

Camile (Ireland Restaurants) - Allergen Information (12/11/22)



Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Camile Ireland - Starters / Small Plates				
Camile (Sauces) - Peanut Satay Dipping Sauce (03/21) 36214 - 1 Serving	80Kcal	PEANUTS CRUSTACEANS		
Camile (Sides) - Camile Fried Potatoes (04/21) 98622 - 1 Serving	616Kcal	WHEAT SULPHITES		VEGETARIAN VEGAN
Camile (Starters) - Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce (04/21) 3480899 - 1 Serving	415Kcal	WHEAT PEANUTS CRUSTACEANS MUSTARD SOYA	TREE NUTS MILK CELERY SESAME SULPHITES	
Camile (Starters) - Spiced Calamari Bites with Sriracha Coconut Dip (12/21) 5056864 - 1 Serving	456Kcal	WHEAT EGGS MILK FISH CRUSTACEANS MOLLUSCS CELERY MUSTARD SOYA SULPHITES	SESAME	
Camile (Starters) - Sriracha Chicken Wings / Hot Wings (04/21) 4078571 - 1 Serving (7 wings)	740Kcal	SOYA SULPHITES	WHEAT TREE NUTS PEANUTS MILK MUSTARD SESAME	
Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (11/21) 98654 - 1 Serving	655Kcal	WHEAT MOLLUSCS SESAME SOYA SULPHITES		
Camile Ireland (Rolls) - Vegetable Spring Rolls with Plum Dipping Sauce (11/21) 98656 - 1 Serving	426Kcal	WHEAT SOYA SULPHITES		VEGETARIAN VEGAN
Camile Ireland (Rolls) - Vegetable Spring Rolls with Sweet Chilli Sauce (11/21) 5012681 - 1 Serving	425Kcal	WHEAT SOYA SULPHITES		VEGETARIAN VEGAN

Camile Ireland - Tiffin Box for Two (11/21) 98633 - Serves 2 people Camile Thai (CP Sauces) - Sriracha Coconut Dip, Batch (03/21) 1381571 - 1 Serving Camile Thai (Starters) - Crispy Tofu with Tamarind Dressing (03/22) 2434052 - 1 Serving Camile Thai (Starters) - Duck Pancakes with Hoisin Dipping Sauce (11/21) 2509685 - 1 Serving Camile Thai (starters) - Vegan Spice Bag Cauliflower Wings with Sriracha Coconut Dip (04/21) 3460040 - 1 Serving Camile Thai - Deep Fried Martabak Gyoza with Sweet Soy Sauce (04/21) 3460043 - 1 Serving Camile's Signature Spice Bag (04/21) 2386039 - 1 Serving	1029Kcal	 WHEAT  MOLLUSCS  SOYA  PEANUTS  MUSTARD  SULPHITES  CRUSTACEANS  SESAME	 TREE NUTS  MILK  CELERY	
	50Kcal	 SULPHITES	 WHEAT  SOYA  MUSTARD  SESAME	 VEGETARIAN  VEGAN
	935Kcal	 WHEAT  SOYA  SULPHITES		 VEGETARIAN  VEGAN
	720Kcal	 WHEAT  MOLLUSCS  SOYA  SESAME		
	387Kcal	 WHEAT  CELERY  SULPHITES	 TREE NUTS  MILK  SOYA  PEANUTS  MUSTARD  EGGS  SESAME	
	408Kcal	 WHEAT  MUSTARD  EGGS  SOYA  MILK		
	734Kcal	 WHEAT  SOYA  EGGS  SULPHITES  MILK	 TREE NUTS  SESAME  PEANUTS  MUSTARD	
Camile Ireland - Nibbles				
Camile (Nibbles) - 2 Chargrilled Chicken Skewers (04/21) - 1 Serving Camile (Nibbles) - Edamame (06/20) 98801 - 1 Serving	143Kcal	 WHEAT  MUSTARD  SOYA	 TREE NUTS  CELERY  PEANUTS  SESAME  MILK  SULPHITES	
	195Kcal	 SOYA		 VEGETARIAN  VEGAN

Camile (Nibbles) - Honey Chilli Cashews (04/21) 98802 - 1 Serving Camile (Nibbles) - Sweet & Spicy Peanuts (05/21) 3217720 - 1 Serving Camile (Nibbles) - Thai Brown Prawn Crackers (06/22) 3972434 - Serves 4 people Camile Ireland (Nibbles) - 1 Vegetable Spring Roll (11/21) 4086626 - 1 Serving Camile Ireland (Nibbles) - Wasabi Peas (09/21) 4806264 - 1 Serving Camile Thai (Nibbles) - 2 Sriracha Chicken Wings / Hot Wings (04/21) 4086616 - 1 Serving	251Kcal	CASHEWS SOYA FISH CRUSTACEANS MOLLUSCS		
	447Kcal	PEANUTS		VEGETARIAN
	504Kcal	WHEAT CRUSTACEANS		
	116Kcal	WHEAT SOYA		VEGETARIAN VEGAN
	166Kcal	SOYA	PEANUTS	VEGETARIAN VEGAN
Camile Ireland - Spring Rolls				
Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (11/21) 98654 - 1 Serving Camile Ireland (Rolls) - Vegetable Spring Rolls with Plum Dipping Sauce (11/21) 98656 - 1 Serving Camile Ireland (Rolls) - Vegetable Spring Rolls with Sweet Chilli Sauce (11/21) 5012681 - 1 Serving	655Kcal	WHEAT SOYA MOLLUSCS SULPHITES SESAME		
	426Kcal	WHEAT SOYA SULPHITES		VEGETARIAN VEGAN
	425Kcal	WHEAT SOYA SULPHITES		VEGETARIAN VEGAN
Camile Soups				
Camile Thai (Soups) - Tom Yam Goong (04/21) 98658 - 1 Serving	210Kcal	FISH SULPHITES CRUSTACEANS SOYA MOLLUSCS		GLUTEN FREE
Camile Ireland - Salads				

Camile (Salads) - Super Summer Salad, Chicken (06/22) 6594500 - 1 Serving Camile (Salads) - Super Summer Salad, Prawn (06/22) 6594581 - 1 Serving Camile (Salads) - Super Summer Salad, Tofu (06/22) 6594590 - 1 Serving Camile Thai (Salads) - Sticky Chicken Salad with Tamarind Dressing (12/21) 156757 - 1 Serving Camile Thai (Salads) - Vegan Tofu & Kale Salad with Tamarind Dressing (03/22) 917544 - 1 Serving	514Kcal	WHEAT SESAME SOYA SULPHITES		
	419Kcal	WHEAT CRUSTACEANS SESAME SOYA SULPHITES		
	459Kcal	WHEAT SESAME SOYA SULPHITES		VEGETARIAN VEGAN
	548Kcal	WHEAT FISH CRUSTACEANS SOYA SULPHITES	MOLLUSCS	
	409Kcal	WHEAT SESAME SOYA SULPHITES		VEGETARIAN VEGAN
Camile Spice Bags				
Camile Thai (Sauces) - Massaman Curry Dip (04/21) 3460048 - 1 Serving Camile Thai (Sauces) - Vegan Green Curry Dip (04/21) 3460028 - 1 Serving Camile's Signature Spice Bag (04/21) 2386039 - 1 Serving	326Kcal	FISH CRUSTACEANS	WHEAT TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SOYA SULPHITES	
	285Kcal	WHEAT SOYA	TREE NUTS PEANUTS MILK CELERY MUSTARD SESAME SULPHITES	VEGETARIAN VEGAN
	734Kcal	WHEAT EGGS MILK SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	

Camile's Signature Spice Bag with Massaman Curry Dip (04/21) 3460046 - 1 Serving	1060Kcal	WHEAT FISH SULPHITES	EGGS CRUSTACEANS	MILK SOYA	TREE NUTS CELERY	PEANUTS MUSTARD	MOLLUSCS SESAME	
	598Kcal	WHEAT SULPHITES	CELERY	SOYA	TREE NUTS MILK	PEANUTS MUSTARD	EGGS SESAME	VEGETARIAN VEGAN
	883Kcal	WHEAT SULPHITES	CELERY	SOYA	TREE NUTS MILK	PEANUTS MUSTARD	EGGS SESAME	VEGETARIAN VEGAN
Camile Ireland - Customer Favourites								
Camile (Noodles) - Classic Pad Thai, Chicken & Prawn (04/21) 2380143 - 1 Serving	1037Kcal	WHEAT FISH SULPHITES	PEANUTS CRUSTACEANS	EGGS SOYA		MOLLUSCS		
	550Kcal	WHEAT SESAME	EGGS SOYA	MOLLUSCS SULPHITES				
	1029Kcal	WHEAT MOLLUSCS SOYA	PEANUTS MUSTARD SULPHITES	CRUSTACEANS SESAME	TREE NUTS	MILK	CELERY	
Camile's 6 Under 600 Calories								
Camile Thai - Feel Good Chu Chee Chicken Curry (04/21) 3349084 - 1 Serving	423Kcal	FISH	CRUSTACEANS		MOLLUSCS			
Camile Thai - Feel Good Chu Chee Curry with Tofu (03/22) 3456245 - 1 Serving	320Kcal	FISH	CRUSTACEANS	SOYA	MOLLUSCS			

Camile Thai - Feel Good Green Chicken Curry (04/21) 3349102 - 1 Serving	436Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	
	334Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SULPHITES	
	437Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	
	335Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SULPHITES	
Camile Curries				
Camile - Massaman Curry, Beef (04/21) 98710 - 1 Serving	911Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
	876Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	

Camile - Massaman Curry, Duck (11/21) 98712 - 1 Serving Camile - Massaman Curry, Prawns (03/22) 98713 - 1 Serving Camile - Massaman Curry, Tofu (03/22) 98714 - 1 Serving Camile Thai - Chiang Mai Curry, Beef (04/21) 2510214 - 1 Serving Camile Thai - Chiang Mai Curry, Beef LARGE (04/21) 4082725 - Serves 2 people Camile Thai - Chiang Mai Curry, Chicken (04/21) 2510211 - 1 Serving Camile Thai - Chiang Mai Curry, Chicken LARGE (04/21) 4082730 - Serves 2 people	1165Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
	728Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
	774Kcal	WHEAT FISH CRUSTACEANS SOYA SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY MILK MUSTARD	
	816Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
	1225Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
	766Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
	1149Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	

Camile Thai - Chiang Mai Curry, Duck (11/21) 2510219 - 1 Serving	1055Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SOYA	
Camile Thai - Chiang Mai Curry, Duck LARGE (11/21) - Serves 2 people	1583Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SOYA	
Camile Thai - Chiang Mai Curry, Prawns (03/22) 2510216 - 1 Serving	641Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SOYA	
Camile Thai - Chiang Mai Curry, Prawns LARGE (03/22) - Serves 2 people	961Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SOYA	
Camile Thai - Chiang Mai Curry, Tofu (03/22) 2510208 - 1 Serving	663Kcal	WHEAT FISH CRUSTACEANS SOYA SULPHITES	TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME	
Camile Thai - Chiang Mai Curry, Tofu LARGE (03/22) 4081945 - Serves 2 people	995Kcal	WHEAT FISH CRUSTACEANS SOYA SULPHITES	TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME	
Camile Thai - Chu Chee Beef (04/21) 98699 - 1 serving	521Kcal	FISH CRUSTACEANS	MOLLUSCS	
Camile Thai - Chu Chee Beef - LARGE (04/21) 167209 - Serves 2 people	782Kcal	FISH CRUSTACEANS	MOLLUSCS	
Camile Thai - Chu Chee Chicken (04/21) 98700 - 1 Serving	487Kcal	FISH CRUSTACEANS	MOLLUSCS	
Camile Thai - Chu Chee Chicken - LARGE (04/21) 167202 - Serves 2 people	730Kcal	FISH CRUSTACEANS	MOLLUSCS	

Camile Thai - Chu Chee Duck (11/21) 98701 - 1 Serving	776Kcal	 FISH	 CRUSTACEANS	 MOLLUSCS			
Camile Thai - Chu Chee Duck - LARGE (11/21) 167204 - Serves 2 people	1164Kcal	 FISH	 CRUSTACEANS	 MOLLUSCS			
Camile Thai - Chu Chee Prawns (03/22) 98702 - 1 Serving	338Kcal	 FISH	 CRUSTACEANS	 MOLLUSCS			
Camile Thai - Chu Chee Prawns - LARGE (03/22) 167200 - Serves 2 people	508Kcal	 FISH	 CRUSTACEANS	 MOLLUSCS			
Camile Thai - Chu Chee Tofu (03/22) 98703 - 1 Serving	384Kcal	 FISH	 CRUSTACEANS	 SOYA	 MOLLUSCS		
Camile Thai - Chu Chee Tofu - LARGE (03/22) 167206 - Serves 2 people	576Kcal	 FISH	 CRUSTACEANS	 SOYA	 MOLLUSCS		
Camile Thai - Green Curry, Beef (04/21) 98704 - 1 Serving	745Kcal	 FISH	 CRUSTACEANS	 WHEAT	 TREE NUTS	 PEANUTS	 GLUTEN FREE
				 MILK	 MOLLUSCS	 CELERY	
				 MUSTARD	 SESAME	 SOYA	
				 SULPHITES			
Camile Thai - Green Curry, Beef LARGE (03/22) 167180 - Serves 2 people	1118Kcal	 FISH	 CRUSTACEANS	 WHEAT	 TREE NUTS	 PEANUTS	 GLUTEN FREE
				 MILK	 MOLLUSCS	 CELERY	
				 MUSTARD	 SESAME	 SOYA	
				 SULPHITES			
Camile Thai - Green Curry, Chicken (04/21) 198089 - 1 Serving	721Kcal	 FISH	 CRUSTACEANS	 WHEAT	 TREE NUTS	 PEANUTS	 GLUTEN FREE
				 MILK	 MOLLUSCS	 CELERY	
				 MUSTARD	 SESAME	 SOYA	
				 SULPHITES			
Camile Thai - Green Curry, Chicken LARGE (04/21) 167183 - Serves 2 people	1081Kcal	 FISH	 CRUSTACEANS	 WHEAT	 TREE NUTS	 PEANUTS	 GLUTEN FREE
				 MILK	 MOLLUSCS	 CELERY	
				 MUSTARD	 SESAME	 SOYA	
				 SULPHITES			

Camile Thai - Green Curry, Duck (11/21) 98706 - 1 Serving	1009Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
Camile Thai - Green Curry, Duck LARGE (11/21) 167186 - Serves 2 people	1514Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
Camile Thai - Green Curry, Prawn (03/22) 98707 - 1 Serving	572Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
Camile Thai - Green Curry, Prawn LARGE (04/21) 167184 - Serves 2 people	858Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
Camile Thai - Green Curry, Tofu (03/22) 98709 - 1 Serving	618Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD SESAME SULPHITES TREE NUTS MOLLUSCS PEANUTS CELERY	
Camile Thai - Green Curry, Tofu LARGE (03/22) 167189 - 1 Serving	927Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD SESAME SULPHITES TREE NUTS MOLLUSCS PEANUTS CELERY	

Camile Thai - Massaman Curry, Beef - Large (04/21) 1326264 - Serves 2 people	1366Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
Camile Thai - Massaman Curry, Chicken - Large (04/21) 167171 - Serves 2 people	1315Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
Camile Thai - Massaman Curry, Duck - Large (11/21) 167163 - Serves 2 people	1748Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
Camile Thai - Massaman Curry, Prawns - Large (03/22) 167162 - Serves 2 people	1092Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
Camile Thai - Massaman Curry, Tofu - Large (03/22) 167168 - Serves 2 people	1160Kcal	WHEAT FISH CRUSTACEANS SOYA SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY MILK MUSTARD	
Camile Thai - Red Curry, Beef (04/21) 98715 - 1 Serving	726Kcal	FISH CRUSTACEANS	MOLLUSCS	GLUTEN FREE
Camile Thai - Red Curry, Beef LARGE (04/21) 167191 - Serves 2 people	1089Kcal	FISH CRUSTACEANS	MOLLUSCS	
Camile Thai - Red Curry, Chicken (04/21) 98716 - 1 Serving	692Kcal	FISH CRUSTACEANS	MOLLUSCS	GLUTEN FREE
Camile Thai - Red Curry, Chicken LARGE (04/21) 167192 - Serves 2 people	1038Kcal	FISH CRUSTACEANS	MOLLUSCS	GLUTEN FREE
Camile Thai - Red Curry, Duck (11/21) 98717 - 1 Serving	981Kcal	FISH CRUSTACEANS	MOLLUSCS	GLUTEN FREE
Camile Thai - Red Curry, Duck LARGE (04/21) 167195 - Serves 2 people	1471Kcal	FISH CRUSTACEANS	MOLLUSCS	GLUTEN FREE

Camile Thai - Red Curry, Prawns (03/22) 98718 - 1 Serving	543Kcal	 FISH	 CRUSTACEANS	 MOLLUSCS	 GLUTEN FREE		
	815Kcal	 FISH	 CRUSTACEANS	 MOLLUSCS	 GLUTEN FREE		
	589Kcal	 FISH	 CRUSTACEANS	 SOYA			
	884Kcal	 FISH	 CRUSTACEANS	 SOYA			
Camile Thai - Red Curry, Tofu (03/22) 98719 - 1 Serving							
Camile Thai - Vegan Green Curry with Tofu (03/22) 2678587 - 1 Serving	556Kcal	 WHEAT	 SOYA	 TREE NUTS	 PEANUTS	 MILK	 VEGETARIAN
				 CELERY	 MUSTARD	 SESAME	 VEGAN
				 SULPHITES			
Camile Thai - Vegan Green Curry with Vegan Chicken (05/21) 3218092 - 1 Serving	683Kcal	 WHEAT	 SOYA	 TREE NUTS	 PEANUTS	 MILK	 VEGETARIAN
				 CELERY	 MUSTARD	 SESAME	 VEGAN
				 SULPHITES			 GLUTEN FREE
Camile Thai - Vegan Red Curry with Tofu (03/22) 3218083 - 1 Serving	551Kcal	 WHEAT	 SOYA	 TREE NUTS	 PEANUTS	 MILK	 VEGETARIAN
				 CELERY	 MUSTARD	 SESAME	 VEGAN
				 SULPHITES			
Camile Thai - Vegan Red Curry with Vegan Chicken (05/21) 3218091 - 1 Serving	678Kcal	 WHEAT	 SOYA	 TREE NUTS	 PEANUTS	 MILK	 VEGETARIAN
				 CELERY	 MUSTARD	 SESAME	 VEGAN
				 SULPHITES			 GLUTEN FREE
Camile Feel Good Curries							
Camile Thai - Feel Good Chiang Mai Chicken Curry (04/21) 3349107 - 1 Serving	418Kcal	 FISH	 CRUSTACEANS	 SULPHITES	 WHEAT	 TREE NUTS	 PEANUTS
					 MILK	 MOLLUSCS	 CELERY
					 MUSTARD	 SESAME	 SOYA

Camile Thai - Feel Good Chiang Mai Curry with Tofu (03/22) 3456256 - 1 Serving	315Kcal	FISH CRUSTACEANS SOYA SULPHITES	WHEAT TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME	
Camile Thai - Feel Good Chu Chee Chicken Curry (04/21) 3349084 - 1 Serving	423Kcal	FISH CRUSTACEANS	MOLLUSCS	
Camile Thai - Feel Good Chu Chee Curry with Tofu (03/22) 3456245 - 1 Serving	320Kcal	FISH CRUSTACEANS SOYA	MOLLUSCS	
Camile Thai - Feel Good Green Chicken Curry (04/21) 3349102 - 1 Serving	436Kcal	FISH CRUSTACEANS	WHEAT TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SOYA SULPHITES	
Camile Thai - Feel Good Green Curry with Tofu (03/22) 3456261 - 1 Serving	334Kcal	FISH CRUSTACEANS SOYA	WHEAT TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SULPHITES	
Camile Thai - Feel Good Massaman Chicken Curry (04/21) 3349106 - 1 Serving	437Kcal	FISH CRUSTACEANS	WHEAT TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SOYA SULPHITES	
Camile Thai - Feel Good Massaman Curry with Tofu (03/22) 3456264 - 1 Serving	335Kcal	FISH CRUSTACEANS SOYA	WHEAT TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SULPHITES	
Camile Thai - Feel Good Red Chicken Curry (04/21) 4082991 - 1 Serving	423Kcal	FISH CRUSTACEANS	MOLLUSCS	
Camile Thai - Feel Good Red Curry with Tofu (03/22) 4082999 - 1 Serving	320Kcal	FISH CRUSTACEANS SOYA	MOLLUSCS	
Camile Stir Fries				

Camile - Crispy Chilli Chicken (04/21) 98660 - 1 Serving	550Kcal	 WHEAT	 EGGS	 MOLLUSCS		
		 SESAME	 SOYA	 SULPHITES		
Camile - Pad Prik Haeng, Chicken (04/21) 98672 - 1 Serving	534Kcal	 WHEAT	 CASHEWS	 MOLLUSCS		
		 SOYA				
Camile Thai - Crispy Chilli Beef (04/21) 98659 - 1 Serving	620Kcal	 WHEAT	 EGGS	 MOLLUSCS		
		 SESAME	 SOYA	 SULPHITES		
Camile Thai - Crispy Chilli Beef LARGE (04/21) 167221 - Serves 2 people	929Kcal	 WHEAT	 EGGS	 MOLLUSCS		
		 SESAME	 SOYA	 SULPHITES		
Camile Thai - Crispy Chilli Chicken LARGE (04/21) 167218 - Serves 2 people	826Kcal	 WHEAT	 EGGS	 MOLLUSCS		
		 SESAME	 SOYA	 SULPHITES		
Camile Thai - Crispy Chilli Prawns (03/22) 4760692 - 1 Serving	500Kcal	 WHEAT	 EGGS	 CRUSTACEANS	 MILK	 FISH
		 MOLLUSCS	 SESAME	 SOYA		
		 SULPHITES				
Camile Thai - Mekong Duck (11/21) 98661 - 1 Serving	710Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Mekong Duck GLUTEN- FREE (11/21) 4086202 - 1 Serving	705Kcal	 MOLLUSCS	 SOYA			
Camile Thai - Mekong Duck LARGE (11/21) 167247 - Serves 2 people	1064Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Pad King Beef (04/21) 99114 - 1 Serving	421Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Pad King Beef GLUTEN- FREE (04/21) 4086237 - 1 Serving	447Kcal	 MOLLUSCS	 SOYA			 GLUTEN FREE
Camile Thai - Pad King Beef, LARGE (04/21) 167224 - Serves 2 people	615Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Pad King Chicken (04/21) 98664 - 1 Serving	399Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Pad King Chicken GLUTEN- FREE (04/21) 4086245 - 1 Serving	425Kcal	 MOLLUSCS	 SOYA			 GLUTEN FREE

Camile Thai - Pad King Chicken, LARGE (04/21) 167223 - Serves 2 people	584Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Pad King Duck (11/21) 98665 - 1 Serving	688Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Pad King Duck GLUTEN-FREE (11/21) 4086252 - 1 Serving	714Kcal	 MOLLUSCS	 SOYA		 GLUTEN FREE	
Camile Thai - Pad King Duck, LARGE (11/21) 167225 - Serves 2 people	1006Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Pad King Prawns (03/22) 98666 - 1 Serving	250Kcal	 WHEAT	 CRUSTACEANS	 MOLLUSCS		
Camile Thai - Pad King Prawns GLUTEN-FREE (03/22) 4086254 - 1 Serving	276Kcal	 CRUSTACEANS	 MOLLUSCS	 SOYA	 GLUTEN FREE	
Camile Thai - Pad King Prawns LARGE (03/22) 167222 - Serves 2 people	375Kcal	 WHEAT	 CRUSTACEANS	 MOLLUSCS		
Camile Thai - Pad King Tofu (03/22) 98668 - 1 Serving	296Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Pad King Tofu Gluten-Free (03/22) 4086257 - 1 Serving	322Kcal	 MOLLUSCS	 SOYA			
Camile Thai - Pad King Tofu LARGE (03/22) 167226 - Serves 2 people	444Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Pad Krapow (04/21) 2678632 - 1 Serving	445Kcal	 WHEAT	 MOLLUSCS	 SOYA		
Camile Thai - Pad Med Mamung (04/21) 69996 - 1 Serving	479Kcal	 WHEAT	 CASHEWS	 MOLLUSCS		
Camile Thai - Pad Med Mamung GLUTEN-FREE (04/21) 4086208 - 1 Serving	475Kcal	 CASHEWS	 MOLLUSCS	 SOYA		
Camile Thai - Pad Med Mamung, LARGE (04/21) 167246 - Serves 2 people	718Kcal	 WHEAT	 CASHEWS	 MOLLUSCS		
Camile Thai - Pad Prik Haeng, Beef (04/21) 98669 - 1 Serving	569Kcal	 WHEAT	 CASHEWS	 MOLLUSCS		

Camile Thai - Pad Prik Haeng, Beef, GLUTEN-FREE (04/21) 4086260 - 1 Serving Camile Thai - Pad Prik Haeng, Beef, LARGE (04/21) 167229 - Serves 2 people Camile Thai - Pad Prik Haeng, Chicken, GLUTEN-FREE (04/21) 4086346 - 1 Serving Camile Thai - Pad Prik Haeng, Chicken, LARGE (04/21) 167227 - Serves 2 people Camile Thai - Pad Prik Haeng, Duck (11/21) 98674 - 1 Serving Camile Thai - Pad Prik Haeng, Duck, GLUTEN-FREE (11/21) 4086352 - 1 Serving Camile Thai - Pad Prik Haeng, Duck, LARGE (11/21) 167234 - Serves 2 people Camile Thai - Pad Prik Haeng, Prawns (03/22) 98675 - 1 Serving Camile Thai - Pad Prik Haeng, Prawns, GLUTEN-FREE (03/22) 4086354 - 1 Serving Camile Thai - Pad Prik Haeng, Prawns, LARGE (03/22) 167230 - Serves 2 people Camile Thai - Pad Prik Haeng, Tofu (03/22) 98676 - 1 Serving Camile Thai - Pad Prik Haeng, Tofu Gluten-free (03/22) 4086357 - 1 Serving	595Kcal	CASHEWS MOLLUSCS SOYA		GLUTEN FREE
	853Kcal	WHEAT CASHEWS MOLLUSCS SOYA		
	561Kcal	CASHEWS MOLLUSCS SOYA		GLUTEN FREE
	801Kcal	WHEAT CASHEWS MOLLUSCS SOYA		
	823Kcal	WHEAT CASHEWS MOLLUSCS SOYA		
	850Kcal	CASHEWS MOLLUSCS SOYA		GLUTEN FREE
	1235Kcal	WHEAT CASHEWS MOLLUSCS SOYA		
	386Kcal	WHEAT CASHEWS CRUSTACEANS MOLLUSCS SOYA		
	412Kcal	CASHEWS CRUSTACEANS MOLLUSCS SOYA		GLUTEN FREE
	579Kcal	WHEAT CASHEWS CRUSTACEANS MOLLUSCS SOYA		
	431Kcal	WHEAT CASHEWS MOLLUSCS SOYA		
	458Kcal	CASHEWS MOLLUSCS SOYA		

Camile Thai - Pad Prik Haeng, Tofu, LARGE (03/22) 167231 - 1 Serving	647Kcal	WHEAT SOYA	CASHEWS	MOLLUSCS		
	335Kcal	WHEAT SOYA			VEGETARIAN VEGAN	
	463Kcal	WHEAT SOYA			VEGETARIAN VEGAN	
	410Kcal	WHEAT CASHEWS SOYA			VEGETARIAN VEGAN	
	537Kcal	WHEAT CASHEWS SOYA			VEGETARIAN VEGAN	
Camile Noodles						
Camile (Noodles) - Classic Pad Thai, Chicken & Prawn (04/21) 2380143 - 1 Serving	1037Kcal	WHEAT FISH SULPHITES	PEANUTS CRUSTACEANS	EGGS SOYA	MOLLUSCS	
	1065Kcal	WHEAT FISH	PEANUTS SOYA	EGGS SULPHITES	CRUSTACEANS MOLLUSCS	
	797Kcal	WHEAT CRUSTACEANS SESAME	PEANUTS MOLLUSCS SOYA	EGGS CELERY SULPHITES	TREE NUTS MILK MUSTARD	
	1078Kcal	WHEAT MUSTARD SOYA	FISH CRUSTACEANS	PEANUTS CELERY SESAME	TREE NUTS MOLLUSCS SULPHITES	MILK

Camile Thai (Specials) - Singapore BareNaked Noodles (04/21) - 1 Serving Camile Thai - Pad Kee Mao with Beef (04/21) 4004737 - 1 Serving Camile Thai - Pad Kee Mao with Chicken (04/21) 4004698 - 1 Serving Camile Thai - Pad Kee Mao with Duck (11/21) 4004740 - 1 Serving Camile Thai - Pad Kee Mao with Prawns (03/22) 4004747 - 1 Serving Camile Thai - Vegan Pad Kee Mao with Tofu (03/22) 4004641 - 1 Serving Camile Thai - Vegan Pad Kee Mao with Vegan Chicken (04/21) 4004674 - 1 Serving Camile Thai - Vegan Pad Thai with Tofu (03/22) 1048673 - 1 Serving Camile Thai - Vegan Pad Thai with Vegan Chicken (03/22) 5752087 - 1 Serving	498Kcal	OATS, WHEAT PEANUTS EGGS CRUSTACEANS MOLLUSCS CELERY SESAME SOYA SULPHITES	TREE NUTS MILK MUSTARD	
	762Kcal	WHEAT MOLLUSCS SOYA SULPHITES		
	728Kcal	WHEAT MOLLUSCS SOYA SULPHITES		
	1017Kcal	WHEAT MOLLUSCS SOYA SULPHITES		
	602Kcal	WHEAT CRUSTACEANS MOLLUSCS SOYA SULPHITES		
	634Kcal	WHEAT SOYA SULPHITES		VEGETARIAN VEGAN
	761Kcal	WHEAT SOYA SULPHITES		VEGETARIAN VEGAN
	997Kcal	WHEAT PEANUTS SOYA SULPHITES		VEGETARIAN VEGAN
	1125Kcal	WHEAT PEANUTS SOYA SULPHITES		VEGETARIAN VEGAN
Camile Fried Rice Dishes				
Camile Thai - Camile Special Fried Rice (04/21) 98720 - 1 Serving	825Kcal	WHEAT EGGS FISH CRUSTACEANS MOLLUSCS SOYA		

Camile Thai - Khao Pad Nua (04/21) 98788 - 1 Serving	823Kcal	 WHEAT	 EGGS	 FISH		
		 CRUSTACEANS	 MOLLUSCS	 SOYA		
Camile Thai - Vegan Fried Rice with Tofu (03/22) 4004518 - 1 Serving	634Kcal	 WHEAT	 SOYA			 VEGETARIAN
						 VEGAN
Camile Thai - Vegan Fried Rice with Vegan Chicken (04/21) 4085837 - 1 Serving	607Kcal	 WHEAT	 SOYA			 VEGETARIAN
						 VEGAN
Camile Ireland Specials						
Camile (Christmas Special) - Camile Fried Chicken with Spicy Maple Jang Sauce (11/22) - 1 Serving	1072Kcal	 WHEAT, BARLEY	 EGGS	 CRUSTACEANS	 TREE NUTS	 PEANUTS
		 SESAME	 SOYA	 SULPHITES	 MUSTARD	 MILK
Camile (Specials) - Harry's Bangin' Panang Curry with Chicken (01/22) 5342302 - 1 Serving	723Kcal	 WHEAT	 PEANUTS	 SOYA	 TREE NUTS	 MILK
					 MUSTARD	 CELERY
Camile (Specials) - Harry's Bangin' Panang Curry, Vegan (01/22) 5342317 - 1 Serving	691Kcal	 WHEAT	 PEANUTS	 SOYA	 TREE NUTS	 MILK
					 MUSTARD	 CELERY
Camile (Specials) - Honey Crispy Bao Buns (09/22) 7247511 - 1 Serving	355Kcal	 WHEAT	 EGGS	 MUSTARD	 PEANUTS	
		 SOYA	 SULPHITES			
Camile (Specials) - Paddy's krispy Krapow Chicken (03/22) 5765194 - 1 Serving	485Kcal	 WHEAT	 EGGS	 MOLLUSCS		
		 SOYA				
Camile (Specials) - Paddy's Krispy Krapow Tofu (03/22) 5765536 - 1 Serving	361Kcal	 WHEAT	 SOYA			 VEGETARIAN
						 VEGAN
Camile (Specials) - Spicy Dan Dan Noodles with Chicken (07/22) 6817220 - 1 Serving	509Kcal	 WHEAT	 MILK	 FISH	 TREE NUTS	 PEANUTS
		 CRUSTACEANS	 SOYA		 MUSTARD	 SESAME

Camile (Specials) - Spicy Dan Dan Noodles with Vegan Chicken (07/22) 6817247 - 1 Serving	494Kcal	WHEAT CELERY SOYA	TREE NUTS MILK SULPHITES PEANUTS MUSTARD EGGS SESAME	VEGETARIAN VEGAN
Camile Thai (Sauces) - Massaman Curry Dip (04/21) 3460048 - 1 Serving	326Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	
Camile Thai (Sauces) - Vegan Green Curry Dip (04/21) 3460028 - 1 Serving	285Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES PEANUTS MUSTARD MILK SESAME	VEGETARIAN VEGAN
Camile Thai (Specials) - Singapore BareNaked Noodles (04/21) - 1 Serving	498Kcal	OATS, WHEAT CRUSTACEANS SESAME PEANUTS MOLLUSCS SOYA EGGS CELERY SULPHITES	TREE NUTS MILK MUSTARD	
Camile Thai (Specials) - Vegan Green Curry with Chickpeas (04/21) 3902307 - 1 Serving	627Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES PEANUTS MUSTARD MILK SESAME	VEGETARIAN VEGAN GLUTEN FREE
Camile Thai (Specials) - Vegan Red Curry with Chickpeas (03/22) 5812750 - 1 Serving	621Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES PEANUTS MUSTARD MILK SESAME	VEGETARIAN VEGAN GLUTEN FREE
Camile's Signature Spice Bag (04/21) 2386039 - 1 Serving	734Kcal	WHEAT SOYA EGGS SULPHITES MILK	TREE NUTS SESAME PEANUTS MUSTARD	

Camile's Vegan Spice Bag (03/22) 2685959 - 1 Serving	598Kcal	 WHEAT	 CELERY	 SOYA	 TREE NUTS	 PEANUTS	 EGGS	 VEGETARIAN	
		 SULPHITES			 MILK	 MUSTARD	 SESAME	 VEGAN	
Camile Seafood									
Camile - Massaman Curry, Prawns (03/22) 98713 - 1 Serving	728Kcal	 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK		
		 SULPHITES			 MOLLUSCS	 CELERY	 MUSTARD		
					 SESAME	 SOYA			
	Camile Thai - Green Curry, Prawn (03/22) 98707 - 1 Serving	572Kcal	 FISH	 CRUSTACEANS		 WHEAT	 TREE NUTS	 PEANUTS	 GLUTEN FREE
						 MILK	 MOLLUSCS	 CELERY	
					 MUSTARD	 SESAME	 SOYA		
					 SULPHITES				
Camile Thai - Pad King Prawns (03/22) 98666 - 1 Serving	250Kcal	 WHEAT	 CRUSTACEANS	 MOLLUSCS					
		 SOYA							
Camile Thai - Pad Prik Haeng, Prawns (03/22) 98675 - 1 Serving	386Kcal	 WHEAT	 CASHEWS	 CRUSTACEANS					
		 MOLLUSCS	 SOYA						
Camile Thai - Red Curry, Prawns (03/22) 98718 - 1 Serving	543Kcal	 FISH	 CRUSTACEANS		 MOLLUSCS			 GLUTEN FREE	
Camile - Vegan Menu									
Camile Thai (Salads) - Vegan Tofu & Kale Salad with Tamarind Dressing (03/22) 917544 - 1 Serving	409Kcal	 WHEAT	 SESAME	 SOYA				 VEGETARIAN	
		 SULPHITES						 VEGAN	
Camile Thai (Sauces) - Vegan Green Curry Dip (04/21) 3460028 - 1 Serving	285Kcal	 WHEAT	 SOYA		 TREE NUTS	 PEANUTS	 MILK	 VEGETARIAN	
					 CELERY	 MUSTARD	 SESAME	 VEGAN	
					 SULPHITES				

Camile Thai (Sides) - Stir-Fried Asian Greens (04/21) 98794 - 1 Serving	199Kcal	 WHEAT	 SOYA		 VEGETARIAN	 VEGAN	
Camile Thai (Sides) - Stir-Fried Noodles (04/21) 98797 - 1 Serving	341Kcal	 WHEAT	 SOYA		 VEGETARIAN	 VEGAN	
Camile Thai (Specials) - Vegan Green Curry with Chickpeas (04/21) 3902307 - 1 Serving	627Kcal	 WHEAT	 SOYA	 TREE NUTS	 PEANUTS	 MILK	 VEGETARIAN
				 CELERY	 MUSTARD	 SESAME	 VEGAN
				 SULPHITES			 GLUTEN FREE
Camile Thai (Specials) - Vegan Red Curry with Chickpeas (03/22) 5812750 - 1 Serving	621Kcal	 WHEAT	 SOYA	 TREE NUTS	 PEANUTS	 MILK	 VEGETARIAN
				 CELERY	 MUSTARD	 SESAME	 VEGAN
				 SULPHITES			 GLUTEN FREE
Camile Thai (Starters) - Crispy Tofu with Tamarind Dressing (03/22) 2434052 - 1 Serving	935Kcal	 WHEAT	 SOYA	 SULPHITES			 VEGETARIAN
							 VEGAN
Camile Thai - Vegan Crispy Chilli Tofu (03/22) 4760727 - 1 Serving	281Kcal	 WHEAT	 SESAME	 SOYA			 VEGETARIAN
		 SULPHITES					 VEGAN
Camile Thai - Vegan Fried Rice with Tofu (03/22) 4004518 - 1 Serving	634Kcal	 WHEAT	 SOYA				 VEGETARIAN
							 VEGAN
Camile Thai - Vegan Fried Rice with Vegan Chicken (04/21) 4085837 - 1 Serving	607Kcal	 WHEAT	 SOYA				 VEGETARIAN
							 VEGAN
Camile Thai - Vegan Green Curry with Tofu (03/22) 2678587 - 1 Serving	556Kcal	 WHEAT	 SOYA	 TREE NUTS	 PEANUTS	 MILK	 VEGETARIAN
				 CELERY	 MUSTARD	 SESAME	 VEGAN
				 SULPHITES			

Camile Thai - Vegan Green Curry with Vegan Chicken (05/21) 3218092 - 1 Serving	683Kcal	 WHEAT	 SOYA	 TREE NUTS	 PEANUTS	 MILK	 VEGETARIAN
				 CELERY	 MUSTARD	 SESAME	 VEGAN
				 SULPHITES			 GLUTEN FREE
Camile Thai - Vegan Pad Kee Mao with Tofu (03/22) 4004641 - 1 Serving	634Kcal	 WHEAT	 SOYA	 SULPHITES			 VEGETARIAN
							 VEGAN
Camile Thai - Vegan Pad Kee Mao with Vegan Chicken (04/21) 4004674 - 1 Serving	761Kcal	 WHEAT	 SOYA	 SULPHITES			 VEGETARIAN
							 VEGAN
Camile Thai - Vegan Pad King with Tofu (03/22) 1460978 - 1 Serving	335Kcal	 WHEAT	 SOYA				 VEGETARIAN
							 VEGAN
Camile Thai - Vegan Pad King with Vegan Chicken (04/21) 4085733 - 1 Serving	463Kcal	 WHEAT	 SOYA				 VEGETARIAN
							 VEGAN
Camile Thai - Vegan Pad Prik Haeng, with Tofu (03/22) 3156000 - 1 Serving	410Kcal	 WHEAT	 CASHEWS	 SOYA			 VEGETARIAN
							 VEGAN
Camile Thai - Vegan Pad Prik Haeng, with Vegan Chicken (04/21) 3460316 - 1 Serving	537Kcal	 WHEAT	 CASHEWS	 SOYA			 VEGETARIAN
							 VEGAN
Camile Thai - Vegan Pad Thai with Tofu (03/22) 1048673 - 1 Serving	997Kcal	 WHEAT	 PEANUTS	 SOYA			 VEGETARIAN
				 SULPHITES			 VEGAN
Camile Thai - Vegan Pad Thai with Vegan Chicken (03/22) 5752087 - 1 Serving	1125Kcal	 WHEAT	 PEANUTS	 SOYA			 VEGETARIAN
		 SULPHITES					 VEGAN

Camile Thai - Vegan Red Curry with Tofu (03/22) 3218083 - 1 Serving	551Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES	PEANUTS MUSTARD	MILK SESAME	VEGETARIAN VEGAN
	678Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES	PEANUTS MUSTARD	MILK SESAME	VEGETARIAN VEGAN GLUTEN FREE
	598Kcal	WHEAT CELERY SOYA SULPHITES	TREE NUTS MILK	PEANUTS MUSTARD	EGGS SESAME	VEGETARIAN VEGAN
Camile Gluten-Free Menu (Laboratory Certified)						
Camile Thai (Soups) - Tom Yam Goong (04/21) 98658 - 1 Serving	210Kcal	FISH CRUSTACEANS SOYA SULPHITES	MOLLUSCS	GLUTEN FREE		
	627Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES	PEANUTS MUSTARD	MILK SESAME	VEGETARIAN VEGAN GLUTEN FREE
	621Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES	PEANUTS MUSTARD	MILK SESAME	VEGETARIAN VEGAN GLUTEN FREE
	745Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES	TREE NUTS MOLLUSCS SESAME	PEANUTS CELERY SOYA	GLUTEN FREE

Camile Thai - Green Curry, Beef LARGE (03/22) 167180 - Serves 2 people Camile Thai - Green Curry, Chicken (04/21) 198089 - 1 Serving Camile Thai - Green Curry, Chicken LARGE (04/21) 167183 - Serves 2 people Camile Thai - Green Curry, Duck (11/21) 98706 - 1 Serving Camile Thai - Green Curry, Duck LARGE (11/21) 167186 - Serves 2 people	1118Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA GLUTEN FREE
	721Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA GLUTEN FREE
	1081Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA GLUTEN FREE
	1009Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA GLUTEN FREE
	1514Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA GLUTEN FREE

Camile Thai - Green Curry, Prawn (03/22) 98707 - 1 Serving	572Kcal	 FISH	 CRUSTACEANS	 WHEAT	 TREE NUTS	 PEANUTS	 MILK	 MOLLUSCS	 CELERY	 MUSTARD	 SESAME	 SOYA	 GLUTEN FREE
Camile Thai - Green Curry, Prawn LARGE (04/21) 167184 - Serves 2 people	858Kcal	 FISH	 CRUSTACEANS	 WHEAT	 TREE NUTS	 PEANUTS	 MILK	 MOLLUSCS	 CELERY	 MUSTARD	 SESAME	 SOYA	 GLUTEN FREE
Camile Thai - Pad King Beef GLUTEN-FREE (04/21) 4086237 - 1 Serving	447Kcal						 MOLLUSCS	 SOYA					 GLUTEN FREE
Camile Thai - Pad King Chicken GLUTEN-FREE (04/21) 4086245 - 1 Serving	425Kcal						 MOLLUSCS	 SOYA					 GLUTEN FREE
Camile Thai - Pad King Duck GLUTEN-FREE (11/21) 4086252 - 1 Serving	714Kcal						 MOLLUSCS	 SOYA					 GLUTEN FREE
Camile Thai - Pad King Prawns GLUTEN-FREE (03/22) 4086254 - 1 Serving	276Kcal	 CRUSTACEANS	 MOLLUSCS	 SOYA									 GLUTEN FREE
Camile Thai - Pad Prik Haeng, Beef, GLUTEN-FREE (04/21) 4086260 - 1 Serving	595Kcal		 CASHEWS	 MOLLUSCS	 SOYA								 GLUTEN FREE
Camile Thai - Pad Prik Haeng, Chicken, GLUTEN-FREE (04/21) 4086346 - 1 Serving	561Kcal		 CASHEWS	 MOLLUSCS	 SOYA								 GLUTEN FREE
Camile Thai - Pad Prik Haeng, Duck, GLUTEN-FREE (11/21) 4086352 - 1 Serving	850Kcal		 CASHEWS	 MOLLUSCS	 SOYA								 GLUTEN FREE
Camile Thai - Pad Prik Haeng, Prawns, GLUTEN-FREE (03/22) 4086354 - 1 Serving	412Kcal		 CASHEWS	 CRUSTACEANS	 MOLLUSCS								 GLUTEN FREE
Camile Thai - Red Curry, Beef (04/21) 98715 - 1 Serving	726Kcal	 FISH	 CRUSTACEANS				 MOLLUSCS						 GLUTEN FREE
Camile Thai - Red Curry, Beef LARGE (04/21) 167191 - Serves 2 people	1089Kcal	 FISH	 CRUSTACEANS				 MOLLUSCS						
Camile Thai - Red Curry, Chicken (04/21) 98716 - 1 Serving	692Kcal	 FISH	 CRUSTACEANS				 MOLLUSCS						 GLUTEN FREE

Camile Thai - Red Curry, Chicken LARGE (04/21) 167192 - Serves 2 people Camile Thai - Red Curry, Duck (11/21) 98717 - 1 Serving Camile Thai - Red Curry, Duck LARGE (04/21) 167195 - Serves 2 people Camile Thai - Red Curry, Prawns (03/22) 98718 - 1 Serving Camile Thai - Red Curry, Prawns LARGE (03/22) 167194 - Serves 2 people Camile Thai - Vegan Green Curry with Vegan Chicken (05/21) 3218092 - 1 Serving Camile Thai - Vegan Red Curry with Vegan Chicken (05/21) 3218091 - 1 Serving	1038Kcal	FISH CRUSTACEANS	MOLLUSCS	GLUTEN FREE
	981Kcal	FISH CRUSTACEANS	MOLLUSCS	GLUTEN FREE
	1471Kcal	FISH CRUSTACEANS	MOLLUSCS	GLUTEN FREE
	543Kcal	FISH CRUSTACEANS	MOLLUSCS	GLUTEN FREE
	815Kcal	FISH CRUSTACEANS	MOLLUSCS	GLUTEN FREE
	683Kcal	WHEAT SOYA	TREE NUTS PEANUTS MILK CELERY MUSTARD SESAME SULPHITES	VEGETARIAN VEGAN GLUTEN FREE
Camile Kids - Camile Chicken Satay Skewers with Jasmine Rice (04/22) 6291717 - 1 Serving Camile Kids - Camile Special Fried Rice with Chicken (04/22) 6291447 - 1 Serving Camile Kids - Camile Special Fried Rice with Tofu (04/22) 6291669 - 1 Serving Camile Kids - Crispy Chicken (04/22) 39983 - 1 Serving	604Kcal	WHEAT PEANUTS CRUSTACEANS MUSTARD SOYA	TREE NUTS MILK CELERY SESAME SULPHITES	
	724Kcal	WHEAT EGGS MOLLUSCS SOYA		
	708Kcal	WHEAT EGGS MOLLUSCS SOYA		
	595Kcal	WHEAT EGGS MOLLUSCS SOYA SULPHITES		

Camile Kids - Crispy Tofu (04/22) 6292659 - 1 Serving	521Kcal	 WHEAT	 EGGS	 MOLLUSCS			
		 SOYA	 SULPHITES				
		 WHEAT	 EGGS	 SULPHITES			
		 WHEAT	 SOYA	 SULPHITES			
		 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK
		 SULPHITES			 MOLLUSCS	 CELERY	 MUSTARD
		 SESAME	 SOYA				
Camile Kids - Massaman Chicken with Jasmine Rice (04/22) 6292668 - 1 Serving	878Kcal	 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK
		 SULPHITES			 MOLLUSCS	 CELERY	 MUSTARD
		 SESAME	 SOYA				
		 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK
		 SOYA	 SULPHITES		 MOLLUSCS	 CELERY	 MUSTARD
		 SESAME					
		 WHEAT	 EGGS	 MOLLUSCS			
 SOYA							
Camile Kids - Massaman Tofu with Jasmine Rice (04/22) 6292686 - 1 Serving	849Kcal	 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK
		 SOYA	 SULPHITES		 MOLLUSCS	 CELERY	 MUSTARD
		 SESAME					
		 WHEAT	 EGGS	 MOLLUSCS			
		 SOYA					
		 WHEAT	 EGGS	 MOLLUSCS			
		 SOYA					
Camile Sides							
Camile (Sides) - Camile Fried Potatoes (04/21) 98622 - 1 Serving	616Kcal	 WHEAT	 SULPHITES			 VEGETARIAN	
						 VEGAN	
Camile Thai (Sides) - Brown & Wild Rice (04/21) 98795 - 1 Serving	503Kcal					 VEGETARIAN	
						 VEGAN	
Camile Thai (Sides) - Egg Fried Rice (04/21) 98796 - 1 Serving	505Kcal	 EGGS					

Camile Thai (Sides) - Jasmine Rice (04/21) 40240 - 1 Serving Camile Thai (Sides) - Kale Side Salad with Tamarind Dressing (12/21) 5012675 - 1 Serving Camile Thai (Sides) - Steamed Broccoli (04/21) 40377 - 1 Serving Camile Thai (Sides) - Stir-Fried Asian Greens (04/21) 98794 - 1 Serving Camile Thai (Sides) - Stir-Fried Asian Greens with GLUTEN-FREE seasoning sauce (04/21) 1459944 - 1 Serving Camile Thai (Sides) - Stir-Fried Noodles (04/21) 98797 - 1 Serving	464Kcal			 VEGETARIAN  VEGAN
	107Kcal	 WHEAT  SOYA  SULPHITES		 VEGETARIAN  VEGAN
	65Kcal			 VEGETARIAN  VEGAN
	199Kcal	 WHEAT  SOYA		 VEGETARIAN  VEGAN
	192Kcal	 MOLLUSCS  SOYA		
	341Kcal	 WHEAT  SOYA		 VEGETARIAN  VEGAN
Camile Sauces, Dressings & Dips				
Camile (Sauces) - Honey Chilli Lime Sauce (08/22) 7247505 - 1 Serving Camile (Sauces) - Peanut Satay Dipping Sauce (03/21) 36214 - 1 Serving Camile (Sauces) - Plum Dipping Sauce (03/21) 40467 - 1 Serving Camile Thai (CP Sauces) - Hoisin Dipping Sauce, Batch (11/22) 2509692 - 1 Serving Camile Thai (CP Sauces) - Sriracha Coconut Dip, Batch (03/21) 1381571 - 1 Serving	72Kcal	 WHEAT  SOYA  SULPHITES		 VEGETARIAN
	80Kcal	 PEANUTS  CRUSTACEANS		
	75Kcal	 SULPHITES		 VEGETARIAN  VEGAN
	55Kcal	 WHEAT  MOLLUSCS  SESAME  SOYA		
	50Kcal	 SULPHITES	 WHEAT  MUSTARD  SESAME  SOYA	 VEGETARIAN  VEGAN

Camile Thai (CP Sauces) - Sweet Chilli Sauce, Batch (03/21) 1381567 - 1 Serving Camile Thai (CP Sauces) - Sweet Chilli Sauce, Batch (03/21) 1381567 - 285ml Bottle Camile Thai (CP Sauces) - Sweet Soy Dipping Sauce for Gyoza, Batch (03/21) 3473204 - 1 Serving Camile Thai (Sauces) - Massaman Curry Dip (04/21) 3460048 - 1 Serving Camile Thai (Sauces) - Soy Sauce (09/21) 4806767 - 285ml Bottle Camile Thai (Sauces) - Sriracha Sauce (09/21) 4086447 - 285ml Bottle Camile Thai (Sauces) - Tamarind Dressing (12/21) 4156814 - 1 Serving Camile Thai (Sauces) - Thai Seasoning Sauce, 285mls (09/21) 1460264 - 285ml Bottle Camile Thai (Sauces) - Vegan Green Curry Dip (04/21) 3460028 - 1 Serving	69Kcal	 SULPHITES		 VEGETARIAN  VEGAN
	659Kcal	 SULPHITES		 VEGETARIAN  VEGAN
	50Kcal	 WHEAT  SOYA  SULPHITES		 VEGETARIAN  VEGAN
	326Kcal	 FISH  CRUSTACEANS	 WHEAT  MILK  MUSTARD  SULPHITES  TREE NUTS  MOLLUSCS  SESAME  PEANUTS  CELERY  SOYA	
	258Kcal	 WHEAT  SOYA		 VEGETARIAN  VEGAN
	178Kcal	 SULPHITES		 VEGETARIAN  VEGAN
	73Kcal	 WHEAT  SOYA  SULPHITES		
	383Kcal	 WHEAT  MOLLUSCS  SOYA		
	285Kcal	 WHEAT  SOYA	 TREE NUTS  CELERY  SULPHITES  PEANUTS  MUSTARD  MILK  SESAME	 VEGETARIAN  VEGAN
Camile Toppings				
Camile Thai (Toppings) - Crispy Shallots (04/21) 3471464 - 1 Serving	87Kcal	 WHEAT		

Camile Thai (Toppings) - Crushed Peanuts (04/21) 3471476 - 1 Serving	134Kcal	 PEANUTS				
Camile Thai (Toppings) - Soy Sunflower & Pumpkin Seeds (04/21) 3471469 - 1 Serving	87Kcal	 WHEAT	 SOYA			
Camile Snacks						
Camile (Snacks) - Cali Cali Buffalo Chipotle Guilt-free Crisps (08/20) - 1 Serving	116Kcal		 SOYA	 VEGETARIAN  VEGAN		
Camile (Snacks) - Cali Cali Tangy Cheese & Red Onion Guilt-free Crisps (08/20) - 1 Serving	117Kcal	 MILK	 SOYA	 VEGETARIAN		
Camile (Snacks) - Cali Cali Thai Sweet Chilli Guilt-free Crisps (08/20) - 1 Serving	115Kcal		 SOYA	 VEGETARIAN  VEGAN		
Camile (Snacks) - Cali Cali Tijuana Hot Sauce Guilt-free Crisps (08/20) - 1 Serving	115Kcal		 SOYA	 VEGETARIAN  VEGAN		
Camile Ireland - Desserts						
Ben & Jerry's Caramel Chew Chew Ice Cream, 100ml tub (05/21) - 1 Serving	211Kcal	 EGGS	 MILK	 SOYA	 TREE NUTS	 VEGETARIAN  HALAL  KOSHER
Ben & Jerry's Caramel Chew Chew Ice Cream, 465ml tub (11/21) - Serves 4 people	1129Kcal	 EGGS	 MILK	 SOYA	 TREE NUTS	 HALAL  KOSHER
Ben & Jerry's Chocolate Fudge Brownie Ice Cream 100ml tub (05/21) - 1 Serving	182Kcal	 WHEAT, BARLEY	 EGGS	 MILK		 VEGETARIAN  HALAL  KOSHER

Ben & Jerry's Chocolate Fudge Brownie Ice Cream 465ml tub (05/21) - Serves 4 people	994Kcal	WHEAT, BARLEY EGGS MILK		VEGETARIAN HALAL KOSHER
Ben & Jerry's Cookie Dough Ice Cream 100ml tub (12/21) - 1 Serving	213Kcal	WHEAT EGGS MILK SOYA		VEGETARIAN HALAL KOSHER
Ben & Jerry's Cookie Dough Ice Cream 465ml tub (05/21) - Serves 4 people	1111Kcal	WHEAT EGGS MILK SOYA		VEGETARIAN HALAL KOSHER
Ben & Jerry's Non-Dairy Chocolate Fudge Brownie Vegan Ice Cream 465ml (12/21) - Serves 4 people	820Kcal	WHEAT, BARLEY ALMONDS SOYA		VEGETARIAN VEGAN HALAL KOSHER
Camile (Desserts) - Homemade Mango Rice Pudding (04/21) 98816 - 1 Serving	246Kcal	SOYA		VEGETARIAN VEGAN
Camile Thai (Desserts) - Crispy Pancake (Apple Filled with Cinnamon Sugar & Custard) (04/21) 2433850 - 1 Serving	272Kcal	WHEAT MILK	HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS PEANUTS EGGS FISH CRUSTACEANS CELERY MUSTARD SESAME SOYA	
Nobó Dairy Free Ice-Cream - Chocolate & Toasted Almonds 500ml Tub (03/22) 3138171 - Kcals per 1/4 tub	239Kcal	ALMONDS		VEGETARIAN

Nobó Dairy Free Ice-Cream - Irish Salted Caramel 500ml Tub (03/22) 3138175 - Kcals per 1/4 tub	231Kcal			 VEGETARIAN  VEGAN
Nobó Dairy Free Ice-Cream - Passion Fruit & Mango 500ml Tub (03/22) 3138160 - Kcals per 1/4 tub	186Kcal			 VEGETARIAN
Camile Ireland - Drinks				
Camile (Soft Drinks) - Sprite Zero - 500ml Bottle	0Kcal			
Camile (Coffees) - Americano - 1 Serving	4Kcal			
Camile (Coffees) - Cappucino - 1 Serving	138Kcal	 MILK		
Camile (Coffees) - Espresso (1 shot) - 1 Serving	3Kcal			
Camile (Coffees) - Latté - 1 Serving	148Kcal	 MILK		
Camile (Soft Drinks) - Coca Cola - 500ml Bottle	212Kcal			
Camile (Soft Drinks) - Diet Coke - 500ml Bottle	0Kcal			
Camile (Soft Drinks) - Fanta Lemon (11/21) - 330ml Can	59Kcal			
Camile (Soft Drinks) - Fanta Orange (03/21) - 500ml Bottle	92Kcal			
Camile (Soft Drinks) - Fanta Orange (05/21) - 330ml Can	61Kcal			
Camile (Soft Drinks) - Mude Play, Hint of Melon & Raspberry (03/22) - 330ml Can	37Kcal	 BARLEY	 WHEAT	 VEGETARIAN  VEGAN
Camile (Soft Drinks) - Sprite - 500ml Bottle	132Kcal			
Camile (Teas) - Chamomile Tea - 1 Serving	2Kcal			
Camile (Teas) - Green Tea - 1 Serving	1Kcal			
Camile (Teas) - Peppermint Tea - 1 Serving	2Kcal			
Camile (Teas) - Regular Tea - 1 Serving	0Kcal			
San Pellegrino Sparkling Mineral Water, 500ml bottle (06/22) - 1 Serving	0Kcal			

SynerChi Kombucha Cola Flavour, 250mls (08/20) 3514683 - 1 Serving	12Kcal			 GLUTEN FREE
SynerChi Kombucha Ginger & Turmeric Lemonade, 250mls (08/20) 3514704 - 1 Serving	11Kcal			 GLUTEN FREE
SynerChi Kombucha, Apple & Elderflower Presse, 250ml can (08/20) 3514844 - 1 Serving	13Kcal			 GLUTEN FREE
Vit Hit Apple & Elderflower, 500ml bottle (12/21) - 1 Serving	32Kcal	 SULPHITES		
Vit Hit Berry Boost, 500ml bottle (11/21) - 1 Serving	30Kcal			
Vit Hit Citrus Revive with Ginseng, 500ml bottle (12/21) - 1 Serving	13Kcal			
Vit Hit Dragon fruit, Yuzu, Zinc & Ceylon Tea, 500ml bottle (12/21) - 1 Serving	47Kcal			
Vit Hit Sparkling Mango & Pineapple with Rooibus Tea (06/22) - 330ml Can	43Kcal			 VEGETARIAN  VEGAN  GLUTEN FREE
Vit Hit Sparkling Pink Grapefruit Lime & White Tea (03/22) - 330ml Can	30Kcal			 VEGETARIAN  VEGAN  GLUTEN FREE
Vit Hit Sparkling Raspberry & Watermelon with Ceylon Tea (06/22) - 330ml Can	40Kcal			 VEGETARIAN  VEGAN
Camile Wine & Beer				
Camile Thai (Beers) - Chang Classic Beer (320ml bottle) - 1 Serving	91Kcal	 BARLEY		
Camile Thai (Beers) - Heineken (330ml bottle) - 1 Serving	115Kcal	 BARLEY	 WHEAT	
Camile Thai (Beers) - Tiger Beer (330ml bottle) - 1 Serving	135Kcal	 BARLEY		
Camile Thai (Beers) - Wicklow Wolf American Amber Beer (500ml bottle) - 1 Serving	143Kcal	 BARLEY		

Camile Thai (Red Wine) Argento Malbec (187ml glass) - 1 Serving	180Kcal	 SULPHITES		
Camile Thai (Red Wine) Bouchard Aine et Fils Pinot Noir (187ml glass) - 1 Serving	167Kcal	 SULPHITES		
Camile Thai (Red Wine) CH Pennautier Syrah (187ml glass) - 1 Serving	160Kcal	 SULPHITES		
Camile Thai (Red Wine) Culemborg Pinotage (187ml glass) - 1 Serving	167Kcal	 SULPHITES		
Camile Thai (White Wine) CA Marietta Pinot Grigio (187ml glass) - 1 Serving	162Kcal	 SULPHITES		
Camile Thai (White Wine) Chateau De Pennautier Viognier (187ml glass) - 1 Serving	149Kcal	 SULPHITES		
Camile Thai (White Wine) Culemborg Chenin Blanc (187ml glass) - 1 Serving	162Kcal	 SULPHITES		
Camile Thai (White Wine) Mancura Etnia Sauvignon Blanc (187ml glass) - 1 Serving	162Kcal	 SULPHITES		
Camile Thai (White Wine) Serena Prosecco Frizzante (125ml glass) - 1 Serving	113Kcal	 SULPHITES		
Camile Bliss Bowls				
Camile Bliss Bowls - Khao Soi Gai (04/21) 3068877 - 1 Serving	696Kcal	 WHEAT  MUSTARD  FISH  SOYA  CRUSTACEANS	 TREE NUTS  MOLLUSCS  SULPHITES  PEANUTS  CELERY  MILK  SESAME	
Camile Bliss Bowls - Pad King Chicken (04/21) 3068829 - 1 Serving	495Kcal	 WHEAT  MOLLUSCS  SOYA		
Camile Bliss Bowls - Pad King Tofu (03/22) 3068847 - 1 Serving	578Kcal	 WHEAT  SOYA		 VEGETARIAN  VEGAN
Camile Bliss Bowls - Pad Prik Haeng Chicken (04/21) 3068838 - 1 Serving	494Kcal	 WHEAT  MOLLUSCS  SOYA		
Camile Bliss Bowls - Pork Ramen (04/21) 3068939 - 1 Serving	503Kcal	 WHEAT, BARLEY  MOLLUSCS  SOYA  EGGS  CELERY  SULPHITES  FISH  SESAME	 TREE NUTS  PEANUTS  MUSTARD	

Camile Bliss Bowls - Vegan Pad Prik Haeng Tofu (03/22) 3068858 - 1 Serving Petite Camile (Bliss Bowls) - Green Chicken Curry (04/21) 3063366 - 1 Serving Petite Camile (Bliss Bowls) - Massaman Chicken Curry (09/21) 3063378 - 1 Serving Petite Camile (Bliss Bowls) - Tangy Crispy Chilli Chicken (09/21) 3068904 - 1 Serving Petite Camile (Bliss Bowls) - Vegan Green Tofu Curry (03/22) 3068822 - 1 Serving	578Kcal	WHEAT SOYA		VEGETARIAN VEGAN
	808Kcal	FISH CRUSTACEANS SOYA	WHEAT TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SULPHITES	GLUTEN FREE
	815Kcal	FISH CRUSTACEANS SOYA	WHEAT TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SULPHITES	
	613Kcal	WHEAT EGGS MOLLUSCS SOYA SULPHITES		
	822Kcal	WHEAT SOYA	TREE NUTS PEANUTS MILK CELERY MUSTARD SESAME SULPHITES	VEGETARIAN VEGAN
Camile ON THE GO Bowls				
Camile (On The Go Bowls) - Crispy Chilli Stir-Fry with Tofu (01/22) 5421004 - 1 Serving Camile (On The Go Bowls) - Green Curry with Chicken (01/22) 5420959 - 1 Serving Camile (On The Go Bowls) - Green Curry with Tofu (01/22) 5420968 - 1 Serving	610Kcal	WHEAT MOLLUSCS SESAME SOYA SULPHITES		
	664Kcal	FISH CRUSTACEANS	WHEAT TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SOYA SULPHITES	
	752Kcal	FISH CRUSTACEANS SOYA	WHEAT TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SULPHITES	

Camile (On The Go Bowls) - Massaman Curry with Chicken (01/22) 5420941 - 1 Serving	744Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME SOYA	
Camile (On The Go Bowls) - Massaman Curry with Tofu (01/22) 5420950 - 1 Serving	832Kcal	WHEAT FISH CRUSTACEANS SOYA SULPHITES	TREE NUTS PEANUTS MILK MOLLUSCS CELERY MUSTARD SESAME	
Camile (On The Go Bowls) - Pad Prik Haeng with Chicken (01/22) 5421034 - 1 Serving	502Kcal	WHEAT CASHEWS MOLLUSCS SOYA		
Camile (On The Go Bowls) - Pad Prik Haeng with Tofu (01/22) 5421058 - 1 Serving	590Kcal	WHEAT CASHEWS MOLLUSCS SOYA		
Camile (On The Go Bowls) - Tangy Crispy Chilli Stir-Fry with Chicken (01/22) 5420977 - 1 Serving	571Kcal	WHEAT EGGS MOLLUSCS SESAME SOYA SULPHITES		
Camile (On The Go Bowls) - Vegan Crispy Chilli Stir-Fry with Tofu (01/22) 5421016 - 1 Serving	581Kcal	WHEAT SESAME SOYA SULPHITES		VEGETARIAN VEGAN
Camile (On The Go Bowls) - Vegan Green Curry with Tofu (01/22) 5420974 - 1 Serving	721Kcal	WHEAT SOYA	TREE NUTS PEANUTS MILK CELERY MUSTARD SESAME SULPHITES	VEGETARIAN VEGAN
Camile (On The Go) - 2 Vegetable Spring Rolls with Plum Dipping Sauce (01/22) - 1 Serving	312Kcal	WHEAT SOYA SULPHITES		VEGETARIAN VEGAN
Camile Lunch Menu				
Camile (Lunch Menu) - Chicken Fried Rice (03/22) - 1 Serving	509Kcal	WHEAT EGGS FISH CRUSTACEANS MOLLUSCS SOYA		

Camile (Lunch Menu) - Crispy Chilli Chicken Stir-Fry (03/22) - 1 Serving	558Kcal	WHEAT SOYA EGGS SULPHITES MOLLUSCS		
Camile (Lunch Menu) - Green Chicken Curry (03/22) - 1 Serving	660Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	
Camile (Lunch Menu) - Massaman Chicken Curry (03/22) - 1 Serving	918Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
Camile (Lunch Menu) - Massaman Tofu Curry & Rice (03/22) - 1 Serving	791Kcal	WHEAT FISH CRUSTACEANS SOYA SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY MILK MUSTARD	
Camile (Lunch Menu) - Pad Prik Haeng Chicken (03/22) - 1 Serving	501Kcal	WHEAT SOYA CASHEWS MOLLUSCS		
Camile (Lunch Menu) - Pad Prik Haeng Tofu (03/22) - 1 Serving	431Kcal	WHEAT SOYA CASHEWS MOLLUSCS		
Camile (Lunch Menu) - Pad Thai with Chicken (03/22) - 1 Serving	685Kcal	WHEAT FISH PEANUTS SOYA EGGS SULPHITES	CRUSTACEANS MOLLUSCS	
Camile (Lunch Menu) - Vegan Crispy Chilli Tofu Stir-Fry (03/22) - 1 Serving	443Kcal	WHEAT SOYA SULPHITES		VEGETARIAN VEGAN
Camile (Lunch Menu) - Vegan Fried Rice with Tofu (03/22) - 1 Serving	377Kcal	WHEAT SOYA		VEGETARIAN VEGAN

Camile (Lunch Menu) - Vegan Green Curry with Tofu (03/22) - 1 Serving	528Kcal	WHEAT SOYA	TREE NUTS PEANUTS MILK CELERY MUSTARD SESAME SULPHITES	VEGETARIAN VEGAN
	449Kcal	WHEAT SOYA SULPHITES		VEGETARIAN VEGAN
Camile Thai - Tallaght - Lunch Specials				
Camile Thai (Tallaght - Lunch Specials) - Chicken Fried Noodles (04/21) 3200231 - 1 Serving Camile Thai (Tallaght - Lunch Specials) - Chicken Fried Rice (04/21) 3200219 - 1 Serving Camile Thai (Tallaght - Lunch Specials) - Tofu Fried Noodles (04/21) 3200246 - 1 Serving Camile Thai (Tallaght - Lunch Specials) - Tofu Fried Rice (04/21) 3200198 - 1 Serving	449Kcal	WHEAT SOYA	EGGS MOLLUSCS	
	666Kcal	WHEAT CRUSTACEANS	EGGS MOLLUSCS FISH SOYA	
	529Kcal	WHEAT SOYA	EGGS MOLLUSCS	
	746Kcal	WHEAT CRUSTACEANS	EGGS MOLLUSCS FISH SOYA	
Camile Doggy Treats!				
Camile Doggy Treats! - Homemade Mango Rice Pudding with a Luxury Madeleine Biscuit (04/21) 3460420 - 1 Serving	271Kcal	WHEAT SOYA	EGGS	

Petite Camile (Ireland) - Allergen Information 12/11/2022



Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Petite Camile - Meal Deals				
For allergen information & calories, please check individual dishes before ordering - 100g	0Kcal			
Camile Ireland Breakfast Menu				
Camile (Breakfast Menu) - Breakfast Box with Camile Fried Rice, Omelette & Pork Belly (10/22) - 1 Serving	892Kcal	WHEAT EGGS MILK MOLLUSCS SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	
Camile (Breakfast Menu) - Breakfast Box with Crispy Potato, Omelette & Pork Belly (10/22) - 1 Serving	868Kcal	WHEAT EGGS MILK SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	
Camile (Breakfast Menu) - Small Veggie Breakfast Box with Fried Rice, Peppers & Omelette (11/22) - 1 Serving	603Kcal	WHEAT EGGS MILK MOLLUSCS SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	
Camile (Breakfast Menu) - Veggie Breakfast Box with Camile Fried Rice, Peppers & Omelette (10/22) - 1 Serving	740Kcal	WHEAT EGGS MILK MOLLUSCS SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	
Camile (Breakfast Menu) - Veggie Breakfast Box with Crispy Potato, Peppers & Omelette (10/22) - 1 Serving	806Kcal	WHEAT EGGS MILK SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	
Petite Camile - Starters & Small Plates				
Camile (Starters) - Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce (04/21) 3480899 - 1 Serving	415Kcal	WHEAT PEANUTS CRUSTACEANS MUSTARD SOYA	TREE NUTS MILK CELERY SESAME SULPHITES	
Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (11/21) 98654 - 1 Serving	655Kcal	WHEAT MOLLUSCS SESAME SOYA SULPHITES		

Petite Camile (Starters) - 1 Martabak Beef Gyoza (09/21) 4769461 - 1 Serving Petite Camile (Starters) - 1 Pork Gyoza (09/21) 4769456 - 1 Serving Petite Camile (Starters) - 1 Vegetable Gyoza (09/21) 4769443 - 1 Serving Petite Camile (Starters) - 1 Vegetable Spring Roll (11/21) 4769440 - 1 Serving Petite Camile (Starters) - 5 Hot Chicken Wings with Sauce (09/21) 4769069 - 1 Serving Petite Camile (Starters) - Selection, 1 of each Gyoza, Spring roll, Hot wing, Chilli sauce (11/21) - 1 Serving	69Kcal	WHEAT EGGS MILK MUSTARD SOYA		
	45Kcal	WHEAT EGGS MOLLUSCS SESAME SOYA		
	50Kcal	WHEAT EGGS SESAME SOYA		
	116Kcal	WHEAT SOYA		VEGETARIAN VEGAN
	530Kcal	SOYA SULPHITES	WHEAT TREE NUTS PEANUTS MILK MUSTARD SESAME	
	455Kcal	WHEAT EGGS MILK MOLLUSCS MUSTARD SESAME SOYA SULPHITES	TREE NUTS PEANUTS	
Petite Camile IE - Nibbles				
Camile (Nibbles) - Honey Chilli Cashews (04/21) 98802 - 1 Serving Camile (Nibbles) - Thai Brown Prawn Crackers (06/22) 3972434 - Serves 4 people Camile Ireland (Nibbles) - Wasabi Peas (09/21) 4806264 - 1 Serving	251Kcal	CASHEWS FISH CRUSTACEANS SOYA	MOLLUSCS	
	504Kcal	WHEAT CRUSTACEANS		
	166Kcal	SOYA	PEANUTS	VEGETARIAN VEGAN
Petite Camile - Specials				
Camile's Signature Spice Bag (04/21) 2386039 - 1 Serving	734Kcal	WHEAT EGGS MILK SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	

Camile's Vegan Spice Bag (03/22) 2685959 - 1 Serving	598Kcal	 WHEAT  CELERY  SOYA  SULPHITES  TREE NUTS  PEANUTS  EGGS  MILK  MUSTARD  SESAME  VEGETARIAN  VEGAN		
Petite Camile - Curries				
Camile - Massaman Curry, Beef (04/21) 98710 - 1 Serving	911Kcal	 WHEAT  FISH  CRUSTACEANS  SULPHITES	 TREE NUTS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME  SOYA	
		 WHEAT  FISH  CRUSTACEANS  SULPHITES	 TREE NUTS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME  SOYA	
		 WHEAT  FISH  CRUSTACEANS  SULPHITES	 TREE NUTS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME  SOYA	
		 WHEAT  FISH  CRUSTACEANS  SULPHITES	 TREE NUTS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME  SOYA	
		 WHEAT  FISH  CRUSTACEANS  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME	
		Petite Camile (Curries) - Green Curry, Beef (09/21) 4767729 - 1 Serving	744Kcal	 FISH  CRUSTACEANS

Petite Camile (Curries) - Green Curry, Chicken (09/21) 4767713 - 1 Serving	709Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
	998Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
	564Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
	847Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
	794Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES PEANUTS MUSTARD SESAME MILK	VEGETARIAN VEGAN
Petite Camile - Noodles				
Camile - Singapore Noodles (11/22) 98698 - 1 Serving	797Kcal	WHEAT CRUSTACEANS SESAME PEANUTS MOLLUSCS SOYA EGGS CELERY SULPHITES	TREE NUTS MILK MUSTARD	

Petite Camile (Noodles) - Pad Thai with Chicken (09/21) 4767685 - 1 Serving	1146Kcal	WHEAT FISH PEANUTS SOYA EGGS SULPHITES	CRUSTACEANS MOLLUSCS	
Petite Camile - Stir Fries				
Petite Camile (Stir Fries) Crispy Chilli Chicken (09/21) 4767689 - 1 Serving	550Kcal	WHEAT SESAME EGGS SOYA MOLLUSCS SULPHITES		
Petite Camile - Kids' Menu				
Camile Kids - Crispy Chicken (04/22) 39983 - 1 Serving	595Kcal	WHEAT SOYA EGGS SULPHITES MOLLUSCS		
Camile Kids - Crispy Tofu (04/22) 6292659 - 1 Serving	521Kcal	WHEAT SOYA EGGS SULPHITES MOLLUSCS		
Camile Kids - Li'l Spice Bag with Chicken (04/22) 6292725 - 1 Serving	541Kcal	WHEAT EGGS SULPHITES		
Camile Kids - Li'l Spice Bag with Tofu (04/22) 6292782 - 1 Serving	466Kcal	WHEAT SOYA SULPHITES		
Camile Kids - Wok Fried Noodles with Chicken (04/22) 98814 - 1 Serving	423Kcal	WHEAT SOYA EGGS MOLLUSCS		
Camile Kids - Wok Fried Noodles with Tofu (04/22) 6292557 - 1 Serving	406Kcal	WHEAT SOYA EGGS MOLLUSCS		
Camile ON THE GO Bowls				
Camile (On The Go Bowls) - Crispy Chilli Stir-Fry with Tofu (01/22) 5421004 - 1 Serving	610Kcal	WHEAT SOYA MOLLUSCS SULPHITES SESAME		

Camile (On The Go Bowls) - Green Curry with Chicken (01/22) 5420959 - 1 Serving	664Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	
Camile (On The Go Bowls) - Green Curry with Tofu (01/22) 5420968 - 1 Serving	752Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SULPHITES	
Camile (On The Go Bowls) - Massaman Curry with Chicken (01/22) 5420941 - 1 Serving	744Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
Camile (On The Go Bowls) - Massaman Curry with Tofu (01/22) 5420950 - 1 Serving	832Kcal	WHEAT FISH CRUSTACEANS SOYA SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY MILK MUSTARD	
Camile (On The Go Bowls) - Pad Prik Haeng with Chicken (01/22) 5421034 - 1 Serving	502Kcal	WHEAT SOYA CASHEWS MOLLUSCS		
Camile (On The Go Bowls) - Pad Prik Haeng with Tofu (01/22) 5421058 - 1 Serving	590Kcal	WHEAT SOYA CASHEWS MOLLUSCS		
Camile (On The Go Bowls) - Tangy Crispy Chilli Stir-Fry with Chicken (01/22) 5420977 - 1 Serving	571Kcal	WHEAT SESAME EGGS SOYA MOLLUSCS SULPHITES		
Camile (On The Go Bowls) - Vegan Crispy Chilli Stir-Fry with Tofu (01/22) 5421016 - 1 Serving	581Kcal	WHEAT SESAME SOYA SULPHITES		VEGETARIAN VEGAN

Camile (On The Go Bowls) - Vegan Green Curry with Tofu (01/22) 5420974 - 1 Serving	721Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES PEANUTS MUSTARD MILK SESAME	VEGETARIAN VEGAN
	312Kcal	WHEAT SOYA SULPHITES		VEGETARIAN VEGAN
Camile Bliss Bowls				
Camile Bliss Bowls - Khao Soi Gai (04/21) 3068877 - 1 Serving	696Kcal	WHEAT FISH CRUSTACEANS MUSTARD SOYA	TREE NUTS MOLLUSCS SULPHITES PEANUTS CELERY MILK SESAME	
	495Kcal	WHEAT MOLLUSCS SOYA		
	578Kcal	WHEAT SOYA		VEGETARIAN VEGAN
	494Kcal	WHEAT MOLLUSCS SOYA		
	503Kcal	WHEAT, BARLEY EGGS FISH MOLLUSCS CELERY SOYA SESAME SULPHITES	TREE NUTS PEANUTS MUSTARD	
	578Kcal	WHEAT SOYA		VEGETARIAN VEGAN
	808Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SULPHITES	GLUTEN FREE

Petite Camile (Bliss Bowls) - Massaman Chicken Curry (09/21) 3063378 - 1 Serving	815Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SULPHITES	
	613Kcal	WHEAT EGGS MOLLUSCS SOYA SULPHITES		
	822Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES PEANUTS MUSTARD SESAME MILK	VEGETARIAN VEGAN
Petite Camile - Sides				
Camile (Sides) - Camile Fried Potatoes (04/21) 98622 - 1 Serving	616Kcal	WHEAT SULPHITES		VEGETARIAN VEGAN
Petite Camile - Sauces & Dips				
Camile (Sauces) - Peanut Satay Dipping Sauce (03/21) 36214 - 1 Serving	80Kcal	PEANUTS CRUSTACEANS		
Camile (Sauces) - Plum Dipping Sauce (03/21) 40467 - 1 Serving	75Kcal	SULPHITES		VEGETARIAN VEGAN
Petite Camile (Dips) - Sweet Chilli Sauce (09/21) 4769449 - 1 Serving	69Kcal	SULPHITES		VEGETARIAN VEGAN
Petite Camile - Drinks				
Mogu Mogu Blackcurrant Flavour Drink with Nata De Coco, 320ml bottle (06/22) - 1 Serving	162Kcal			
Mogu Mogu Grape Flavoured Drink, 320mls (01/22) - 1 Serving	166Kcal			
Mogu Mogu Mango Flavoured Drink with Nata De Coco, 320ml bottle (06/22) - 1 Serving	180Kcal			

Mogu Mogu Melon Flavoured Drink with Nata De Coco, 320ml bottle (06/22) - 1 Serving	154Kcal			
Mogu Mogu Pineapple Flavour Drink with Nata De Coco, 320ml bottle (06/22) - 1 Serving	173Kcal			
San Pellegrino Sparkling Mineral Water, 500ml bottle (06/22) - 1 Serving	0Kcal			
SynerChi Kombucha Cola Flavour, 250mls (08/20) 3514683 - 1 Serving	12Kcal			 GLUTEN FREE
SynerChi Kombucha Ginger & Turmeric Lemonade, 250mls (08/20) 3514704 - 1 Serving	11Kcal			 GLUTEN FREE
SynerChi Kombucha, Apple & Elderflower Presse, 250ml can (08/20) 3514844 - 1 Serving	13Kcal			 GLUTEN FREE
Tymbark Apple & Kiwi Drink, 250ml bottle (06/22) - 1 Serving	46Kcal			 VEGETARIAN  VEGAN
Tymbark Orange & Peach Drink, 250ml bottle (06/22) - 1 Serving	94Kcal			 VEGETARIAN  VEGAN
Vit Hit Sparkling Mango & Pineapple with Rooibos Tea (06/22) - 330ml Can	43Kcal			 VEGETARIAN  VEGAN  GLUTEN FREE
Vit Hit Sparkling Pink Grapefruit Lime & White Tea (03/22) - 330ml Can	30Kcal			 VEGETARIAN  VEGAN  GLUTEN FREE
Vit Hit Sparkling Raspberry & Watermelon with Ceylon Tea (06/22) - 330ml Can	40Kcal			 VEGETARIAN  VEGAN
Vita Lemon Tea Drink, 250mls (01/22) - 1 Serving	140Kcal			 HALAL
Vita Mango Juice Drink, 250mls (01/22) - 1 Serving	120Kcal			

Petite Camile - Desserts

Camile (Desserts) - Homemade Mango Rice Pudding (04/21) 98816 - 1 Serving	246Kcal	 SOYA		 VEGETARIAN  VEGAN
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