



Recipe ID	Last Modified	Starters & Small Plates	Nutritional Values Per Serving								Authorised EU Nutrition Claims
			Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)	
5056864	01/12/2021 16:17	Camile (Starters) - Spiced Calamari Bites with Sriracha Coconut Dip (12/21) 5056864	453	31	4.5	27	6.7	6.3	13	2.6	Low Sugar,Source of Fibre,Source of Vitamin E,Source of Vitamin K
5012681	06/05/2022 12:50	Camile Ireland (Rolls) - Vegetable Spring Rolls with Sweet Chilli Sauce (11/21) 5012681	425	21	2.1	49	25	5.6	7.5	2.3	High in Vitamin K,Source of Vitamin C,Source of Folic Acid,Low Saturated Fat
4078571	19/05/2022 12:58	Camile Thai (Starters) - Sriracha Chicken Wings / Hot Wings (04/21) 4078571	740	58	12	20	15	0.5	33	4.7	Source of Protein
3480899	06/05/2022 13:03	Camile Thai (Starters) - Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce (04/21) 3480899	417	15	8.3	20	16	1.1	50	2.5	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
3460043	24/10/2021 17:42	Camile Thai - Deep Fried Martabak Gyoza with Sweet Soy Sauce (04/21) 3460043	407	20	3.1	33	17	1	23	2	Low Fat,Low Saturated Fat,High in Protein,High in Vitamin K,Source of Vitamin B6,High in Vitamin B12,High in Chloride,Source of Phosphorus,Source of Zinc,Source of Niacin,Source of Vitamin E
3460040	24/02/2022 15:38	Camile Thai (starters) - Vegan Spice Bag Cauliflower Wings with Sriracha Coconut Dip (04/21) 3460040	383	25	4	31	14	6.1	8.2	4.5	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	24/11/2021 13:40	Camile Thai (Starters) - Duck Pancakes with Hoisin Dipping Sauce (11/21) 2509685	720	41	9.9	59	16	0.9	29	3.8	Low Saturated Fat,High in Protein,High in Vitamin B12,High in Vitamin K,Source of Thiamin
2434052	06/05/2022 13:03	Camile Thai (Starters) - Crispy Tofu with Tamarind Dressing (03/22) 2434052	935	53	4.8	79	12	5.1	33	5.8	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	19/05/2022 13:40	Camile's Signature Spice Bag (04/21) 2386039	710	36	3.2	67	7.7	8	26	3.6	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin K,Source of Vitamin C,Source of Vitamin B6,High in Chloride,Source of Folic Acid,Source of Potassium
1381571	09/11/2021 17:42	Camile Thai (CP Sauces) - Sriracha Coconut Dip Batch (03/21) 1381571	46	1.9	1.7	6.9	5.9	0	0.5	0.97	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	01/03/2022 22:14	Camile Ireland (Rolls) - Vegetable Spring Rolls with Plum Dipping Sauce (11/21) 98656	426	21	2.1	49	25	5.7	7.5	2.3	Low Saturated Fat,High in Vitamin A,Source of Vitamin C,High in Chloride,High in Vitamin K,Source of Folic Acid
98654	01/03/2022 22:14	Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (11/21) 98654	655	42	8.9	47	23	3.5	20	3.1	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	19/05/2022 12:58	Camile Ireland - Tiffin Box for Two (11/21) 98633	1030	65	13	63	36	6	45	4.7	Source of Protein,Source of Vitamin A,Source of Vitamin C,Source of Niacin,Source of Vitamin K,High in Chloride
98622	21/04/2022 17:37	Camile Thai (Sides) - Camile Fried Potatoes (04/21) 98622	616	34	2.2	63	11	5.8	11	1.8	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	06/05/2022 13:03	Camile Thai (CP Sauces) - Peanut Satay Dipping Sauce Batch (03/21) 36214	82	5.5	2.8	6.3	4.4	0.6	1.5	0.25	Source of Vitamin E,Source of Thiamin,Source of Niacin,High in Biotin,High in Chloride,Source of Phosphorus,Source of Magnesium,High in 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
4806264	24/10/2021 17:53	Camile Ireland (Nibbles) - Wasabi Peas (09/21) 4806264	166	3.4	1.1	27	5.2		6.5	0.72	Source of Protein

4089738	24/10/2021 17:59	Camile (Nibbles) - 2 Chargrilled Chicken Skewers (04/21)	143	3.3	1.8	4.1	3.3	0	24	0.74	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	01/03/2022 22:14	Camile Ireland (Nibbles) - 1 Vegetable Spring Roll (11/21) 4086626	116	6.9	0.7	10	3.4	1.3	2.4	0.66	Low Saturated Fat,High in Vitamin K,High in Vitamin C,Source of Folic Acid,Source of Vitamin A
4086616	19/05/2022 12:58	Camile Thai (Nibbles) - 2 Sriracha Chicken Wings / Hot Wings (04/21) 4086616	254	17	3.5	14	11	0.5	10	2.3	Source of Protein,High in Vitamin K
3972434	22/03/2022 12:05	Camile Thai (Nibbles) - Thai Brown Prawn Crackers (09/21) 3972434	505	5.7	0.7	100	12	1.8	13	3.4	Low Saturated Fat
3217720	24/10/2021 17:54	Camile (Nibbles) - Sweet & Spicy Peanuts (05/21) 3217720	447	40	4.8	8.2	5.3	3.1	12	0.28	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	24/10/2021 17:54	Camile (Nibbles) - Honey Chilli Cashews (04/21) 98802	251	18	3.4	15	9.9	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	11/03/2022 13:59	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
5012681	06/05/2022 12:50	Camile Ireland (Rolls) - Vegetable Spring Rolls with Sweet Chilli Sauce (11/21) 5012681	425	21	2.1	49	25	5.6	7.5	2.3	High in Vitamin K,Source of Vitamin C,Source of Folic Acid,Low Saturated Fat
98656	01/03/2022 22:14	Camile Ireland (Rolls) - Vegetable Spring Rolls with Plum Dipping Sauce (11/21) 98656	426	21	2.1	49	25	5.7	7.5	2.3	Low Saturated Fat,High in Vitamin A,Source of Vitamin C,High in Chloride,High in Vitamin K,Source of Folic Acid

98654	01/03/2022 22:14	Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (11/21) 98654	655	42	8.9	47	23	3.5	20	3.1	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
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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
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98658	07/03/2022 14:23	Camile Thai (Soups) - Tom Yam Goong (04/21) 98658	192	9.6	1.7	17	12	2.9	7.9	5.1	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
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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
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6594590	23/08/2022 15:53	Camile (Salads) - Super Summer Salad Tofu (06/22) 6594590	459	18	1.7	54	25	10	14	2.9	Low Saturated Fat,Source of Fibre,Source of Protein,High in Vitamin A,High in Vitamin K,Source of Vitamin C
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6594581	23/08/2022 15:53	Camile (Salads) - Super Summer Salad Prawn (06/22) 6594581	419	11	1	54	24	9.8	22	4.2	Low Fat,Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin A,Source of Vitamin K,Source of Vitamin C,Source of Vitamin B12
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6594500	23/08/2022 15:53	Camile (Salads) - Super Summer Salad Chicken (06/22) 6594500	514	14	2.1	55	25	9.8	37	3.3	Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin A,Source of Vitamin K,Source of Vitamin C
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917544	29/07/2022 17:01	Camile Thai (Salads) - Vegan Tofu & Kale Salad with Tamarind Dressing (03/22) 917544	409	13	1.4	53	18	9.3	16	3.4	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
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156757	29/07/2022 17:01	Camile Thai (Salads) - Sticky Chicken Salad with Tamarind Dressing (12/21) 156757	548	13	2.6	62	26	10	40	4.9	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
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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
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3460056	07/04/2022 21:15	Camile's Vegan Spice Bag with Vegan Green Curry Dip (04/21) 3460056	896	62	26	62	17	8.8	18	4.1	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
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3460048	06/05/2022 13:03	Camile Thai (Sauces) - Massaman Curry Dip (04/21) 3460048	341	26	22	22	13	3.5	3	3.6	Source of Potassium,High in Chloride,Source of Magnesium,Source of Copper,High in Manganese
3460046	19/05/2022 13:40	Camile's Signature Spice Bag with Massaman Curry Dip (04/21) 3460046	1052	62	25	90	21	12	29	7.2	Low Sugar,Source of Protein,Source of Vitamin K,Source of Vitamin C,Source of Vitamin B6,Source of Potassium
3460028	20/04/2021 13:15	Camile Thai (Sauces) - Vegan Green Curry Dip (04/21) 3460028	299	25	22	14	9.9	1.2	2.7	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	07/04/2022 21:15	Camile's Vegan Spice Bag (03/22) 2685959	598	37	3.4	47	6.8	7.6	16	2.7	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,High in 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
2386039	19/05/2022 13:40	Camile's Signature Spice Bag (04/21) 2386039	710	36	3.2	67	7.7	8	26	3.6	Low Saturated Fat,Low Sugar,High in Protein,Source of 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	21/04/2022 16:49	Camile Thai (Noodles) - Classic Pad Thai (04/21) 2380143	1034	32	5.2	124	34	6.9	59	5.4	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	06/05/2022 12:50	Camile Thai - Crispy Chilli Chicken (04/21) 98660	527	22	2	58	34	8.3	19	2.2	Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Chloride
98633	19/05/2022 12:58	Camile Ireland - Tiffin Box for Two (11/21) 98633	1030	65	13	63	36	6	45	4.7	Source of Protein,Source of Vitamin A,Source of Vitamin C,Source of Niacin,Source of 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	17/06/2022 20:45	Camile Thai - Feel Good Massaman Curry with Tofu (03/22) 3456264	335	20	1.8	27	19	7.5	8.1	3.5	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	17/06/2022 20:45	Camile Thai - Feel Good Green Curry with Tofu (03/22) 3456261	326	20	1.8	25	21	6	8.2	4.4	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	17/06/2022 20:45	Camile Thai - Feel Good Chu Chee Curry with Tofu (03/22) 3456245	320	20	1.8	23	19	6.4	8.2	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	17/06/2022 20:45	Camile Thai - Feel Good Massaman Chicken Curry (04/21) 3349106	438	18	2.6	27	19	6.9	39	3.7	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	17/06/2022 20:45	Camile Thai - Feel Good Green Chicken Curry (04/21) 3349102	429	18	2.6	25	21	5.4	39	4.6	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Chloride
3349084	17/06/2022 20:45	Camile Thai - Feel Good Chu Chee Chicken Curry (04/21) 3349084	423	18	2.6	23	19	5.8	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
4082741	22/03/2022 12:29	Camile Thai - Chiang Mai Curry Duck LARGE (11/21)	1615	131	73	55	32	13	47	7.4	Low Sugar,Source of Protein,Source of Vitamin B12
4082730	22/03/2022 12:25	Camile Thai - Chiang Mai Curry Chicken LARGE (04/21) 4082730	1182	77	57	53	31	13	63	5.3	Low Sugar,High in Protein
4082725	22/03/2022 12:27	Camile Thai - Chiang Mai Curry Beef LARGE (04/21) 4082725	1258	84	62	53	31	13	65	5.3	Low Sugar,High in Protein,Source of Vitamin B12
4082709	22/03/2022 12:36	Camile Thai - Chiang Mai Curry Prawns LARGE (03/22)	994	71	55	53	31	13	30	6.9	Low Sugar,Source of Protein,Source of Vitamin B12
4081945	07/04/2022 21:15	Camile Thai - Chiang Mai Curry Tofu LARGE (03/22) 4081945	1028	80	56	54	32	14	17	5	Low Sugar,Source of Protein,High in Calcium,Source of Copper,Source of Manganese
3218092	11/03/2022 13:30	Camile Thai - Vegan Green Curry with Vegan Chicken (05/21) 3218092	697	44	34	34	21	17	33	4.2	Source of Fibre,Source of Protein,Source of Vitamin C,Low Sugar

3218091	11/03/2022 13:15	Camile Thai - Vegan Red Curry with Vegan Chicken (05/21) 3218091	693	44	34	33	19	17	33	4.1	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Chloride
3218083	07/04/2022 21:15	Camile Thai - Vegan Red Curry with Tofu (03/22) 3218083	572	45	34	28	19	7.3	10	2	Source of Protein,Source of Vitamin C,High in Chloride,High in Calcium,Source of Copper,Source of Manganese,Low Sugar
2678587	07/04/2022 21:15	Camile Thai - Vegan Green Curry with Tofu (03/22) 2678587	576	45	34	29	21	7.7	11	2.1	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
2510219	24/11/2021 13:36	Camile Thai - Chiang Mai Curry Duck (11/21) 2510219	1077	88	49	37	21	8.4	31	4.9	Source of Protein,Source of Vitamin B12,Low Sugar,Source of Chloride
2510216	22/03/2022 12:34	Camile Thai - Chiang Mai Curry Prawns (03/22) 2510216	663	47	37	35	21	8.4	20	4.6	Source of Protein,Low Sugar,Source of Vitamin B12
2510214	20/05/2021 16:14	Camile Thai - Chiang Mai Curry Beef (04/21) 2510214	838	56	41	35	21	8.4	43	3.5	Low Sugar,High in Protein,Source of Vitamin B12
2510211	20/05/2021 16:14	Camile Thai - Chiang Mai Curry Chicken (04/21) 2510211	788	51	38	35	21	8.4	42	3.5	High in Protein,Low Sugar,Source of Niacin,Source of Chloride
2510208	07/04/2022 21:15	Camile Thai - Chiang Mai Curry Tofu (03/22) 2510208	685	53	37	36	21	9	11	3.3	Source of Protein,High in Calcium,Source of Manganese,Low Sugar,Source of Copper
1326264	06/05/2022 13:03	Camile Thai - Massaman Curry Beef - Large (04/21) 1326264	1400	88	56	84	37	12	62	8.2	Low Sugar,Source of Protein,Source of Vitamin B6,Source of Vitamin B12
198089	07/03/2022 14:23	Camile Thai - Green Curry Chicken (04/21) 198089	733	45	35	35	27	7.7	44	5.9	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,High in Chloride
167209	22/03/2022 12:41	Camile Thai - Chu Chee Beef - LARGE (04/21) 167209	782	36	8.1	47	35	8.2	64	6.7	High in Protein,Source of Vitamin C,Source of Niacin,Source of Vitamin B6,Source of Vitamin B12
167206	07/04/2022 21:15	Camile Thai - Chu Chee Tofu - LARGE (03/22) 167206	576	32	2.9	47	35	9.1	20	6.4	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	22/03/2022 12:41	Camile Thai - Chu Chee Duck - LARGE (11/21) 167204	1163	83	20	48	35	8.2	50	8.9	Low Saturated Fat,Source of Protein,Source of Vitamin C,High in Vitamin B12
167202	22/03/2022 12:41	Camile Thai - Chu Chee Chicken - LARGE (04/21) 167202	730	29	4	47	35	8.2	67	6.7	Low Saturated Fat,High in Protein,Source of Vitamin C,Source of Vitamin B6
167200	22/03/2022 12:44	Camile Thai - Chu Chee Prawns - LARGE (03/22) 167200	507	22	1.9	47	35	8.2	26	9	Low Fat,Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
167199	07/04/2022 21:15	Camile Thai - Red Curry Tofu LARGE (03/22) 167199	917	70	52	48	34	11	18	5.6	Low Sugar,Source of Fibre,Source of Protein,High in Calcium,Source of Iron,Source of Manganese,Source of Copper

167195	22/03/2022 13:06	Camile Thai - Red Curry Duck LARGE (04/21) 167195	1504	121	69	49	34	10	48	8	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin B12
167194	22/03/2022 13:08	Camile Thai - Red Curry Prawns LARGE (03/22) 167194	848	60	51	48	34	10	24	8.1	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
167192	22/03/2022 13:06	Camile Thai - Red Curry Chicken LARGE (04/21) 167192	1071	67	53	48	34	10	65	5.9	Low Sugar,Source of Fibre,High in Protein
167191	22/03/2022 13:05	Camile Thai - Red Curry Beef LARGE (04/21) 167191	1122	74	57	48	34	10	62	5.9	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin B6,Source of Vitamin B12,Source of Zinc
167189	06/05/2022 13:20	Camile Thai - Green Curry Tofu LARGE (03/22) 167189	946	70	52	53	41	12	19	8.6	Source of Protein,Source of Vitamin C,High in Calcium,Source of Copper,Source of Manganese
167186	22/03/2022 12:50	Camile Thai - Green Curry Duck LARGE (11/21) 167186	1533	122	69	55	41	12	49	11	Low Sugar,Source of Protein,Source of Vitamin C,Source of Vitamin B12
167184	22/03/2022 12:52	Camile Thai - Green Curry Prawn LARGE (04/21) 167184	878	60	51	53	40	12	25	11.1	Source of Protein,Source of Vitamin C,High in Vitamin B12
167183	22/03/2022 12:50	Camile Thai - Green Curry Chicken LARGE (04/21) 167183	1100	67	53	53	40	12	66	8.8	Low Sugar,High in Protein,Source of Vitamin C
167180	22/03/2022 12:49	Camile Thai - Green Curry Beef LARGE (03/22) 167180	1137	74	57	52	40	12	60	8.9	Low Sugar,High in Protein,Source of Vitamin C,Source of Vitamin B6,Source of Vitamin B12
167171	06/05/2022 13:03	Camile Thai - Massaman Curry Chicken - Large (04/21) 167171	1349	81	52	84	37	12	65	8.2	Low Sugar,Source of Protein,Source of Vitamin B6
167168	06/05/2022 13:03	Camile Thai - Massaman Curry Tofu - Large (03/22) 167168	1195	84	51	84	37	13	18	7.9	Low Sugar,Source of Manganese
167163	06/05/2022 13:03	Camile Thai - Massaman Curry Duck - Large (11/21) 167163	1782	136	68	86	37	12	48	10.4	Low Sugar,Source of Protein,Source of Vitamin B12
167162	06/05/2022 13:03	Camile Thai - Massaman Curry Prawns - Large (03/22) 167162	1126	75	50	84	37	12	24	10.4	Low Sugar,Source of Protein,High in Vitamin B12,High in Chloride
98719	07/04/2022 21:15	Camile Thai - Red Curry Tofu (03/22) 98719	611	47	34	32	23	7.5	12	3.7	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	22/03/2022 13:07	Camile Thai - Red Curry Prawns (03/22) 98718	565	40	34	32	23	6.9	16	5.4	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12
98717	07/03/2022 14:23	Camile Thai - Red Curry Duck (11/21) 98717	1003	81	46	33	23	6.9	32	5.4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12
98716	07/03/2022 14:23	Camile Thai - Red Curry Chicken (04/21) 98716	714	44	35	32	23	6.9	44	3.9	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C

98715	07/03/2022 14:23	Camile Thai - Red Curry Beef (04/21) 98715	748	49	38	32	23	6.9	41	3.9	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12,Source of Vitamin B6,Source of Zinc
98714	06/05/2022 13:03	Camile Thai - Massaman Curry Tofu (03/22) 98714	796	56	34	56	25	8.5	12	5.3	Low Sugar,High in Chloride,Source of Manganese,Source of Protein,Source of Copper
98713	06/05/2022 13:03	Camile Thai - Massaman Curry Prawns (03/22) 98713	751	50	33	56	24	7.9	16	7	Low Sugar,Source of Protein,High in Vitamin B12,High in Chloride
98712	06/05/2022 13:03	Camile Thai - Massaman Curry Duck (11/21) 98712	1188	91	45	57	25	7.9	32	6.9	Low Sugar,Source of Protein,Source of Vitamin B12,High in Chloride
98711	06/05/2022 13:03	Camile Thai - Massaman Curry Chicken (04/21) 98711	899	54	35	56	24	7.9	43	5.5	Low Sugar,High in Chloride,Source of Protein,Source of Vitamin B6
98710	06/05/2022 13:03	Camile Thai - Massaman Curry Beef (04/21) 98710	933	59	37	56	24	7.9	41	5.5	Low Sugar,Source of Protein,Source of Vitamin B6,High in Chloride,Source of Vitamin B12
98709	06/05/2022 13:20	Camile Thai - Green Curry Tofu (03/22) 98709	630	47	34	35	27	8.3	13	5.7	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	22/03/2022 14:18	Camile Thai - Green Curry Prawn (03/22) 98707	585	40	34	35	27	7.7	17	7.4	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
98706	07/03/2022 14:23	Camile Thai - Green Curry Duck (11/21) 98706	1022	81	46	36	27	7.7	33	7.3	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12,High in Chloride
98704	07/03/2022 14:23	Camile Thai - Green Curry Beef (04/21) 98704	758	49	38	35	26	8	40	5.9	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	07/04/2022 21:15	Camile Thai - Chu Chee Tofu (03/22) 98703	384	21	1.9	31	23	6	14	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	22/03/2022 12:43	Camile Thai - Chu Chee Prawns (03/22) 98702	338	15	1.3	31	23	5.5	17	6	Low Saturated Fat,High in Protein,Source of Vitamin C,High in Vitamin B12,Low Fat,Source of Fibre
98701	11/03/2022 14:04	Camile Thai - Chu Chee Duck (11/21) 98701	776	56	13	32	23	5.5	34	5.9	Low Saturated Fat,High in Protein,Source of Vitamin C,High in Vitamin B12
98700	11/03/2022 14:03	Camile Thai - Chu Chee Chicken (04/21) 98700	487	19	2.7	31	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	11/03/2022 14:03	Camile Thai - Chu Chee Beef (04/21) 98699	521	24	5.4	31	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
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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	07/04/2022 21:15	Camile Thai - Feel Good Red Curry with Tofu (03/22) 4082999	320	20	1.8	23	19	6.1	8.2	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	11/03/2022 14:09	Camile Thai - Feel Good Red Chicken Curry (04/21) 4082991	423	18	2.6	23	19	5.6	39	3.1	Low Saturated Fat,Low Sugar,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6
3456264	06/05/2022 13:03	Camile Thai - Feel Good Massaman Curry with Tofu (03/22) 3456264	335	20	1.8	27	19	7.5	8.1	3.5	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	07/04/2022 21:15	Camile Thai - Feel Good Green Curry with Tofu (03/22) 3456261	326	20	1.8	25	21	6	8.2	4.4	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
3456256	07/04/2022 21:15	Camile Thai - Feel Good Chiang Mai Curry with Tofu (03/22) 3456256	315	20	1.8	21	17	6.7	7.9	2.4	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
3456245	07/04/2022 21:15	Camile Thai - Feel Good Chu Chee Curry with Tofu (03/22) 3456245	320	20	1.8	23	19	6.4	8.2	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
3349107	11/03/2022 14:07	Camile Thai - Feel Good Chiang Mai Chicken Curry (04/21) 3349107	417	18	2.6	21	17	6.1	39	2.5	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,Low Sugar,Source of Fibre
3349106	06/05/2022 13:03	Camile Thai - Feel Good Massaman Chicken Curry (04/21) 3349106	438	18	2.6	27	19	6.9	39	3.7	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	11/03/2022 14:08	Camile Thai - Feel Good Green Chicken Curry (04/21) 3349102	429	18	2.6	25	21	5.4	39	4.6	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Chloride

3349084	11/03/2022 14:08	Camile Thai - Feel Good Chu Chee Chicken Curry (04/21) 3349084	423	18	2.6	23	19	5.8	39	3.1	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,Low Sugar
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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
4760692	06/05/2022 12:50	Camile Thai - Crispy Chilli Prawns (03/22) 4760692	499	15	1.5	62	33	8.8	23	5.6	Low Saturated Fat,Source of Fibre,Source of Protein,High in Vitamin K,High in Vitamin C
4086357	07/04/2022 21:15	Camile Thai - Pad Prik Haeng Tofu Gluten-free (03/22) 4086357	458	28	3.6	29	15	14	15	4.4	Low Saturated Fat,Low Sugar,High in Fibre,Source of Protein,Source of Vitamin A,High in Vitamin K,High in Vitamin C,Source of Phosphorus,Source of Copper,Source of Manganese
4086354	22/03/2022 13:43	Camile Thai - Pad Prik Haeng Prawns GLUTEN-FREE (03/22) 4086354	412	22	2.9	29	15	13	19	6	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	07/03/2022 14:23	Camile Thai - Pad Prik Haeng Duck GLUTEN-FREE (11/21) 4086352	850	63	15	30	15	13	35	6	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
4086346	07/03/2022 14:23	Camile Thai - Pad Prik Haeng Chicken GLUTEN-FREE (04/21) 4086346	561	26	4.3	29	15	13	46	4.6	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	07/03/2022 14:23	Camile Thai - Pad Prik Haeng Beef GLUTEN-FREE (04/21) 4086260	595	31	7.1	29	15	13	44	4.6	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
4086257	07/04/2022 21:15	Camile Thai - Pad King Tofu Gluten-Free (03/22) 4086257	322	18	1.5	23	10	11	11	4.2	Low Saturated Fat,Low Sugar,High in Fibre,Source of Protein,High in Vitamin K,Source of Phosphorus,Source of Copper,Source of Manganese
4086254	22/03/2022 13:31	Camile Thai - Pad King Prawns GLUTEN-FREE (03/22) 4086254	276	11	0.9	23	10	10	15	5.9	Low Saturated Fat,Low Sugar,High in Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12
4086252	07/03/2022 14:23	Camile Thai - Pad King Duck GLUTEN-FREE (11/21) 4086252	706	52	13	23	10	10	31	5.8	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12
4086245	07/03/2022 14:23	Camile Thai - Pad King Chicken GLUTEN-FREE (04/21) 4086245	418	16	2.3	21	9.8	10	42	4.4	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Source of Vitamin K,Source of Vitamin B6

4086237	07/03/2022 14:23	Camile Thai - Pad King Beef GLUTEN-FREE (04/21) 4086237	439	19	4.5	21	9.8	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
4086208	11/03/2022 14:33	Camile Thai - Pad Med Mamung GLUTEN-FREE (04/21) 4086208	475	18	3.1	24	12	12	48	4.5	Low Saturated Fat,Low Sugar,Source of Fibre,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 Potassium,Source of Phosphorus
4086202	11/03/2022 14:31	Camile Thai - Mekong Duck GLUTEN-FREE (11/21) 4086202	698	52	13	21	8.4	10	31	5.8	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin K,High in Vitamin B12
4085733	02/03/2022 16:28	Camile Thai - Vegan Pad King with Vegan Chicken (04/21) 4085733	456	17	1.5	35	21	15	34	6.2	Low Saturated Fat,High in Fibre,High in Protein,Source of Vitamin K
3460316	02/03/2022 16:28	Camile Thai - Vegan Pad Prik Haeng with Vegan Chicken (04/21) 3460316	531	23	2.9	34	20	18	37	4.6	Low Saturated Fat,High in Fibre,High in Protein,High in Vitamin K,High in Vitamin C,Low Sugar,Source of Vitamin A
3156000	07/04/2022 21:15	Camile Thai - Vegan Pad Prik Haeng with Tofu (03/22) 3156000	410	25	2.8	29	20	8.9	15	2.5	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	22/03/2022 13:39	Camile Thai - Pad Krapow (04/21) 2678632	445	16	2.3	30	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	07/04/2022 21:15	Camile Thai - Vegan Pad King with Tofu (03/22) 1460978	335	18	1.5	29	20	5.6	11	4	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	22/03/2022 13:27	Camile Thai - Mekong Duck LARGE (11/21) 167247	1064	78	20	40	26	6.8	46	8.8	Source of Protein,Source of Vitamin K,High in Vitamin B12,Low Sugar
167246	22/03/2022 13:40	Camile Thai - Pad Med Mamung LARGE (04/21) 167246	718	27	4.6	42	31	9.3	72	6.8	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	22/03/2022 13:42	Camile Thai - Pad Prik Haeng Duck LARGE (11/21) 167234	1235	94	23	41	27	10	51	6.2	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
167231	07/04/2022 21:15	Camile Thai - Pad Prik Haeng Tofu LARGE (03/22) 167231	647	42	5.4	40	27	11	21	3.8	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	22/03/2022 13:44	Camile Thai - Pad Prik Haeng Prawns LARGE (03/22) 167230	579	33	4.4	39	27	10	27	6.3	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	22/03/2022 13:40	Camile Thai - Pad Prik Haeng Beef LARGE (04/21) 167229	853	46	11	39	27	10	65	4.1	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	22/03/2022 13:41	Camile Thai - Pad Prik Haeng Chicken LARGE (04/21) 167227	801	39	6.5	39	27	10	68	4.1	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	07/04/2022 21:15	Camile Thai - Pad King Tofu LARGE (03/22) 167226	444	27	2.3	31	20	6.8	16	3.6	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	22/03/2022 13:30	Camile Thai - Pad King Duck LARGE (11/21) 167225	1006	77	19	32	19	5.8	45	5.9	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin K,High in Vitamin B12,High in Chloride,Low Sugar
167224	22/03/2022 13:28	Camile Thai - Pad King Beef LARGE (04/21) 167224	615	28	6.6	30	19	5.8	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	22/03/2022 13:28	Camile Thai - Pad King Chicken LARGE (04/21) 167223	584	23	3.3	30	19	5.8	61	3.8	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin K,Source of Vitamin B6,Low Sugar
167222	22/03/2022 13:33	Camile Thai - Pad King Prawns LARGE (03/22) 167222	375	17	1.3	31	20	5.9	21	6.2	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	06/05/2022 12:50	Camile Thai - Crispy Chilli Beef LARGE (04/21) 167221	945	41	5.8	93	52	13	44	3.4	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
167218	06/05/2022 12:50	Camile Thai - Crispy Chilli Chicken LARGE (04/21) 167218	791	33	3	87	51	12	29	3.3	Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Chloride,Source of Niacin
99114	20/01/2022 15:58	Camile Thai - Pad King Beef (04/21) 99114	421	19	4.5	21	13	3.9	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	07/04/2022 21:15	Camile Thai - Pad Prik Haeng Tofu (03/22) 98676	431	28	3.6	26	18	7.4	14	2.5	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	22/03/2022 13:42	Camile Thai - Pad Prik Haeng Prawns (03/22) 98675	386	22	2.9	26	18	6.8	18	4.2	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	20/01/2022 15:58	Camile Thai - Pad Prik Haeng Duck (11/21) 98674	823	63	15	27	18	6.8	34	4.2	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
98672	01/03/2022 21:25	Camile Thai - Pad Prik Haeng Chicken (04/21) 98672	534	26	4.4	26	18	6.8	45	2.7	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	20/01/2022 15:58	Camile Thai - Pad Prik Haeng Beef (04/21) 98669	569	31	7.1	26	18	6.8	43	2.7	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	07/04/2022 21:15	Camile Thai - Pad King Tofu (03/22) 98668	296	18	1.5	21	13	4.5	11	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	22/03/2022 13:30	Camile Thai - Pad King Prawns (03/22) 98666	250	11	0.9	21	13	3.9	14	4.1	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	20/01/2022 15:58	Camile Thai - Pad King Duck (11/21) 98665	688	52	13	22	13	3.9	30	4.1	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin K,High in Vitamin B12,High in Chloride,Low Sugar
98664	20/01/2022 15:58	Camile Thai - Pad King Chicken (04/21) 98664	399	16	2.3	21	13	3.9	42	2.6	Low Fat,Low Saturated Fat,High in Protein,Source of Vitamin K,Source of Vitamin B6,Low Sugar
98661	20/01/2022 15:58	Camile Thai - Mekong Duck (11/21) 98661	710	52	13	27	17	4.5	31	5.9	High in Protein,Source of Vitamin K,High in Vitamin B12,High in Chloride,Low Sugar
98660	06/05/2022 12:50	Camile Thai - Crispy Chilli Chicken (04/21) 98660	527	22	2	58	34	8.3	19	2.2	Low Saturated Fat,Source of Fibre,High in Protein,High in Vitamin K,High in Vitamin C,Source of Vitamin B6,High in Chloride
98659	06/05/2022 12:50	Camile Thai - Crispy Chilli Beef (04/21) 98659	630	27	3.9	62	34	8.5	29	2.3	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
69996	22/03/2022 13:39	Camile Thai - Pad Med Mamung (04/21) 69996	479	18	3.1	28	21	6.2	48	4.5	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,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
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5752087	11/03/2022 13:59	Camile Thai - Vegan Pad Thai with Vegan Chicken (03/22) 5752087	1116	34	4.8	135	38	23	55	8	Low Saturated Fat,Source of Fibre,Source of Protein,Source of Vitamin A,High in Chloride,High in Iodine
4004747	22/03/2022 13:56	Camile Thai - Pad Kee Mao with Prawns (03/22) 4004747	602	2.6	0.5	114	19	6	28	5.6	Fat Free,No 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	01/03/2022 22:19	Camile Thai - Pad Kee Mao with Duck (11/21) 4004740	1017	43	13	115	19	6	39	6	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	01/03/2022 22:19	Camile Thai - Pad Kee Mao with Beef (04/21) 4004737	762	11	4.6	114	19	6	48	4.6	Low Fat,Low Saturated Fat,Low Sugar,High in Protein,High in Vitamin K,Source of Vitamin C,Source of Vitamin B12
4004698	01/03/2022 22:19	Camile Thai - Pad Kee Mao with Chicken (04/21) 4004698	728	6.6	1.9	114	19	6	50	4.5	Low Fat,Low Saturated Fat,Low Sugar,High in Protein,High in Vitamin K,Source of Vitamin C
4004674	02/03/2022 16:28	Camile Thai - Vegan Pad Kee Mao with Vegan Chicken (04/21) 4004674	755	7.8	1.1	121	21	17	42	6.3	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,High in Vitamin K,Source of Vitamin C
4004641	07/04/2022 21:15	Camile Thai - Vegan Pad Kee Mao with Tofu (03/22) 4004641	634	8.9	1.1	116	21	7.2	19	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	12/05/2022 13:47	Camile Thai (Specials) - Singapore BareNaked Noodles (04/21)	498	18	5.4	29	21	12	49	4.5	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	01/03/2022 22:19	Camile Thai (Noodles) - Pad Thai with Chicken (04/21) 3460300	1062	32	5.3	124	34	6.9	66	4.6	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	21/04/2022 16:49	Camile Thai (Noodles) - Classic Pad Thai (04/21) 2380143	1034	32	5.2	124	34	6.9	59	5.4	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	07/04/2022 21:15	Camile Thai - Vegan Pad Thai with Tofu (03/22) 1048673	995	35	4.7	130	37	13	32	5.9	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	12/05/2022 13:47	Camile Thai - Singapore Noodles (04/21) 98698	797	29	6	75	22	4	56	5.6	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	22/03/2022 13:54	Camile Thai (Noodles) - Khao Soi Gai (04/21) 98695	1080	34	10	129	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
4085837	02/03/2022 16:28	Camile Thai - Vegan Fried Rice with Vegan Chicken (04/21) 4085837	605	13	1.3	96	17	10	20	3.3	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
4004518	07/04/2022 21:15	Camile Thai - Vegan Fried Rice with Tofu (03/22) 4004518	634	19	1.8	95	17	8.3	18	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	20/01/2022 15:58	Camile Thai - Khao Pad Nua (04/21) 98788	823	28	6.9	93	17	4.4	48	4	Low Saturated Fat,High in Protein,High in Vitamin K,High in Vitamin B12,High in Chloride,Low Sugar
98720	21/04/2022 15:21	Camile Thai - Camile Special Fried Rice (04/21) 98720	825	20	3.2	98	20	6.5	61	4.7	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
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7247511	02/09/2022 22:02	Camile (Specials) - Honey Crispy Bao Buns (09/22) 7247511	355	7.7	1.6	56	22	2.7	14	1.4	Low Saturated Fat,Source of Protein,Source of Niacin
6817247	18/09/2022 22:00	Camile (Specials) - Spicy Dan Dan Noodles with Vegan Chicken (07/22) 6817247	494	15	1.8	66	10	6.5	19	5.4	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A
6817220	18/09/2022 22:00	Camile (Specials) - Spicy Dan Dan Noodles with Chicken (07/22) 6817220	509	17	2.1	64	11	4.1	24	5.2	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A
5812750	17/06/2022 13:31	Camile Thai (Specials) - Vegan Red Curry with Chickpeas (03/22) 5812750	642	42	34	45	19	13	15	2	Low Sugar,Source of Fibre,High in Vitamin C,Source of Manganese
5765536	29/07/2022 17:01	Camile (Specials) - Paddy's Krispy Krapow Tofu (03/22) 5765536	361	17	1.7	34	26	9.8	13	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	23/08/2022 16:56	Camile (Specials) - Paddy's krispy Krapow Chicken (03/22) 5765194	486	16	1.5	52	26	9.6	28	4.7	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	22/03/2022 14:12	Camile (Specials) - Harry's Bangin' Panang Curry Vegan (01/22) 5342317	706	45	28	50	23	12	20	3.2	Low Sugar,Source of Fibre,Source of Vitamin C,Source of Manganese
5342302	15/01/2022 18:00	Camile (Specials) - Harry's Bangin' Panang Curry with Chicken (01/22) 5342302	738	46	30	32	22	5.9	46	3.4	Low Sugar,High in Protein,Source of Vitamin C
3902307	17/06/2022 13:31	Camile Thai (Specials) - Vegan Green Curry with Chickpeas (04/21) 3902307	648	41	33	47	21	13	15	2.1	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	22/08/2022 16:08	Camile Thai (Specials) - Singapore BareNaked Noodles (04/21)	498	18	5.4	29	21	12	49	4.5	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	06/05/2022 13:03	Camile Thai (Sauces) - Massaman Curry Dip (04/21) 3460048	341	26	22	22	13	3.5	3	3.6	Source of Potassium,High in Chloride,Source of Magnesium,Source of Copper,High in Manganese
3460028	17/06/2022 13:31	Camile Thai (Sauces) - Vegan Green Curry Dip (04/21) 3460028	299	25	22	14	9.9	1.2	2.7	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	18/09/2022 22:00	Camile's Vegan Spice Bag (03/22) 2685959	598	37	3.4	47	6.8	7.6	16	2.7	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,High in 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
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2386039	18/09/2022 22:00	Camile's Signature Spice Bag (04/21) 2386039	735	36	3.2	67	7.7	8	32	3.6	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin K,Source of Vitamin C,Source of Vitamin B6,High in Chloride,Source of Folic Acid,Source of Potassium
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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
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98718	22/03/2022 13:07	Camile Thai - Red Curry Prawns (03/22) 98718	565	40	34	32	23	6.9	16	5.4	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
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98713	06/05/2022 13:03	Camile Thai - Massaman Curry Prawns (03/22) 98713	751	50	33	56	24	7.9	16	7	Low Sugar,Source of Protein,High in Vitamin B12,High in Chloride
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98707	22/03/2022 14:18	Camile Thai - Green Curry Prawn (03/22) 98707	585	40	34	35	27	7.7	17	7.4	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
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98675	22/03/2022 13:42	Camile Thai - Pad Prik Haeng Prawns (03/22) 98675	386	22	2.9	26	18	6.8	18	4.2	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
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98666	22/03/2022 13:30	Camile Thai - Pad King Prawns (03/22) 98666	250	11	0.9	21	13	3.9	14	4.1	Fat Free,Low Saturated Fat,Source of Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12,Low Sugar,High in Chloride
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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
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5812750	11/03/2022 13:29	Camile Thai (Specials) - Vegan Red Curry with Chickpeas (03/22) 5812750	642	42	34	45	19	13	15	2	Low Sugar,Source of Fibre,High in Vitamin C,Source of Manganese
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5752087	11/03/2022 13:59	Camile Thai - Vegan Pad Thai with Vegan Chicken (03/22) 5752087	1116	34	4.8	135	38	23	55	8	Low Saturated Fat,Source of Fibre,Source of Protein,Source of Vitamin A,High in Chloride,High in Iodine
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4760727	06/05/2022 12:50	Camile Thai - Vegan Crispy Chilli Tofu (03/22) 4760727	280	8.3	1	39	34	8.2	7.6	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	02/03/2022 16:28	Camile Thai - Vegan Fried Rice with Vegan Chicken (04/21) 4085837	605	13	1.3	96	17	10	20	3.3	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	02/03/2022 16:28	Camile Thai - Vegan Pad King with Vegan Chicken (04/21) 4085733	456	17	1.5	35	21	15	34	6.2	Low Saturated Fat,High in Fibre,High in Protein,Source of Vitamin K
4004674	02/03/2022 16:28	Camile Thai - Vegan Pad Kee Mao with Vegan Chicken (04/21) 4004674	755	7.8	1.1	121	21	17	42	6.3	Low Fat,Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,High in Vitamin K,Source of Vitamin C
4004641	07/04/2022 21:15	Camile Thai - Vegan Pad Kee Mao with Tofu (03/22) 4004641	634	8.9	1.1	116	21	7.2	19	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	07/04/2022 21:15	Camile Thai - Vegan Fried Rice with Tofu (03/22) 4004518	634	19	1.8	95	17	8.3	18	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	11/03/2022 13:21	Camile Thai (Specials) - Vegan Green Curry with Chickpeas (04/21) 3902307	648	41	33	47	21	13	15	2.1	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	02/03/2022 16:28	Camile Thai - Vegan Pad Prik Haeng with Vegan Chicken (04/21) 3460316	531	23	2.9	34	20	18	37	4.6	Low Saturated Fat,High in Fibre,High in Protein,High in Vitamin K,High in Vitamin C,Low Sugar,Source of Vitamin A
3460028	20/04/2021 13:15	Camile Thai (Sauces) - Vegan Green Curry Dip (04/21) 3460028	299	25	22	14	9.9	1.2	2.7	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	11/03/2022 13:30	Camile Thai - Vegan Green Curry with Vegan Chicken (05/21) 3218092	697	44	34	34	21	17	33	4.2	Source of Fibre,Source of Protein,Source of Vitamin C,Low Sugar
3218091	11/03/2022 13:15	Camile Thai - Vegan Red Curry with Vegan Chicken (05/21) 3218091	693	44	34	33	19	17	33	4.1	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Chloride

3218083	07/04/2022 21:15	Camile Thai - Vegan Red Curry with Tofu (03/22) 3218083	572	45	34	28	19	7.3	10	2	Source of Protein,Source of Vitamin C,High in Chloride,High in Calcium,Source of Copper,Source of Manganese,Low Sugar
3156000	07/04/2022 21:15	Camile Thai - Vegan Pad Prik Haeng with Tofu (03/22) 3156000	410	25	2.8	29	20	8.9	15	2.5	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	07/04/2022 21:15	Camile's Vegan Spice Bag (03/22) 2685959	598	37	3.4	47	6.8	7.6	16	2.7	Low Saturated Fat,Low Sugar,Source of Protein,High in Vitamin K,High in 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
2678587	07/04/2022 21:15	Camile Thai - Vegan Green Curry with Tofu (03/22) 2678587	576	45	34	29	21	7.7	11	2.1	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	06/05/2022 13:03	Camile Thai (Starters) - Crispy Tofu with Tamarind Dressing (03/22) 2434052	935	53	4.8	79	12	5.1	33	5.8	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
1460978	07/04/2022 21:15	Camile Thai - Vegan Pad King with Tofu (03/22) 1460978	335	18	1.5	29	20	5.6	11	4	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	07/04/2022 21:15	Camile Thai - Vegan Pad Thai with Tofu (03/22) 1048673	995	35	4.7	130	37	13	32	5.9	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	06/05/2022 13:03	Camile Thai (Salads) - Vegan Tofu & Kale Salad with Tamarind Dressing (03/22) 917544	409	13	1.4	53	18	9.3	16	3.4	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
98797	02/03/2022 16:28	Camile Thai (Sides) - Stir-Fried Noodles (04/21) 98797	341	5.5	0.4	64	14	4.4	6.8	3.4	Low Fat,Low Saturated Fat,Source of Protein,Source of Vitamin A,Source of Manganese,Low Sugar

98794	02/03/2022 16:28	Camile Thai (Sides) - Stir-Fried Asian Greens (04/21) 98794	199	11	0.8	16	11	4.9	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	11/03/2022 13:29	Camile Thai (Specials) - Vegan Red Curry with Chickpeas (03/22) 5812750	642	42	34	45	19	13	15	2	Low Sugar,Source of Fibre,High in Vitamin C,Source of Manganese
4086354	22/03/2022 13:43	Camile Thai - Pad Prik Haeng Prawns GLUTEN-FREE (03/22) 4086354	412	22	2.9	29	15	13	19	6	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	07/03/2022 14:23	Camile Thai - Pad Prik Haeng Duck GLUTEN-FREE (11/21) 4086352	850	63	15	30	15	13	35	6	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
4086346	07/03/2022 14:23	Camile Thai - Pad Prik Haeng Chicken GLUTEN-FREE (04/21) 4086346	561	26	4.3	29	15	13	46	4.6	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	07/03/2022 14:23	Camile Thai - Pad Prik Haeng Beef GLUTEN-FREE (04/21) 4086260	595	31	7.1	29	15	13	44	4.6	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	22/03/2022 13:31	Camile Thai - Pad King Prawns GLUTEN-FREE (03/22) 4086254	276	11	0.9	23	10	10	15	5.9	Low Saturated Fat,Low Sugar,High in Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12
4086252	07/03/2022 14:23	Camile Thai - Pad King Duck GLUTEN-FREE (11/21) 4086252	706	52	13	23	10	10	31	5.8	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin K,High in Vitamin B12
4086245	07/03/2022 14:23	Camile Thai - Pad King Chicken GLUTEN-FREE (04/21) 4086245	418	16	2.3	21	9.8	10	42	4.4	Low Saturated Fat,Low Sugar,Source of Fibre,High in Protein,Source of Vitamin K,Source of Vitamin B6
4086237	07/03/2022 14:23	Camile Thai - Pad King Beef GLUTEN-FREE (04/21) 4086237	439	19	4.5	21	9.8	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	11/03/2022 13:21	Camile Thai (Specials) - Vegan Green Curry with Chickpeas (04/21) 3902307	648	41	33	47	21	13	15	2.1	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	11/03/2022 13:30	Camile Thai - Vegan Green Curry with Vegan Chicken (05/21) 3218092	697	44	34	34	21	17	33	4.2	Source of Fibre,Source of Protein,Source of Vitamin C,Low Sugar
3218091	11/03/2022 13:15	Camile Thai - Vegan Red Curry with Vegan Chicken (05/21) 3218091	693	44	34	33	19	17	33	4.1	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Chloride
198089	07/03/2022 14:23	Camile Thai - Green Curry Chicken (04/21) 198089	733	45	35	35	27	7.7	44	5.9	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,High in Chloride
167195	22/03/2022 13:06	Camile Thai - Red Curry Duck LARGE (04/21) 167195	1504	121	69	49	34	10	48	8	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin B12
167194	22/03/2022 13:08	Camile Thai - Red Curry Prawns LARGE (03/22) 167194	848	60	51	48	34	10	24	8.1	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
167192	22/03/2022 13:06	Camile Thai - Red Curry Chicken LARGE (04/21) 167192	1071	67	53	48	34	10	65	5.9	Low Sugar,Source of Fibre,High in Protein
167191	22/03/2022 13:05	Camile Thai - Red Curry Beef LARGE (04/21) 167191	1122	74	57	48	34	10	62	5.9	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin B6,Source of Vitamin B12,Source of Zinc
167186	22/03/2022 12:50	Camile Thai - Green Curry Duck LARGE (11/21) 167186	1533	122	69	55	41	12	49	11	Low Sugar,Source of Protein,Source of Vitamin C,Source of Vitamin B12
167184	22/03/2022 12:52	Camile Thai - Green Curry Prawn LARGE (04/21) 167184	878	60	51	53	40	12	25	11.1	Source of Protein,Source of Vitamin C,High in Vitamin B12
167183	22/03/2022 12:50	Camile Thai - Green Curry Chicken LARGE (04/21) 167183	1100	67	53	53	40	12	66	8.8	Low Sugar,High in Protein,Source of Vitamin C
167180	22/03/2022 12:49	Camile Thai - Green Curry Beef LARGE (03/22) 167180	1137	74	57	52	40	12	60	8.9	Low Sugar,High in Protein,Source of Vitamin C,Source of Vitamin B6,Source of Vitamin B12

98718	22/03/2022 13:07	Camile Thai - Red Curry Prawns (03/22) 98718	565	40	34	32	23	6.9	16	5.4	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
98717	07/03/2022 14:23	Camile Thai - Red Curry Duck (11/21) 98717	1003	81	46	33	23	6.9	32	5.4	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12
98716	07/03/2022 14:23	Camile Thai - Red Curry Chicken (04/21) 98716	714	44	35	32	23	6.9	44	3.9	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C
98715	07/03/2022 14:23	Camile Thai - Red Curry Beef (04/21) 98715	748	49	38	32	23	6.9	41	3.9	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12,Source of Vitamin B6,Source of Zinc
98707	22/03/2022 14:18	Camile Thai - Green Curry Prawn (03/22) 98707	585	40	34	35	27	7.7	17	7.4	Low Sugar,Source of Fibre,Source of Protein,Source of Vitamin C,High in Vitamin B12,High in Chloride
98706	07/03/2022 14:23	Camile Thai - Green Curry Duck (11/21) 98706	1022	81	46	36	27	7.7	33	7.3	Low Sugar,Source of Fibre,High in Protein,Source of Vitamin C,Source of Vitamin B12,High in Chloride
98704	07/03/2022 14:23	Camile Thai - Green Curry Beef (04/21) 98704	758	49	38	35	26	8	40	5.9	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	07/03/2022 14:23	Camile Thai (Soups) - Tom Yam Goong (04/21) 98658	192	9.6	1.7	17	12	2.9	7.9	5.1	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
6292782	22/04/2022 16:17	Camile Kids - Spice Bag with Tofu (04/22) 6292782	466	28	2.1	42	11	4.4	10	1.8	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	21/04/2022 17:39	Camile Kids - Spice Bag with Chicken (04/22) 6292725	527	27	2	53	12	4.6	16	2	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin E,Source of Vitamin K,High in Vitamin C,Source of Niacin,High in Vitamin B6,Source of Folic Acid,Source of Potassium
6292686	06/05/2022 13:03	Camile Kids - Massaman Tofu with Jasmine Rice (04/22) 6292686	863	41	21	106	12	5.7	16	3.2	Low Sugar
6292668	06/05/2022 13:03	Camile Kids - Massaman Chicken with Jasmine Rice (04/22) 6292668	891	37	21	105	12	5.1	33	3.3	Low Sugar,Source of Protein

6292659	06/05/2022 12:50	Camile Kids - Crispy Tofu (04/22) 6292659	521	13	2	85	23	3.3	13	2.1	Low Saturated Fat
6292557	21/04/2022 17:09	Camile Kids - Wok Fried Noodles with Tofu (04/22) 6292557	406	22	2.5	35	9.5	3	16	2.8	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A,Source of Iron
6291717	06/05/2022 13:03	Camile Kids - Camile Chicken Satay Skewers with Jasmine Rice (04/22) 6291717	605	11	5.7	82	9.4	1.4	44	1.4	Low Fat,Low Sugar,High in Protein,Source of Niacin,Source of Vitamin B6,Source of Phosphorus
6291669	21/04/2022 16:55	Camile Kids - Camile Special Fried Rice with Tofu (04/22) 6291669	708	31	3.1	87	13	5.8	17	3	Low Saturated Fat,Low Sugar,Source of Vitamin A,High in Vitamin K
6291447	21/04/2022 16:55	Camile Kids - Camile Special Fried Rice with Chicken (04/22) 6291447	724	24	2.6	87	13	5.2	37	3	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin A,High in Vitamin K
98814	21/04/2022 17:06	Camile Kids - Wok Fried Noodles with Chicken (04/22) 98814	423	15	2	35	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	06/05/2022 12:50	Camile Kids - Crispy Chicken (04/22) 39983	581	12	1.9	97	23	3.5	19	2.4	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
5012675	06/05/2022 13:03	Camile Thai (Sides) - Kale Side Salad with Tamarind Dressing (12/21) 5012675	107	0.7	0.1	20	14	4.1	2.5	0.82	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	11/03/2022 14:35	Camile Thai (Sides) - Stir-Fried Asian Greens with GLUTEN-FREE seasoning sauce (04/21) 1459944	185	11	0.8	12	5.4	7.5	6.5	2.1	Low Saturated Fat,Low Sugar,High in Fibre,Source of Protein,Source of Vitamin K,Source of Folic Acid
98797	02/03/2022 16:28	Camile Thai (Sides) - Stir-Fried Noodles (04/21) 98797	341	5.5	0.4	64	14	4.4	6.8	3.4	Low Fat,Low Saturated Fat,Source of Protein,Source of Vitamin A,Source of Manganese,Low Sugar
98796	21/04/2022 17:37	Camile Thai (Sides) - Egg Fried Rice (04/21) 98796	505	9.1	1.9	93	3.6	0.8	12	0.97	Low Fat,Low Saturated Fat,Low Sugar,Source of Chloride
98795	11/03/2022 13:59	Camile Thai (Sides) - Brown & Wild Rice (04/21) 98795	503	0.7	0	110	0	5.1	12	0	Low Fat,Low Saturated Fat,Very Low Salt,Low Sugar

98794	02/03/2022 16:28	Camile Thai (Sides) - Stir-Fried Asian Greens (04/21) 98794	199	11	0.8	16	11	4.9	6.5	2	Low Saturated Fat,Source of Fibre,Source of Vitamin K,Source of Folic Acid,High in Chloride,Low Sugar
98622	21/04/2022 17:37	Camile Thai (Sides) - Camile Fried Potatoes (04/21) 98622	616	34	2.2	63	11	5.8	11	1.8	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	11/03/2022 14:01	Camile Thai (Sides) - Steamed Broccoli (04/21) 40377	65	0.8	0.2	5.7	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	11/03/2022 14:00	Camile Thai (Sides) - Jasmine Rice (04/21) 40240	464	0.8	0.4	105	0	0.9	8.8	0.05	Fat Free,Low Saturated Fat,Sugar Free,Very Low 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
4806767	23/03/2022 14:07	Camile Thai (Sauces) - Soy Sauce (09/21) 4806767	258	1.4	0.3	40	29		21	49	Low Fat,Low Saturated Fat,High in Protein,High in Chloride
4156814	06/05/2022 13:03	Camile Thai (Sauces) - Tamarind Dressing (12/21) 4156814	73	0	0	17	11	0.9	0.5	0.78	Fat Free,No Saturated Fat,Source of Fibre,Source of Potassium,High in Chloride,Source of Magnesium
4086447	23/03/2022 14:08	Camile Thai (Sauces) - Sriracha Sauce (09/21) 4086447	178	0.5	0	36	36	5.2	3.6	4	Fat Free,No Saturated Fat,High in Fibre,High in Vitamin A,High in Vitamin C,Source of Vitamin B6,Source of Folic Acid,Source of Potassium
3514704	23/03/2022 16:00	Camile (Soft Drinks) - 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
3473204	24/10/2021 17:32	Camile Thai (CP Sauces) - Sweet Soy Dipping Sauce for Gyoza Batch (03/21) 3473204	49	0	0	11	9.6	0.9	0.8	1.6	Fat Free,No Saturated Fat,High in Protein,Source of Fibre
3460048	06/05/2022 13:03	Camile Thai (Sauces) - Massaman Curry Dip (04/21) 3460048	341	26	22	22	13	3.5	3	3.6	Source of Potassium,High in Chloride,Source of Magnesium,Source of Copper,High in Manganese
3460028	20/04/2021 13:15	Camile Thai (Sauces) - Vegan Green Curry Dip (04/21) 3460028	299	25	22	14	9.9	1.2	2.7	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	24/10/2021 17:32	Camile Thai (CP Sauces) - Hoisin Dipping Sauce Batch (09/21) 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	23/03/2022 12:20	Camile Thai (Sauces) - Thai Seasoning Sauce 285mls (09/21) 1460264	383	1.4	0.2	83	65	5.9	6.2	20	Fat Free,No Saturated Fat,Source of Fibre
1381571	09/11/2021 17:42	Camile Thai (CP Sauces) - Sriracha Coconut Dip Batch (03/21) 1381571	46	1.9	1.7	6.9	5.9	0	0.5	0.97	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	06/05/2022 12:50	Camile Thai (CP Sauces) - Sweet Chilli Sauce Batch (03/21) 1381567	69	0	0	16	14	1.6	0	0.37	Fat Free,High in Vitamin C,No Saturated Fat,Source of Vitamin A,Source of Fibre
40467	24/10/2021 17:32	Camile Thai (CP Sauces) - Plum Dipping Sauce Batch (03/21) 40467	75	0	0	17	16	1.8	0	0.39	Fat Free,No Saturated Fat,Source of Fibre
36214	06/05/2022 13:03	Camile Thai (CP Sauces) - Peanut Satay Dipping Sauce Batch (03/21) 36214	82	5.5	2.8	6.3	4.4	0.6	1.5	0.25	Source of Vitamin E,Source of Thiamin,Source of Niacin,High in Biotin,High in Chloride,Source of Phosphorus,Source of Magnesium,High in 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
3471476	04/05/2021 12:58	Camile Thai (Toppings) - Crushed Peanuts (04/21) 3471476	134	12	1.5	2.4	1.6	0.9	3.5	0.08	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	04/04/2021 14:07	Camile Thai (Toppings) - Soy Sunflower & Pumpkin Seeds (04/21) 3471469	87	6.7	1	2.2	0	1	4	0.33	Low Sugar,High in Fibre,Source of 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
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3471464	20/05/2021 16:14	Camile Thai (Toppings) - Crispy Shallots (04/21) 3471464	87	6.6	3.2	6	1.2		0.9	0.15	
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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
5089313	21/03/2022 16:40	Ben & Jerry's Caramel Chew Chew Ice Cream 465ml tub (11/21)	1129	65	44	121	107		15	0.74	Low Salt
4160098	23/03/2022 14:11	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	02/12/2021 19:14	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	02/12/2021 19:12	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	23/03/2022 14:10	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	23/03/2022 14:12	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	02/12/2021 21:38	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
3138175	23/03/2022 14:26	NobÅ³ Dairy Free Ice-Cream - Irish Salted Caramel 500ml Tub (03/22) 3138175	231	14	12	24	23		1.7	0.45	
3138171	23/03/2022 14:20	NobÅ³ Dairy Free Ice-Cream - Chocolate & Toasted Almonds 500ml Tub (03/22) 3138171	239	18	12	17	16		3.6	0.34	Low Salt
3138160	23/03/2022 14:27	NobÅ³ Dairy Free Ice-Cream - Passion Fruit & Mango 500ml Tub (03/22) 3138160	186	12	9.9	18	17		1.6	0.08	Very Low Salt

2433850	24/02/2022 15:40	Camile Thai (Desserts) - Crispy Pancake (Apple Filled with Cinnamon Sugar & Custard) (04/21) 2433850	272	3.1	0.7	56	31	0	4.6	0.08	Low Fat,Low Saturated Fat,Very Low Salt
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98816	06/05/2022 12:51	Camile Thai (Desserts) - Homemade Mango Rice Pudding (04/21) 98816	246	1.9	0.3	52	33	1.4	4.3	0.08	Very Low Salt,Low Fat,Low Saturated Fat
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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	15/12/2021 12:38	Camile Bliss Bowls - Pork Ramen (04/21) 3068939	497	7.3	1.2	78	21	8.9	26	5	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	06/05/2022 12:50	Petite Camile (Bliss Bowls) - Crispy Chilli Chicken (09/21) 3068904	602	6.3	0.6	110	30	11	20	2	Low Saturated Fat,Source of Protein,High in Vitamin K,Low Fat,Source of Vitamin C,Source of Manganese,Source of Fibre
3068877	15/12/2021 12:38	Camile Bliss Bowls - Khao Soi Gai (04/21) 3068877	712	32	25	69	20	7.2	34	3.9	Low Sugar,Source of Protein,Source of Vitamin K,Source of Manganese,Source of Chloride
3068858	07/04/2022 21:15	Camile Bliss Bowls - Vegan Pad Prik Haeng Tofu (03/22) 3068858	578	15	1.6	86	14	10	20	2.4	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	07/04/2022 21:15	Camile Bliss Bowls - Pad King Tofu (03/22) 3068847	578	15	1.6	86	14	10	20	2.4	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	20/01/2022 15:58	Camile Bliss Bowls - Pad Prik Haeng Chicken (04/21) 3068838	494	1.9	0.4	84	13	8.8	31	2.4	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	20/01/2022 15:58	Camile Bliss Bowls - Pad King Chicken (04/21) 3068829	495	1.9	0.4	84	13	8.8	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	07/04/2022 21:15	Petite Camile (Bliss Bowls) - Vegan Green Tofu Curry (03/22) 3068822	837	42	25	89	16	10	22	1.5	Low Sugar,High in Vitamin K,Source of Vitamin C,Source of Copper,Source of Manganese,Low Salt,Source of Protein

3063378	06/05/2022 13:03	Petite Camile (Bliss Bowls) - Massaman Curry (09/21) 3063378	831	34	25	97	19	12	30	3.9	Low Saturated Fat,Source of Protein,Source of Vitamin K,Source of Vitamin C,Source of Manganese,Low Sugar,High in Chloride
3063366	23/03/2022 12:59	Petite Camile (Bliss Bowls) - Green Chicken Curry (04/21) 3063366	818	34	26	92	20	9.9	30	4.2	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	01/03/2022 22:14	Camile (On The Go) - 2 Vegetable Spring Rolls with Plum Dipping Sauce (01/22)	312	14	1.4	39	22	4.4	5.1	1.7	Low Saturated Fat,High in Vitamin K,Source of Vitamin C,Source of Folic Acid
5421058	07/04/2022 21:15	Camile (On The Go Bowls) - Pad Prik Haeng with Tofu (01/22) 5421058	590	27	3	66	9.8	5.2	19	1.7	Low Saturated Fat,Low Sugar,Source of Protein,Source of Vitamin K,Source of Manganese
5421034	29/01/2022 15:17	Camile (On The Go Bowls) - Pad Prik Haeng with Chicken (01/22) 5421034	502	12	2.2	65	9.2	3.7	31	1.8	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin K
5421016	06/05/2022 12:50	Camile (On The Go Bowls) - Vegan Crispy Chilli Stir-Fry with Tofu (01/22) 5421016	581	25	2.6	70	15	5.3	17	0.73	Low Saturated Fat,Low Sugar,Low Salt,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Manganese
5421004	06/05/2022 12:50	Camile (On The Go Bowls) - Crispy Chilli Stir-Fry with Tofu (01/22) 5421004	610	25	2.6	77	21	6	17	1.2	Low Saturated Fat,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Manganese
5420977	06/05/2022 12:50	Camile (On The Go Bowls) - Crispy Chilli Stir-Fry with Chicken (01/22) 5420977	556	13	1.4	89	21	5.3	17	1.5	Low Saturated Fat,Source of Protein,Source of Vitamin K,Source of Vitamin C
5420974	07/04/2022 21:15	Camile (On The Go Bowls) - Vegan Green Curry with Tofu (01/22) 5420974	733	41	22	69	12	5.4	19	1.3	Low Sugar,Low Salt,Source of Protein,Source of Vitamin C,Source of Manganese
5420968	07/04/2022 21:15	Camile (On The Go Bowls) - Green Curry with Tofu (01/22) 5420968	759	42	22	73	16	6	20	3.4	Low Sugar,Source of Manganese,Source of Protein
5420959	29/01/2022 15:17	Camile (On The Go Bowls) - Green Curry with Chicken (01/22) 5420959	671	27	21	72	15	4.5	32	3.6	Low Sugar,Source of Protein
5420950	06/05/2022 13:03	Camile (On The Go Bowls) - Massaman Curry with Tofu (01/22) 5420950	846	47	22	84	15	6.4	19	3.2	Low Sugar,Source of Protein,Source of Manganese
5420941	06/05/2022 13:03	Camile (On The Go Bowls) - Massaman Curry with Chicken (01/22) 5420941	758	32	21	84	14	4.9	32	3.3	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
5700568	07/04/2022 21:15	Camile (Lunch Menu) - Pad Prik Haeng Tofu (03/22)	431	12	1.4	67	10	4.5	11	1.7	Low Saturated Fat,Low Sugar,Source of Vitamin K,High in Vitamin C
5700550	08/03/2022 21:09	Camile (Lunch Menu) - Pad Prik Haeng Chicken (03/22)	501	11	1.9	67	10	4.1	31	1.8	Low Saturated Fat,Low Sugar,High in Protein,Source of Vitamin K,High in Vitamin C,Low Fat
5700103	07/04/2022 21:15	Camile (Lunch Menu) - Vegan Fried Rice with Tofu (03/22)	377	5.4	0.7	69	12	4.8	11	2.1	No Saturated Fat,Source of Protein,Source of Vitamin A,Source of Vitamin B12,Low Fat,Low Sugar,Source of Vitamin K
5699989	08/03/2022 21:05	Camile (Lunch Menu) - Chicken Fried Rice (03/22)	509	7	1.8	73	16	3.8	37	3.7	Low Fat,Low Saturated Fat,Low Sugar,High in Protein
5699938	07/04/2022 21:15	Camile (Lunch Menu) - Vegan Pad Thai with Tofu (03/22)	448	11	1.2	69	23	7	13	4.5	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	08/03/2022 20:54	Camile (Lunch Menu) - Pad Thai with Chicken (03/22)	683	24	4.3	68	22	4.8	45	3.2	Low Saturated Fat,High in Protein,Source of Vitamin A,Source of Niacin,Source of Vitamin B12,Source of Biotin
5697457	06/05/2022 12:50	Camile (Lunch Menu) - Vegan Crispy Chilli Tofu Stir-Fry (03/22)	443	10	1	77	22	4.8	8.2	1.1	Low Saturated Fat,Low Salt,Source of Protein,High in Vitamin K,Source of Vitamin C,Source of Manganese,Low Fat
5697391	06/05/2022 12:50	Camile (Lunch Menu) - Crispy Chilli Chicken Stir-Fry (03/22)	543	12	1.2	89	21	5.1	16	1.5	Low Saturated Fat,Source of Protein,High in Vitamin K,Source of Vitamin C
5697079	07/04/2022 21:15	Camile (Lunch Menu) - Vegan Green Curry with Tofu (03/22)	539	24	18	67	11	4.1	11	1.1	Low Sugar,Source of Vitamin C,Source of Manganese,Low Salt
5697031	08/03/2022 21:29	Camile (Lunch Menu) - Green Chicken Curry (03/22)	667	27	21	72	15	4.3	32	3.6	Low Sugar,Source of Protein
5696743	06/05/2022 13:03	Camile (Lunch Menu) - Massaman Tofu Curry & Rice (03/22)	804	42	25	92	16	5.3	13	3.4	Low Sugar,Source of Manganese
5696656	06/05/2022 13:03	Camile (Lunch Menu) - Massaman Chicken Curry (03/22)	932	45	27	96	17	4.9	33	3.6	Low Sugar,Source of Protein