Pad Satay Stir-Fry with Prawns (12/23) 9836970	299	10	4.4	26	19	6.5	23	5.9	Source of Fibre,High in Protein,High in Vitamin C,Source of Vitamin B12,High in Chloride,Source of Selenium
3221633	23/09/2024 11:54	Camile Thai (Seafood) Thai-Style Teriyaki Salmon (07/23) 3221633	685	36	5.4	42	34	7.9	42	7.4	High in Protein,Source of Vitamin D,Source of Vitamin E,Source of Vitamin C,Source of Thiamin,Source of Niacin,High in Vitamin B12,Source of Phosphorus,Source of Selenium,Low Saturated Fat,Source of Vitamin K
98718	10/09/2024 19:21	Camile Thai - Red Curry Prawns (02/23) 98718	558	38	30	28	23	4	23	5.1	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
98713	10/09/2024 19:21	Camile - Massaman Curry Prawns (02/23) 98713	724	48	30	46	26	6.6	23	6.3	Low Sugar,Source of Protein,High in Vitamin B12,High in Chloride
98707	10/09/2024 19:21	Camile Thai - Green Curry Prawn (02/23) 98707	587	38	30	33	29	6.6	24	7.5	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
98675	23/09/2024 11:54	Camile Thai - Pad Prik Haeng Prawns (02/23) 98675	401	21	2.9	25	18	6.8	23	3.7	Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin K,High in Vitamin C,High in Vitamin B12,High in Chloride,Low Sugar,Source of Vitamin A
98666	23/09/2024 11:54	Camile Thai - Pad King Prawns (02/23) 98666	272	12	0.9	20	13	4.4	20	3.7	Fat Free,Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12,Low Sugar,High in Chloride
12891568	08/10/2024 09:54	Camile (Specials) - Monkfish Red Curry (10/24)	564	38	28	30	24	4.7	24	4	Low Sugar,Source of Protein
Recipe ID	Last Modified	Vegan Menu	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
12266293	10/09/2024 19:53	Camile Thai - Pad Krapow with Tofu (08/24)	330	17	1.4	31	24	8	10	4.1	Low Saturated Fat,Source of Fibre,Source of Vitamin K,High in Vitamin C

12266249	10/09/2024 19:53	Camile Thai - Pad Krapow with Vegan Chicken (08/24)	471	17	1.9	39	25	16	32	5.8	Low Saturated Fat,High in Fibre,High in Protein,Source of Vitamin C
9842842	10/09/2024 19:21	Camile (Specials) - Pad Satay Stir-Fry with Vegan Chicken (12/23) 9842842	451	16	5.2	36	21	15	35	6.3	Source of Fibre,High in Protein,High in Vitamin C,High in Chloride
9836974	10/09/2024 19:21	Camile (Specials) - Pad Satay Stir-Fry with Tofu (12/23) 9836974	310	15	4.7	27	20	6.8	13	4.6	Source of Fibre,Source of Protein,High in Vitamin C,High in Chloride
9463634	10/09/2024 19:21	Camile (Specials) - Golden Glow Yellow Curry with Tofu (11/23) 9463634	882	62	32	54	35	9.5	23	3.6	
5812750	10/09/2024 19:21	Camile (Specials) - Vegan Red Curry with Chickpeas (02/23) 5812750	638	40	30	45	20	13	18	2.1	Low Sugar,Source of Fibre,Source of Vitamin C,Source of Manganese
5752087	10/09/2024 19:21	Camile Thai - Vegan Pad Thai with Vegan Chicken (02/23) 5752087	1126	33	5.3	141	37	23	52	7.2	Low Saturated Fat,Source of Fibre,Source of Protein,Source of Vitamin A,High in Chloride,High in Iodine,Low Sugar
4760727	10/09/2024 19:21	Camile Thai - Vegan Crispy Chilli Tofu (02/23) 4760727	255	6.8	0.7	37	34	7.2	7	1.6	Low Saturated Fat,High in Fibre,High in Protein,High in Vitamin K,High in Vitamin C,Source of Folic Acid,Source of Manganese,Low Fat
4085837	10/09/2024 19:21	Camile Thai - Vegan Fried Rice with Vegan Chicken (02/23) 4085837	600	13	1.3	96	17	10	20	3.1	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin A,Source of Vitamin K,Source of Vitamin C
4085733	10/09/2024 19:53	Camile Thai - Vegan Pad King with Vegan Chicken (02/23) 4085733	457	17	1.8	36	21	13	32	5.8	Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin K
4004674	10/09/2024 19:21	Camile Thai - Vegan Pad Kee Mao with Vegan Chicken (08/24) 4004674	852	19	2.5	123	21	17	39	5.9	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,Source of Protein,High in Vitamin K,Source of Vitamin C
4004641	10/09/2024 19:21	Camile Thai - Vegan Pad Kee Mao with Tofu (08/24) 4004641	711	18	2	115	20	8.6	18	4.2	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,High in Calcium,Source of Copper,Source of Manganese,Low Fat
4004518	10/09/2024 19:21	Camile Thai - Vegan Fried Rice with Tofu (02/23) 4004518	614	17	1.6	94	17	8.2	17	2.8	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin K,Source of Vitamin C,High in Calcium,Source of Manganese,Source of Fibre,Source of Vitamin A

3902307	10/09/2024 19:21	Camile (Specials) - Vegan Green Curry with Chickpeas (02/23) 3902307	643	39	29	47	22	13	18	2.2	High in Monounsaturated Fat,High in Polyunsaturated Fat,High in Unsaturated fat,Source of Fibre,High in Protein,Source of Vitamin C,Source of Manganese,Low Sugar
3460316	10/09/2024 19:53	Camile Thai - Vegan Pad Prik Haeng with Vegan Chicken (02/23) 3460316	530	23	3.1	37	20	16	35	4.2	Low Saturated Fat,High in Fibre,High in Protein,High in Vitamin K,High in Vitamin C,Low Sugar,Source of Vitamin A
3460028	10/09/2024 19:21	Camile (Sauces) - Vegan Green Curry Dip (02/23) 3460028	282	24	20	12	10	0.5	3.9	1.4	Source of Vitamin K,High in Vitamin C,Source of Folic Acid,Source of Potassium,High in Chloride,Source of Copper,High in Manganese
3218092	10/09/2024 19:21	Camile Thai - Vegan Green Curry with Vegan Chicken (02/23) 3218092	676	42	30	36	22	12	33	3.9	Source of Fibre,Source of Protein,Source of Vitamin C,Low Sugar
3218091	10/09/2024 19:21	Camile Thai - Vegan Red Curry with Vegan Chicken (02/23) 3218091	672	42	30	34	20	12	33	3.8	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Chloride
3218083	10/09/2024 19:21	Camile Thai - Vegan Red Curry with Tofu (02/23) 3218083	531	41	30	26	19	3.9	11	2.1	Source of Protein,Source of Vitamin C,High in Chloride,High in Calcium,Source of Copper,Source of Manganese,Low Sugar
3156000	10/09/2024 19:53	Camile Thai - Vegan Pad Prik Haeng with Tofu (02/23) 3156000	389	23	2.6	29	19	8.1	14	2.4	Low Saturated Fat,Source of Protein,High in Vitamin K,High in Vitamin C,Source of Folic Acid,High in Chloride,High in Calcium,Source of Phosphorus,Source of Copper,Source of Manganese,Low Sugar,Source of Vitamin A,Source of Fibre
2685959	10/09/2024 19:21	Camile Vegan Spice Bag (06/24) 2685959	567	34	3.1	48	5.7	8.4	13	2.9	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B6,Source of Folic Acid,High in Chloride,High in Calcium,Source of Copper,Source of Manganese,Source of Potassium,Source of Phosphorus,Source of Vitamin E,Source of Fibre
2678587	10/09/2024 19:21	Camile Thai - Vegan Green Curry with Tofu (02/23) 2678587	535	41	30	27	21	4.1	11	2.2	No Saturated Fat,Low Salt,Source of Protein,High in Vitamin C,High in Calcium,Source of Manganese,High in Chloride,Source of Copper,Low Sugar

2434052	10/09/2024 19:21	Camile Thai (Starters) - Crispy Tofu with Tamarind Dressing (02/23) 2434052	849	45	3.9	78	13	3.6	32	5.9	No Saturated Fat,Source of Protein,High in Chloride,High in Calcium,Source of Phosphorus,Source of Magnesium,High in Iron,Source of Copper,High in Manganese,High in Iodine,Source of Zinc,Low
1460978	10/09/2024 19:53	Camile Thai - Vegan Pad King with Tofu (02/23) 1460978	316	17	1.3	28	20	5.4	11	4.1	Low Saturated Fat,Source of Protein,High in Vitamin K,High in Chloride,High in Calcium,Source of Manganese,Source of Copper,Source of Fibre
1048673	10/09/2024 19:21	Camile Thai - Vegan Pad Thai with Tofu (02/23) 1048673	985	33	4.8	133	36	15	31	5.5	Low Saturated Fat,Low Salt,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Chloride,High in Calcium,Source of Copper,Source of Manganese,High in Iodine,Source of Vitamin A
917544	10/09/2024 19:21	Camile Thai (Salads) - Vegan Tofu & Kale Salad with Tamarind Dressing (02/23) 917544	379	11	1	50	18	8.4	15	3.6	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,High in Vitamin C,Source of Folic Acid,High in Chloride,High in Calcium,Source of Phosphorus,Source of Copper,Source of Manganese,Source of Fibre,Source of Vitamin A,Low Fat
98797	10/09/2024 19:21	Camile Thai (Sides) - Stir-Fried Noodles (02/23) 98797	336	5.5	0.4	63	14	4.3	6.8	3.4	Low Fat,Low Saturated Fat,Source of Protein,Source of Vitamin A,Source of Manganese,Low Sugar
98794	10/09/2024 19:21	Camile Thai (Sides) - Stir-Fried Asian Greens (02/23) 98794	196	11	0.8	15	11	5.2	6.5	2	Low Saturated Fat,Source of Fibre,Source of Vitamin K,Source of Folic Acid,High in Chloride,Low Sugar

Recipe ID	Last Modified	Gluten-Free Menu (Laboratory Certified)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
5812750	10/09/2024 19:21	Camile (Specials) - Vegan Red Curry with Chickpeas (02/23) 5812750	638	40	30	45	20	13	18	2.1	Low Sugar,Source of Fibre,Source of Vitamin C,Source of Manganese
4086354	10/09/2024 19:53	Camile Thai - Pad Prik Haeng Prawns GLUTEN-FREE (02/23) 4086354	403	22	2.9	22	15	13	24	5.5	Low Saturated Fat,Low Sugar,High in Fibre,High in Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,High in Vitamin B12
4086352	10/09/2024 19:53	Camile Thai - Pad Prik Haeng Duck GLUTEN-FREE (02/23) 4086352	520	28	4.9	23	16	13	38	5	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Vitamin B12,Source of Copper,Low Saturated Fat

4086346	10/09/2024 19:53	Camile Thai - Pad Prik Haeng Chicken GLUTEN-FREE (02/23) 4086346	528	26	4.3	22	15	13	46	4.4	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,Source of Phosphorus
4086260	10/09/2024 19:53	Camile Thai - Pad Prik Haeng Beef GLUTEN-FREE (02/23) 4086260	564	30	7	22	15	13	44	4.4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,Source of Niacin,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Source of Phosphorus,Source of Zinc
4086254	10/09/2024 19:53	Camile Thai - Pad King Prawns GLUTEN-FREE (02/23) 4086254	273	12	0.9	16	10	10	20	5.5	Low Saturated Fat,Low Sugar,High in Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12
4086252	10/09/2024 19:53	Camile Thai - Pad King Duck GLUTEN-FREE (02/23) 4086252	389	18	2.9	18	11	10	34	5	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12,Low Saturated Fat
4086245	10/09/2024 19:53	Camile Thai - Pad King Chicken GLUTEN-FREE (02/23) 4086245	398	16	2.3	16	10	10	42	4.4	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Source of Vitamin K,Source of Vitamin B6
4086237	10/09/2024 19:53	Camile Thai - Pad King Beef GLUTEN-FREE (02/23) 4086237	420	19	4.6	16	10	10	40	4.4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin K,Source of Vitamin B6,High in Vitamin B12,Source of Zinc
3902307	10/09/2024 19:21	Camile (Specials) - Vegan Green Curry with Chickpeas (02/23) 3902307	643	39	29	47	22	13	18	2.2	High in Monounsaturated Fat,High in Polyunsaturated Fat,High in Unsaturated fat,Source of Fibre,High in Protein,Source of Vitamin C,Source of Manganese,Low Sugar
3218092	10/09/2024 19:21	Camile Thai - Vegan Green Curry with Vegan Chicken (02/23) 3218092	676	42	30	36	22	12	33	3.9	Source of Fibre,Source of Protein,Source of Vitamin C,Low Sugar
3218091	10/09/2024 19:21	Camile Thai - Vegan Red Curry with Vegan Chicken (02/23) 3218091	672	42	30	34	20	12	33	3.8	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Chloride
198089	10/09/2024 19:21	Camile Thai - Green Curry Chicken (02/23) 198089	712	42	31	33	29	6.6	46	6.4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,High in Chloride
167195	10/09/2024 19:21	Camile Thai - Red Curry Duck LARGE (02/23) 167195	1011	67	48	44	36	5.9	56	6.9	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin B12

167194	10/09/2024 19:21	Camile Thai - Red Curry Prawns LARGE (02/23) 167194	837	57	45	42	35	5.9	35	7.7	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
167192	10/09/2024 19:21	Camile Thai - Red Curry Chicken LARGE (02/23) 167192	1024	64	47	42	35	5.9	68	6	Low Sugar,Source of Fibre,High in Protein
167191	10/09/2024 19:21	Camile Thai - Red Curry Beef LARGE (02/23) 167191	1077	71	51	42	35	5.9	65	6.1	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin B6,Source of Vitamin B12,Source of Zinc
167186	10/09/2024 19:21	Camile Thai - Green Curry Duck LARGE (02/23) 167186	1055	67	48	52	44	9.9	57	10.5	Low Sugar,High in Protein,Source of Vitamin C,Source of Vitamin B12
167184	10/09/2024 19:21	Camile Thai - Green Curry Prawn LARGE (02/23) 167184	882	58	45	50	43	9.9	36	11.3	Source of Protein,Source of Vitamin C,High in Vitamin B12,Source of Fibre
167183	10/09/2024 19:21	Camile Thai - Green Curry Chicken LARGE (02/23) 167183	1068	64	47	50	43	9.9	69	9.7	Low Sugar,High in Protein,Source of Vitamin C
167180	10/09/2024 19:21	Camile Thai - Green Curry Beef LARGE (02/23) 167180	1107	71	51	49	42	10	63	9.7	Low Sugar,High in Protein,Source of Vitamin C,Source of Vitamin B6,Source of Vitamin B12
98718	10/09/2024 19:21	Camile Thai - Red Curry Prawns (02/23) 98718	558	38	30	28	23	4	23	5.1	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
98717	10/09/2024 19:21	Camile Thai - Red Curry Duck (02/23) 98717	674	44	32	29	24	4	37	4.6	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12
98716	10/09/2024 19:21	Camile Thai - Red Curry Chicken (02/23) 98716	683	42	31	28	23	4	45	4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C
98715	10/09/2024 19:21	Camile Thai - Red Curry Beef (02/23) 98715	718	47	34	28	23	4	44	4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12,Source of Vitamin B6,Source of Zinc
98707	10/09/2024 19:21	Camile Thai - Green Curry Prawn (02/23) 98707	587	38	30	33	29	6.6	24	7.5	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
98706	10/09/2024 19:21	Camile Thai - Green Curry Duck (02/23) 98706	703	45	32	35	29	6.6	38	7	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12,High in Chloride

98704	10/09/2024 19:21	Camile Thai - Green Curry Beef (02/23) 98704	738	47	34	33	28	6.8	42	6.4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B6,Source of Vitamin B12,High in Chloride,Source of Vitamin K
98658	10/09/2024 19:21	Camile Thai (Soups) - Tom Yam Goong (02/23) 98658	219	11	1.9	19	13	3.1	10	5.5	Low Calorie,Fat Free,Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C,High in Vitamin B12,High in Chloride,Source of Fibre,Source of Manganese

Recipe ID	Last Modified	Camile Kids Menu	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
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6292782	10/09/2024 19:21	Camile Kids - Li'l Spice Bag with Tofu (02/23) 6292782	439	26	2.1	40	10	5.5	8.4	1.9	Low Saturated Fat,Low Sugar,Source of Vitamin E,Source of Vitamin K,High in Vitamin C,High in Vitamin B6,Source of Folic Acid,Source of Potassium
6292725	10/09/2024 19:21	Camile Kids - Li'l Spice Bag with Chicken (02/23) 6292725	529	26	2.2	52	11	5.7	18	2.1	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin E,Source of Vitamin K,Source of Vitamin C,Source of Niacin,High in Vitamin B6,Source of Folic Acid,Source of Potassium
6292686	10/09/2024 19:21	Camile Kids - Massaman Tofu with Jasmine Rice (02/23) 6292686	814	38	19	100	13	4.7	15	3.1	Low Sugar
6292668	10/09/2024 19:21	Camile Kids - Massaman Chicken with Jasmine Rice (02/23) 6292668	856	35	19	99	13	4.6	33	3.2	Low Sugar,Source of Protein
6292659	23/09/2024 11:54	Camile Kids - Crispy Tofu (02/23) 6292659	496	11	1.6	84	23	2.8	12	2.1	Low Saturated Fat
6292557	23/09/2024 11:54	Camile Kids - Wok Fried Noodles with Tofu (02/23) 6292557	390	20	2.3	36	9.4	2.4	15	2.8	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A,Source of Iron
6291717	10/09/2024 19:21	Camile Kids - Chicken Satay Skewers with Jasmine Rice (02/23) 6291717	595	10	5.1	81	12	1.1	44	1.3	Low Fat,Low Sugar,High in Protein,Source of Niacin,Source of Vitamin B6,Source of Phosphorus,Low Saturated Fat
6291669	23/09/2024 11:54	Camile Kids - Camile Special Fried Rice with Tofu (02/23) 6291669	688	29	2.9	87	13	5.3	17	3	Low Saturated Fat,Low Sugar,Source of Vitamin A,High in Vitamin K
6291447	23/09/2024 11:54	Camile Kids - Camile Special Fried Rice with Chicken (02/23) 6291447	718	24	2.6	86	13	5.2	37	3	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A,High in Vitamin K

98814	23/09/2024 11:54	mile Kids - Wok Fried Noodles with Chicken (02/23) 988	420	15	2	34	9.3	2.4	35	2.9	Low Fat,Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin A,Source of Niacin,High in Chloride,Source of Phosphorus,Source of Vitamin B12,Source of Iron
39983	23/09/2024 11:54	Camile Kids - Sweet Crispy Chicken (02/23) 39983	587	12	1.7	96	23	3	22	2.3	Low Saturated Fat,Source of Protein,High in Chloride
Recipe ID	Last Modified	Sides	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
10045235	10/09/2024 19:21	Camile (Sides) - Plain Fried Potatoes (01/24)	543	34	2.5	49	0.7	7.3	7.4	0.2	Low Saturated Fat,Sugar Free,Very Low Salt,Source of Vitamin E,Source of Vitamin K
5012675	10/09/2024 19:21	Camile Thai (Sides) - Kale Side Salad with Tamarind Dressing (02/23) 5012675	91	0.8	0.1	16	15	3.5	2.5	0.87	Low Fat,No Saturated Fat,High in Fibre,Source of Vitamin A,High in Vitamin K,High in Vitamin C,High in Folic Acid,Source of Potassium
1459944	10/09/2024 19:21	Camile Thai (Sides) - Stir-Fried Asian Greens with GLUTEN-FREE seasoning sauce (02/23) 1459944	179	11	0.8	10	5.6	7.8	6.5	2.1	Low Saturated Fat,Low Sugar,High in Fibre,Source of Protein,Source of Vitamin K,Source of Folic Acid
98797	10/09/2024 19:21	Camile Thai (Sides) - Stir-Fried Noodles (02/23) 98797	336	5.5	0.4	63	14	4.3	6.8	3.4	Low Fat,Low Saturated Fat,Source of Protein,Source of Vitamin A,Source of Manganese,Low Sugar
98796	10/09/2024 19:21	Camile Thai (Sides) - Egg Fried Rice (02/23) 98796	502	8.8	1.6	93	3.6	0.8	12	0.92	Low Fat,Low Saturated Fat,Low Sugar,Source of Chloride
98795	10/09/2024 19:21	Camile Thai (Sides) - Brown & Wild Rice (02/23) 98795	504	0.7	0	110	0	5.1	12	0	Fat Free,No Saturated Fat,No Salt,Sugar Free
98794	10/09/2024 19:21	Camile Thai (Sides) - Stir-Fried Asian Greens (02/23) 98794	196	11	0.8	15	11	5.2	6.5	2	Low Saturated Fat,Source of Fibre,Source of Vitamin K,Source of Folic Acid,High in Chloride,Low Sugar
98622	10/09/2024 19:21	Camile (Sides) - Spicy Thai Fried Potatoes (02/23) 98622	594	34	2.6	60	9.9	8.4	8.5	2	Low Saturated Fat,Low Sugar,Source of Vitamin C,High in Vitamin B6,Source of Folic Acid,Source of Potassium,Source of Vitamin E,Source of Vitamin K,Source of Thiamin,High in Chloride
40377	10/09/2024 19:21	Camile Thai (Sides) - Steamed Broccoli (02/23) 40377	64	0.8	0.2	5.5	3	5.7	6.2	0.03	Low Calorie,Low Fat,Low Saturated Fat,Low Sugar,Very Low Salt,High in Fibre,High in Protein,High in Vitamin K,High in Vitamin C,High in Folic Acid,Source of Vitamin E,Source of Thiamin,Source of Potassium
40240	10/09/2024 19:21	Camile Thai (Sides) - Jasmine Rice (02/23) 40240	460	0.5	0.2	105	0	0.9	8.9	0	Fat Free,No Saturated Fat,Sugar Free,No Salt

Recipe ID	Last Modified	Sauces, Dressings & Dips	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
9246233	10/09/2024 19:21	Camile (Sauces) - Salted Coconut Pandan Caramel Sauce (09/23) 9246233	129	7.8	5.2	14	14	0	0	0.15	
7247505	10/09/2024 19:21	Camile (Sauces) - Honey Chilli Lime Sauce (02/23) 7247505	72	0	0	17	16	0	0.7	0.86	Fat Free,No Saturated Fat,Source of Vitamin A,Source of Vitamin K,High in Vitamin C,Source of Potassium,High in Chloride,High in Manganese
4806767	10/09/2024 19:21	Camile Thai (Sauces) - Soy Sauce (02/23) 4806767	258	1.4	0.3	40	29		21	49	Low Fat,Low Saturated Fat,High in Protein,High in Chloride
4156814	10/09/2024 19:21	Camile Thai (Sauces) - Tamarind Dressing (02/23) 4156814	57	0	0	13	12	0.5	0.5	0.83	Fat Free,No Saturated Fat,Source of Fibre,Source of Potassium,High in Chloride,Source of Magnesium
4086447	10/09/2024 19:21	Camile Thai (Sauces) - Sriracha Sauce (02/23) 4086447	185	0.5	0	38	37	5.3	3.6	4.2	Fat Free,No Saturated Fat,Source of Fibre,High in Vitamin A,High in Vitamin C,Source of Vitamin B6,Source of Folic Acid,Source of Potassium
3473204	10/09/2024 19:22	Camile (Sauces) - Sweet Soy Dipping Sauce (02/23) 3473204	46	0	0	9.9	9.7	1	0.8	1.6	Fat Free,No Saturated Fat,High in Protein,Source of Fibre
3460048	10/09/2024 19:21	Camile (Sauces) - Massaman Curry Dip (02/23) 3460048	312	25	19	17	14	2.1	4.3	3.4	Source of Potassium,High in Chloride,Source of Magnesium,Source of Copper,Source of Manganese
3460028	10/09/2024 19:21	Camile (Sauces) - Vegan Green Curry Dip (02/23) 3460028	282	24	20	12	10	0.5	3.9	1.4	Source of Vitamin K,High in Vitamin C,Source of Folic Acid,Source of Potassium,High in Chloride,Source of Copper,High in Manganese
2509692	10/09/2024 19:21	Camile Thai (CP Sauces) - Hoisin Dipping Sauce Batch (02/23) 2509692	55	0.5	0	12	9.9	0	0.7	2.2	Low Fat,Low Saturated Fat,High in Vitamin B12,High in Chloride,Source of Copper,Source of Riboflavin,Source of Magnesium,Source of Zinc,Source of Manganese
1460264	23/09/2024 11:54	Camile Thai (Sauces) - Thai Seasoning Sauce 285mls (02/23) 1460264	360	1.4	0.2	78	65	5.9	6.3	20	Fat Free,No Saturated Fat,Source of Fibre
1381571	10/09/2024 19:21	Camile Thai (CP Sauces) - Sriracha Coconut Dip Batch (02/23) 1381571	50	2	1.6	7.4	6.6	0	0.5	1.1	Fat Free,No Saturated Fat,High in Fibre,High in Vitamin A,High in Vitamin C,High in Potassium,Source of Thiamin,Source of Vitamin B6,Source of Folic Acid,High in Chloride,Source of Copper,Source of Manganese

1381567	10/09/2024 19:21	Camile Thai (CP Sauces) - Sweet Chilli Sauce Batch (02/23) 1381567	63	0	0	14	14	1.6	0	0.37	Fat Free,High in Vitamin C,No Saturated Fat,Source of Vitamin A,Source of Fibre,High in Chloride
40467	10/09/2024 19:22	Camile (Sauces) - Plum Dipping Sauce (02/23) 40467	69	0	0	16	16	1.8	0	0.4	Fat Free,No Saturated Fat,Source of Fibre
36214	10/09/2024 19:22	Camile (Sauces) - Peanut Satay Dipping Sauce (02/23) 36214	76	5.2	2.5	5.5	4.8	0.5	1.7	0.18	High in Vitamin E,Source of Thiamin,Source of Niacin,High in Biotin,High in Chloride,Source of Phosphorus,Source of Magnesium,Source of Copper,High in Manganese,Source of Vitamin B6,Source of Folic Acid,Source of Vitamin B5,Source of Potassium,Source of Zinc

Recipe ID	Last Modified	Toppings	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
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3471476	10/09/2024 19:21	Camile Thai (Toppings) - Crushed Peanuts (02/23) 3471476	134	12	1.5	2.5	1.6	0.9	3.5	0.09	Low Sugar,High in Fibre,Source of Protein,High in Niacin,High in Vitamin B6,High in Folic Acid,High in Biotin,High in Vitamin B5,Source of Potassium,High in Chloride,High in Phosphorus,High in Magnesium,Source of Zinc,High in Copper,High in Manganese,High in Vitamin E,High in Vitamin K,High in Thiamin,Source of Iron
3471469	10/09/2024 19:21	Camile Thai (Toppings) - Soy Sunflower & Pumpkin Seeds (02/23) 3471469	88	6.9	0.3	1.9	0	0.5	4.4	0.82	Low Sugar,High in Fibre,High in Protein,High in Vitamin E,Source of Thiamin,Source of Riboflavin,Source of Niacin,Source of Vitamin B6,Source of Folic Acid,High in Biotin,Source of Vitamin B5,High in Potassium,High in Chloride,High in Phosphorus,High in Magnesium,High in Iron,High in Zinc,High in Copper,High in Manganese,High in Selenium,No Saturated Fat
3471464	10/09/2024 19:21	Camile Thai (Toppings) - Crispy Shallots (02/23) 3471464	87	6.6	3.2	6	1.2		0.9	0.15	

Recipe ID	Last Modified	Desserts	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
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12267697	10/09/2024 19:21	Camile (Desserts) - Miso Chocolate Chip Cookies (08/24)	328	16	11	42	29	0.8	3.4	0.66	
12264737	10/09/2024 19:21	Camile (Desserts) - Miso Almond Brownies with Salted Coconut Pandan (08/24)	300	18	12	32	26	0.8	3.2	0.63	Source of Vitamin B12

10045759	10/09/2024 19:21	Camile (Specials) - Single Crispy Pandan Churro (01/24)	92	5.2	0.4	10	2.1	0	1.1	0.3	
9246233	10/09/2024 19:21	Camile (Sauces) - Salted Coconut Pandan Caramel Sauce (09/23) 9246233	129	7.8	5.2	14	14	0	0	0.15	
9243353	10/09/2024 19:21	Camile (Specials) - Crispy Pandan Caramel Churros (09/23) 9243353	521	24	6.4	70	20	0	6.6	1.9	High in Chloride
5089313	10/09/2024 19:21	Ben & Jerry's Caramel Chew Chew Ice Cream 465ml tub (11/21)	1129	65	44	121	107		15	0.74	Low Salt
4160098	10/09/2024 19:21	Ben & Jerry's Non-Dairy Chocolate Fudge Brownie Vegan Ice Cream 465ml (12/21)	820	43	25	98	79		11	0.37	Very Low Salt
4159996	10/09/2024 19:21	Ben & Jerry's Chocolate Fudge Brownie Ice Cream 100ml tub (05/21)	182	9.3	5.7	24	21	1.5		0.16	Low Salt,Source of Chloride
4159970	10/09/2024 19:21	Ben & Jerry's Caramel Chew Chew Ice Cream 100ml tub (05/21)	211	12	8.6	23	21		2.6	0.14	Low Salt,Source of Chloride
4058769	10/09/2024 19:21	Ben & Jerry's Chocolate Fudge Brownie Ice Cream 465ml tub (05/21)	994	51	32	116	112		17	0.93	Low Salt,High in Chloride
4058766	10/09/2024 19:21	Ben & Jerry's Cookie Dough Ice Cream 465ml tub (05/21)	1111	60	37	126	102		16	0.56	Low Salt,Source of Chloride
4058753	10/09/2024 19:21	Ben & Jerry's Cookie Dough Ice Cream 100ml tub (12/21)	213	12	7.5	23	19		3.1	0.11	Low Salt,Source of Chloride
2433850	10/09/2024 19:21	Camile Thai (Desserts) - Crispy Pancake (Apple Filled with Cinnamon Sugar & Custard) (02/23) 2433850	272	3.1	0.7	56	31	0	4.6	0.08	Low Fat,Low Saturated Fat,Very Low Salt
98816	10/09/2024 19:21	Camile (Desserts) - Homemade Mango Rice Pudding (02/23) 98816	244	1.9	0.3	54	35	0.9	2	0.08	Very Low Salt,Low Fat,Low Saturated Fat

Recipe ID	Last Modified	Drinks	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
6685334	10/09/2024 19:21	San Pellegrino Sparkling Mineral Water 500ml bottle (06/22)	0							0.03	
5944960	10/09/2024 19:21	Vit Hit Sparkling Mango & Pineapple with Rooibus Tea (06/22)	43	1.3	0.3	5	4.3	3.3	1.3	0.03	Low Calorie,Low Sugar,High in Vitamin C,High in Niacin,High in Vitamin B6,High in Folic Acid,High in Vitamin B12,High in Biotin,Low Fat,Low Saturated Fat,No Salt,High in Fibre,Source of Protein,High in Thiamin

5944915	10/09/2024 19:21	Vit Hit Sparkling Pink Grapefruit Lime & White Tea (03/22)	30	0.7	0.1	4.9	2.3	0.7	0.7	0.01	Low Fat,Low Saturated Fat,Low Sugar,No Salt,Source of Fibre,High in Vitamin C,High in Thiamin,High in Niacin,High in Vitamin B6,High in Folic Acid,High in Vitamin B12,High in Biotin
5944738	10/09/2024 19:21	Camile (Soft Drinks) - Mude Play Hint of Melon & Raspberry (03/22)	37	0	0	9.2	5.6				Low Calorie,Low Sugar,Source of Selenium
5057245	10/09/2024 19:21	Vit Hit Sparkling Raspberry & Watermelon with Ceylon Tea (06/22)	40	1.2	0.2	4.7	4	3.1	1.2	0.02	Low Calorie,Low Fat,Low Saturated Fat,Low Sugar,No Salt,High in Fibre,Source of Protein,High in Vitamin C,High in Thiamin,High in Niacin,High in Vitamin B6,High in Folic Acid,High in Vitamin B12,High in Biotin
5057221	10/09/2024 19:21	Camile (Soft Drinks) - Fanta Lemon (11/21)	59	0	0	15	15	0		0.07	Low Calorie,Fat Free,No Saturated Fat,Very Low Salt
4156845	10/09/2024 19:21	Camile (Soft Drinks) - Fanta Orange (05/21)	61	0	0	15	15	0			Low Calorie,Fat Free,No Saturated Fat,No Salt
3514844	10/09/2024 19:21	SynerChi Kombucha Apple & Elderflower Presse 250ml can (08/20) 3514844	13	0	0	4	1		0.5	0	Zero Calories,Fat Free,No Saturated Fat,Sugar Free,No Salt,High in Protein
3514704	10/09/2024 19:21	SynerChi Kombucha Ginger & Turmeric Lemonade 250mls (08/20) 3514704	11	0	0	1.5	1.3		1.3		Low Calorie,Fat Free,No Saturated Fat,Low Sugar,No Salt,High in Protein
3514683	10/09/2024 19:21	SynerChi Kombucha Cola Flavour 250mls (08/20) 3514683	12	0	0	3.4	1		0.5		Zero Calories,Fat Free,No Saturated Fat,Sugar Free,No Salt,High in Protein
3190715	10/09/2024 19:21	Camile (Soft Drinks) - Sprite Zero		0	0		0			0.15	Zero Calories,Sugar Free
3190712	10/09/2024 19:21	Vit Hit Citrus Revive with Ginseng 500ml bottle (12/21)	17			5	5			0.05	Zero Calories,Fat Free,Low Sugar,No Salt,High in Vitamin C,High in Thiamin,High in Niacin,High in Vitamin B6,High in Vitamin B12,High in Biotin,High in Vitamin B5,High in Folic Acid
3190708	10/09/2024 19:21	Vit Hit Dragon fruit Yuzu Zinc & Ceylon Tea 500ml bottle (12/21)	20	0	0	6.5	6.5	0		0	Low Calorie,Fat Free,Low Sugar,No Salt,High in Fibre,High in Protein,High in Vitamin C,High in Thiamin,High in Niacin,High in Vitamin B6,High in Biotin,High in Vitamin B5
1452314	10/09/2024 19:21	Camile (Teas) - Chamomile Tea	2	0	0	0.5	0	0		0	Zero Calories,Fat Free,No Saturated Fat,Sugar Free,No Salt
1452313	10/09/2024 19:21	Camile (Teas) - Peppermint Tea	2	0	0	0.6	0	0		0	Zero Calories,Fat Free,No Saturated Fat,Sugar Free,No Salt

1452312	10/09/2024 19:21	Camile (Teas) - Green Tea	1	0	0	0	0	0			
1452309	10/09/2024 19:21	Camile (Teas) - Regular Tea	0	0	0	0	0	0			Zero Calories,Fat Free,No Saturated Fat,Sugar Free,No Salt,High in Protein
1452308	10/09/2024 19:21	Camile (Coffees) - Americano	4	0	0	0.7	0	0	0	0.01	Zero Calories,Fat Free,No Saturated Fat,Sugar Free,No Salt
1452295	10/09/2024 19:21	Camile (Coffees) - Cappuccino	137	7.5	4.8	10	9	0	7	0.25	Low Fat,Low Sugar,Very Low Salt,High in Protein,Source of Riboflavin,Source of Vitamin B12,Source of Iodine
1452292	10/09/2024 19:21	Camile (Coffees) - Latt��	147	8.2	5.2	11	9.8	0	7.6	0.27	Low Fat,Low Sugar,Very Low Salt,High in Protein,Source of Riboflavin,Source of Vitamin B12,Source of Iodine
1452290	10/09/2024 19:21	Camile (Coffees) - Espresso (1 shot)	3	0	0	0.5	0	0	0	0	
1452264	10/09/2024 19:21	Camile (Soft Drinks) - Fanta Orange (03/21)	92	0	0	23	23	0			Fat Free,No Saturated Fat
1452260	10/09/2024 19:21	Camile (Soft Drinks) - Sprite	132	0	0	33	33	0			Fat Free,No Saturated Fat,No Salt
1452258	10/09/2024 19:21	Camile (Soft Drinks) - Diet Coke		0	0		0				Zero Calories,Fat Free,No Saturated Fat,Sugar Free,No Salt,High in Monounsaturated Fat,High in Polyunsaturated Fat
1452246	10/09/2024 19:21	Camile (Soft Drinks) - Coca Cola	212	0	0	53	53				Fat Free,No Saturated Fat,No Salt
1427631	10/09/2024 19:21	Vit Hit Apple & Elderflower 500ml bottle (12/21)	32	0	0	8	7.9	0			Low Calorie,Fat Free,No Saturated Fat,Low Sugar,No Salt,Source of Vitamin C,Source of Thiamin,Source of Vitamin B6,Source of Folic Acid,Source of Vitamin B12,Source of Biotin,Source of Vitamin B5
1427624	10/09/2024 19:21	Vit Hit Berry Boost 500ml bottle (11/21)	30	0.5	0.5	2.5	2.5	2.5	2.5	0.03	Low Calorie,Fat Free,No Saturated Fat,Low Sugar,No Salt,High in Vitamin C,High in Thiamin,High in Vitamin B6,High in Folic Acid,High in Vitamin B12,High in Biotin,High in Vitamin B5,High in Fibre,High in Protein

Recipe ID	Last Modified	Camile Bliss Bowls	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
3068939	21/09/2024 14:51	Camile Bliss Bowls - Pork Ramen (02/23) 3068939	508	7.2	1.6	80	21	9.4	26	4.9	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Source of Vitamin A,Source of Vitamin K,High in Iodine,Source of Vitamin C

3068904	23/09/2024 11:54	Petite Camile (Bliss Bowls) - Tangy Crispy Chilli Chicken (02/23) 3068904	623	9.2	3.5	107	30	11	22	2.7	Low Saturated Fat,Source of Protein,High in Vitamin K,Low Fat,Source of Vitamin C,Source of Manganese,Source of Fibre
3068877	21/09/2024 14:51	Camile Bliss Bowls - Khao Soi Gai (02/23) 3068877	689	30	22	65	20	6.4	35	3.9	Low Sugar,Source of Protein,Source of Vitamin K,Source of Manganese,Source of Chloride
3068858	10/09/2024 19:21	Camile Bliss Bowls - Vegan Pad Prik Haeng Tofu (02/23) 3068858	548	12	1.1	87	14	9.2	19	2.5	Low Fat,Low Saturated Fat,Source of Fibre,High in Vitamin K,Source of Protein,Source of Manganese,Low Sugar,Source of Vitamin C
3068847	10/09/2024 19:21	Camile Bliss Bowls - Pad King Tofu (02/23) 3068847	548	12	1.1	87	14	9.2	19	2.5	Low Fat,Low Saturated Fat,High in Vitamin K,Source of Protein,Source of Manganese,Source of Fibre,Low Sugar,Source of Vitamin C,High in Chloride
3068838	23/09/2024 11:54	Camile Bliss Bowls - Pad Prik Haeng Chicken (02/23) 3068838	491	1.9	0.4	83	13	8.7	31	2.5	Fat Free,No Saturated Fat,Low Sugar,High in Protein,High in Vitamin K,Source of Manganese,Source of Fibre,Source of Vitamin C,High in Chloride
3068829	23/09/2024 11:54	Camile Bliss Bowls - Pad King Chicken (02/23) 3068829	492	1.9	0.4	83	13	8.7	31	2.5	Fat Free,No Saturated Fat,Low Sugar,High in Protein,High in Vitamin K,Source of Manganese,Source of Fibre,Source of Vitamin C,High in Chloride
3068822	10/09/2024 19:21	Petite Camile (Bliss Bowls) - Vegan Green Tofu Curry (02/23) 3068822	793	37	22	88	16	8.6	22	1.6	Low Sugar,High in Vitamin K,Source of Vitamin C,Source of Copper,Source of Manganese,Low Salt,Source of Protein
3063378	10/09/2024 19:21	Petite Camile (Bliss Bowls) - Massaman Chicken Curry (02/23) 3063378	800	33	22	90	20	10	31	3.7	Low Saturated Fat,Source of Protein,Source of Vitamin K,Source of Vitamin C,Source of Manganese,Low Sugar,High in Chloride
3063366	10/09/2024 19:21	Petite Camile (Bliss Bowls) - Green Chicken Curry (02/23) 3063366	804	33	23	91	21	10	31	4.5	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin K,Source of Chloride

Recipe ID	Last Modified	Camile <i>ON THE GO</i> Bowls	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
5421070	10/09/2024 19:22	Camile (On The Go) - 2 Vegetable Spring Rolls with Plum Dipping Sauce (02/23) 5421070	323	14	1	42	22	4.4	5	1.7	Low Saturated Fat,High in Vitamin K,Source of Vitamin C,Source of Folic Acid
5421058	23/09/2024 11:54	Camile (On The Go Bowls) - Pad Prik Haeng with Tofu (02/23) 5421058	551	23	2.4	68	9.4	3.9	17	1.7	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin K,Source of Manganese

5421034	23/09/2024 11:54	Camile (On The Go Bowls) - Pad Prik Haeng with Chicken (02/23) 5421034	497	12	2.1	65	9.2	3.7	31	1.8	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin K
5421016	10/09/2024 19:22	Camile (On The Go Bowls) - Vegan Crispy Chilli Stir-Fry with Tofu (02/23) 5421016	541	21	2	72	15	4.1	15	0.76	Low Saturated Fat,Low Sugar,Low Salt,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Manganese
5421004	23/09/2024 11:54	Camile (On The Go Bowls) - Crispy Chilli Stir-Fry with Tofu (02/23) 5421004	567	21	2	78	21	4.7	15	1.3	Low Saturated Fat,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Manganese
5420977	23/09/2024 11:54	Camile (On The Go Bowls) - Tangy Crispy Chilli Stir-Fry with Chicken (02/23) 5420977	564	13	1.4	89	21	4.8	20	1.4	Low Saturated Fat,Source of Protein,High in Vitamin K,Source of Vitamin C
5420974	10/09/2024 19:22	Camile (On The Go Bowls) - Vegan Green Curry with Tofu (02/23) 5420974	681	35	19	70	12	2.6	19	1.4	Low Sugar,Low Salt,Source of Protein,Source of Vitamin C,Source of Manganese
5420968	10/09/2024 19:21	Camile (On The Go Bowls) - Green Curry with Tofu (02/23) 5420968	711	37	19	74	16	4.2	19	3.8	Low Sugar,Source of Manganese,Source of Protein
5420959	10/09/2024 19:21	Camile (On The Go Bowls) - Green Curry with Chicken (02/23) 5420959	657	26	19	71	16	4	33	3.9	Low Sugar,Source of Protein
5420950	10/09/2024 19:21	Camile (On The Go Bowls) - Massaman Curry with Tofu (02/23) 5420950	780	42	19	81	15	4.3	19	3.1	Low Sugar,Source of Protein,Source of Manganese
5420941	10/09/2024 19:21	Camile (On The Go Bowls) - Massaman Curry with Chicken (02/23) 5420941	727	31	19	78	15	4.1	32	3.2	Low Sugar,Source of Protein

Recipe ID	Last Modified	Camile Lunch Menu	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Authorised EU Nutrition Claims
10052355	10/09/2024 19:21	Camile (Sauces) - Salted Coconut Pandan Caramel Sauce (09/23)	129	7.8	5.2	14	14	0	0	0.15	
10045879	10/09/2024 19:22	Camile (Starters) - 3 Chargrilled Chicken Skewers with Peanut Satay Dip (01/24)	289	10	4.9	11	12	0.5	38	1.3	Low Sugar,High in Protein,High in Niacin,High in Vitamin B6,Source of Vitamin B5,Source of Potassium,High in Chloride,High in Phosphorus,Source of Selenium
9485586	10/09/2024 19:22	Camile (Sauces) - Sweet Chilli Dip 2oz tub (11/23) 9485586	120	0	0	28	28	3	0	0.71	Fat Free,No Saturated Fat,Source of Fibre,Source of Vitamin C,High in Chloride
8547591	10/09/2024 19:22	Camile (Starters) - 3 Pork Gyoza with Sweet Soy Dip (04/23) 8547591	162	6	2.5	21	10	2	4.8	2.2	

8547567	10/09/2024 19:22	Camile (Starters) - 3 Chicken & Vegetable Gyoza with Sweet Soy Dip (04/23) 8547567	133	2.9	1	20	12	1.9	5.6	2.2	
8294526	10/09/2024 19:22	Camile (Starters) - 3 Vegetable Gyoza with Sweet Soy Dip (06/23) 8294526	137	0.6	0.1	27	11	1.7	4.5	2.2	Low Saturated Fat,Source of Vitamin E,Source of Vitamin K,Source of Vitamin C,Source of Folic Acid,Low Fat,Source of Protein,High in Chloride
8294316	10/09/2024 19:22	Petite Camile (Rolls) - Hoisin Duck Spring rolls with Sweet Chilli Dipping Sauce (03/23) 8294316	490	22	2.5	48	23	3.5	22	2.6	Low Saturated Fat,Source of Protein,Source of Vitamin K,Source of Vitamin C
8293908	10/09/2024 19:22	Camile Spice Bag / Box with Chicken (03/23) 8293908	728	35	3.3	68	6.5	8.8	30	3.8	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,Source of Vitamin C
8200923	10/09/2024 19:22	Camile (Specials) - Green Chicken Curry Burrito (02/23) 8200923	914	33	17	118	16	6.8	32	5.2	Low Sugar,Source of Protein
8002298	23/09/2024 11:54	Camile (Specials) - Crispy Chicken Burrito (02/23) 8002298	979	23	5.6	155	40	7.1	33	6.3	Low Saturated Fat,Source of Protein
6817247	21/09/2024 14:51	Camile (Specials) - Spicy Dan Dan Noodles with Vegan Chicken (02/23) 6817247	500	15	1.8	68	11	6.8	20	5.4	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A
6817220	21/09/2024 14:51	Camile (Specials) - Spicy Dan Dan Chicken Noodles (02/23) 6817220	528	16	2	66	12	4.4	28	5.2	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A
5700568	23/09/2024 11:54	Camile (Lunch Menu) - Pad Prik Haeng Tofu (02/23)	419	11	1.2	67	10	4.3	11	1.7	Low Saturated Fat,Low Sugar,Source of Vitamin K,High in Vitamin C
5700550	23/09/2024 11:54	Camile (Lunch Menu) - Pad Prik Haeng Chicken (02/23)	497	11	1.9	67	10	4.2	31	1.8	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin K,High in Vitamin C,Low Fat
5700103	10/09/2024 19:22	Camile (Lunch Menu) - Vegan Fried Rice with Tofu (02/23)	363	4.3	0.5	68	11	4.5	10	2.1	Low Saturated Fat,Source of Protein,Source of Vitamin A,Source of Vitamin B12,Low Fat,Low Sugar,Source of Vitamin K
5699989	23/09/2024 11:54	Camile (Lunch Menu) - Spicy Chicken Fried Rice (02/23) 5699989	503	6.7	1.7	72	16	3.8	37	3.6	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
5699938	10/09/2024 19:22	Camile (Lunch Menu) - Vegan Pad Thai with Tofu (02/23)	445	11	1.2	71	22	7.9	12	4.6	Low Saturated Fat,Source of Protein,Source of Vitamin A,Source of Vitamin B12,Source of Biotin,Source of Manganese,High in Iodine,Source of Fibre,Source of Vitamin K,Source of Vitamin C

5697577	10/09/2024 19:22	Camile (Lunch Menu) - Pad Thai with Chicken (02/23)	679	23	4.4	69	22	5.9	44	2.7	Low Saturated Fat,High in Protein,Source of Vitamin A,Source of Niacin,Source of Vitamin B12,Source of Biotin
5697457	10/09/2024 19:22	Camile (Lunch Menu) - Vegan Crispy Chilli Tofu Stir-Fry (02/23)	425	8.9	0.8	76	22	4.5	7.8	1.1	Low Saturated Fat,Low Salt,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Manganese,Low Fat
5697391	23/09/2024 11:54	Camile (Lunch Menu) - Crispy Chilli Chicken Stir-Fry (02/23)	552	12	1.2	89	21	4.6	20	1.4	Low Saturated Fat,Source of Protein,High in Vitamin K,Source of Vitamin C
5697079	10/09/2024 19:22	Camile (Lunch Menu) - Vegan Green Curry with Tofu (02/23)	514	22	16	66	11	2.3	12	1.2	Low Sugar,Source of Vitamin C,Source of Manganese,Low Salt
5697031	10/09/2024 19:22	Camile (Lunch Menu) - Green Chicken Curry (02/23)	653	26	19	71	16	3.8	33	3.9	Low Sugar,Source of Protein
5696743	10/09/2024 19:22	Camile (Lunch Menu) - Massaman Tofu Curry & Rice (02/23)	765	40	22	87	17	4.1	13	3.2	Low Sugar,Source of Manganese
5696656	10/09/2024 19:22	Camile (Lunch Menu) - Massaman Chicken Curry (02/23)	901	44	25	90	18	4.1	34	3.5	Low Sugar,Source of Protein
5012681	10/09/2024 19:22	Camile Ireland (Rolls) - Vegetable Spring Rolls with Sweet Chilli Sauce (02/23) 5012681	445	21	1.4	54	25	5.6	7.3	2.4	High in Vitamin K,Source of Vitamin C,Source of Folic Acid,Low Saturated Fat
4769069	10/09/2024 19:22	Petite Camile (Starters) - 5 Hot Chicken Wings with Sauce (02/23) 4769069	461	31	4	15	11	0.5	31	2.3	High in Protein,High in Vitamin K,Source of Vitamin E
3473204	10/09/2024 19:22	Camile (Sauces) - Sweet Soy Dipping Sauce (02/23) 3473204	46	0	0	9.9	9.7	1	0.8	1.6	Fat Free,No Saturated Fat,High in Protein,Source of Fibre
98656	10/09/2024 19:22	Camile Ireland (Rolls) - Vegetable Spring Rolls with Plum Dipping Sauce (02/23) 98656	446	21	1.4	55	25	5.6	7.3	2.4	Low Saturated Fat,High in Vitamin A,Source of Vitamin C,High in Chloride,High in Vitamin K,Source of Folic Acid
98654	10/09/2024 19:22	Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (02/23) 98654	491	22	2.5	48	23	3.5	22	2.6	Low Saturated Fat,Source of Protein,High in Vitamin A,Source of Vitamin C,High in Vitamin B12,High in Chloride,Source of Vitamin K
98149	10/09/2024 19:22	Camile Thai (CP Sauces) - Sriracha Wings Sauce Batch (02/23) 98149	76	0.6	0	16	15	0	1	2	Low Saturated Fat,Source of Vitamin C,Fat Free,Source of Vitamin A
40467	10/09/2024 19:22	Camile (Sauces) - Plum Dipping Sauce (02/23) 40467	69	0	0	16	16	1.8	0	0.4	Fat Free,No Saturated Fat,Source of Fibre
36214	10/09/2024 19:22	Camile (Sauces) - Peanut Satay Dipping Sauce (02/23) 36214	76	5.2	2.5	5.5	4.8	0.5	1.7	0.18	High in Vitamin E,Source of Thiamin,Source of Niacin,High in Biotin,High in Chloride,Source of Phosphorus,Source of Magnesium,Source of Copper,High in Manganese,Source of Vitamin B6,Source of Folic Acid,Source of Vitamin B5,Source of Potassium,Source of Zinc

