

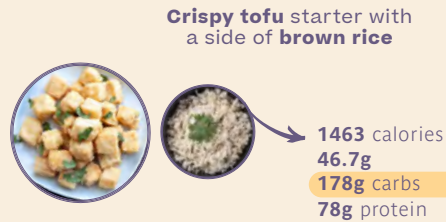
Energy givers

Packed with carbohydrates to fuel the body. Recommended 2-3 hours before training, recommendations made for 2-3g of carbs per kg body weight.



Khao Soi Gai
& side of **wasabi peas**

1227 calories
36.7g fat
153g carbs
65.2g protein



Crispy tofu starter with
a side of **brown rice**

1463 calories
46.7g fat
178g carbs
78g protein



Crispy chilli chicken,
with a side of **jasmine rice**

1014 calories
22.8g fat
163g carbs
33.8g protein

Protein packed

Rich in protein, for muscle building and repair. Our higher protein options, recommended post training.



Thai Green Chicken Curry

733 calories
45g fat
35g carbs
44g protein



Singapore Noodles

796 calories
29g fat
74g carbs
57g protein

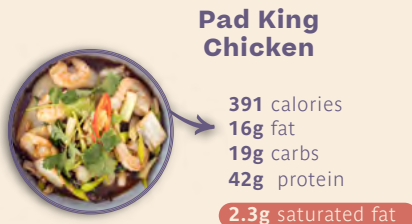


Chu Chee Chicken,
with **Kale side salad**

990 calories
19.7g fat
141g carbs
57g protein

Healthy Heart

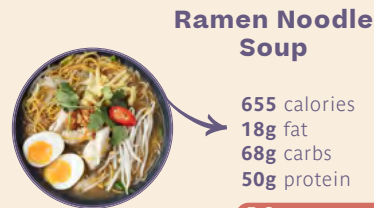
Some lighter options. Low in saturated fat.



Pad King Chicken

391 calories
16g fat
19g carbs
42g protein

2.3g saturated fat



Ramen Noodle Soup

655 calories
18g fat
68g carbs
50g protein

5.2g saturated fat



Vegan Spice Bag Flavoured Cauliflower
with **Sriracha Coconut Dip**

383 calories
25g fat
31g carbs
8.2g protein

4g saturated fat

We make your food when you order it. Also on MyFitnessPal

starters/ small plates

Tiffin Box for 2



1024 calories
60g fat
75g carbs
43g protein

Spiced Calamari Bites



588 calories
47g fat
25g carbs
13g protein

Chargrilled Chicken Skewers



418 calories
15g fat
20g carbs
50g protein

Camile Crispy Tofu



960 calories
46g fat
68g carbs
66g protein

Sriracha Chicken Wings



742 calories
58g fat
20g carbs
33g protein

Camile Fried Potatoes



617 calories
34g fat
64g carbs
11g protein

Vegan Spice Bag Flavoured Cauliflower



383 calories
25g fat
31g carbs
8.2g protein

Spring Rolls



vegetable
492 calories
22g fat
64g carbs
6.4g protein

hoisin duck
564 calories
27g fat
60g carbs
17g protein

Duck Pancakes



535 calories
18g fat
58g carbs
34g protein

soups

Ramen Noodle Soup



655 calories
18g fat
68g carbs
50g protein

Tom Yam Goong



210 calories
11g fat
19g carbs
8.2g protein

Vegan Tofu & Kale Salad



640 calories
33g fat
39g carbs
43g protein

Sticky Chicken Salad



620 calories
25g fat
55g carbs
40g protein

Thai Beef Salad



333 calories
10g fat
21g carbs
38g protein

feel good curries

Chicken



red curry: 423 cals | 18G fat | 23G carbs | 39G protein
green curry: 429 cals | 18G fat | 25G carbs | 39G protein
chu chee curry: 423 cals | 18G fat | 23G carbs | 39G protein
massaman curry: 439 cals | 18G fat | 27G carbs | 39G protein
chiang mai curry: 418 cals | 18G fat | 21G carbs | 39G protein

Tofu



red curry: 564 cals | 35G fat | 26G carbs | 33G protein
green curry: 570 cals | 35G fat | 27G carbs | 33G protein
chu chee curry: 564 cals | 35G fat | 26G carbs | 33G protein
massaman curry: 579 cals | 35G fat | 29G carbs | 33G protein
chiang mai curry: 558 cals | 35G fat | 24G carbs | 33G protein

Locally grown veg. Also on MyFitnessPal

curries

Green Curry



chicken
733 calories
45g fat
35g carbs
44g protein

beef
768 calories
49g fat
35g carbs
42g protein

prawn
588 calories
40g fat
35g carbs
18g protein

duck
747 calories
53g fat
35g carbs
29g protein

tofu & veg
874 calories
62g fat
37g carbs
38g protein

***Vegan Green & Red Curry details in Vegan section**

Massaman



chicken
899 calories
54g fat
56g carbs
43g protein

beef
934 calories
59g fat
56g carbs
41g protein

prawn
755 calories
50g fat
56g carbs
17g protein

duck
913 calories
62g fat
56g carbs
29g protein

tofu & veg
819 calories
55g fat
58g carbs
18g protein

Red Curry



chicken
714 calories
44g fat
32g carbs
44g protein

beef
748 calories
49g fat
32g carbs
41g protein

prawn
569 calories
40g fat
32g carbs
17g protein

duck
728 calories
53g fat
32g carbs
29g protein

tofu & veg
855 calories
62g fat
34g carbs
37g protein

Chu Chee



chicken
487 calories
19g fat
31g carbs
45g protein

beef
521 calories
24g fat
31g carbs
43g protein

prawn
342 calories
15g fat
31g carbs
18g protein

duck
501 calories
27g fat
31g carbs
30g Protein

tofu & veg
627 calories
36g fat
33g carbs
39g protein

Chiang Mai



chicken
788 calories
51g fat
35g carbs
42g protein

beef
838 calories
56g fat
35g carbs
43g protein

prawn
669 calories
47g fat
35g carbs
21g protein

duck
846 calories
59g fat
35g carbs
38g protein

tofu & veg
929 calories
68g fat
38g carbs
36g protein

Natural food. The best ingredients. Also on MyFitnessPal

stir fries

Pad King



chicken
391 calories
16g fat
19g carbs
42g protein

beef
413 calories
19g fat
19g carbs
39g protein

prawn
247 calories
11g fat
19g carbs
15g protein

duck
405 calories
24g fat
19g carbs
27g protein

tofu & veg
532 calories
33g fat
21g carbs
36g protein

Pad Prik Haeng



chicken
534 calories
26g fat
26g carbs
45g protein

beef
568 calories
31g fat
26g carbs
43g protein

prawn
389 calories
22g fat
26g carbs
19g protein

duck
548 calories
34g fat
26g carbs
30g protein

tofu & veg
674 calories
43g fat
28g carbs
39g protein

Pad Med Mamung



479 calories
18g fat
28g carbs
48g Protein

Crispy Chili Beef



630 calories
27g fat
62g carbs
29g protein

Pad Krapow



438 calories
16g fat
28g carbs
42g protein

Camile's Signature Spice Bag



734 calories
36g fat
67g carbs
32g Protein

Crispy Chili Chicken



550 calories
22g fat
58g carbs
25g protein

Mekong Duck



428 calories
24g fat
24g carbs
27g protein

Massaman Curry Dip



342 calories
26g fat
22g carbs
3g protein

Note: Main course calories do not include rice side

Khao Soi Ghai



1079 calories
34g fat
128g carbs
59g protein

Classic Pad Thai



847 calories
31g fat
83g carbs
54g protein

Singapore Noodles



796 calories
29g fat
74g carbs
57g protein

Khao Pad Nua



816 calories
28g fat
91g carbs
48g protein

Special Fried Rice



818 calories
20g fat
96g carbs
61g protein

noodles & fried rice

Pad Thai with Chicken



1061 calories
32g fat
124g carbs
66g protein

Wok fried will leave you tongue tied. Also on MyFitnessPal

vegan/ vegetarian

Vegan Green Curry



tofu
820 calories
60g fat
31g carbs
36g protein

vegan chicken
698 calories
44g fat
34g carbs
33g protein

Vegan Pad Thai



1052 calories
49g fat
91g carbs
53g protein

Camile Crispy Tofu



960 calories
46g fat
68g carbs
66g protein

Vegan Red Curry



tofu
816 calories
60g fat
30g carbs
36g protein

vegan chicken
693 calories
44g fat
33g carbs
33g protein

Vegan Pad King



tofu
572 calories
33g fat
29g carbs
36g protein

vegan chicken
449 calories
17g fat
33g carbs
34g protein

Vegan Spice Bag Flavoured Cauliflower



383 calories
25g fat
31g carbs
8.2g protein

Vegan Pad Prik Haeng



tofu
653 calories
40g fat
31g carbs
40g protein

vegan chicken
530 calories
23g fat
34g carbs
37g protein

Fried Tofu & Kale Slaw



640 calories
33g fat
39g carbs
43g protein

Vegan Fried Rice



tofu
628 calories
17g fat
93g carbs
21g protein

vegan chicken
598 calories
13g fat
94g carbs
20g protein

vegan spice bag



795 calories
48g fat
49g carbs
38g protein

Vegan Green Curry Dip



299 calories
25g fat
14g carbs
2.7g protein

Eaten vegan isn't a huge missed steak. Also on MyFitnessPal

seafood

Green Prawn Curry



588 calories
40g fat
35g carbs
18g protein

Thai Baked Salmon



686 calories
41g fat
35g carbs
42g protein

Pad King Prawn



247 calories
11g fat
19g carbs
15g protein

Sweet Crispy Chicken



595 calories
12g fat
97g carbs
22g protein

Wok Fried Noodles



378 calories
10g fat
35g carbs
36g protein

Thai Fried Potatoes with Chicken



481 calories
23g fat
37g carbs
30g protein

kids

We make your food when you order it. Also on MyFitnessPal

sides

Brown & Wild Rice



503 calories
0.7g fat
110g carbs
12g protein

Camile Fried Potatoes



617 calories
34g fat
64g carbs
11g protein

Shredded Kale Side Salad



88 calories
5.3g fat
4.3g carbs
4g protein

Jasmine Rice



464 calories
0.8g fat
105g carbs
8.8g protein

Stir Fried Asian Greens



192 calories
11g fat
15g carbs
6.5g protein

Stir Fried Noodles



333 calories
5.5g fat
63g carbs
6.5g protein

Egg Fried Rice



505 calories
9.1g fat
93g carbs
12g protein

Steamed Broccoli



65 calories
0.8g fat
5.7g carbs
6.2g protein

We know, it's hard to pick a side. Also on MyFitnessPal

nibbles/ desserts

Wasabi Peas



148 calories
2.7g fat
25g carbs
6.2g protein

Prawn Crackers



501 calories
5.7g fat
99g carbs
13g protein

Mango Rice Pudding



246 calories
1.9g fat
52g carbs
4.3g protein

Honey Chilli Cashews



250 calories
18g fat
14g carbs
7.3g protein

Edamame



195 calories
3.6g fat
16g carbs
18g protein

Crispy Pancake (Apple)



272 calories
3.1g fat
56g carbs
4.6g protein

Add ons

2 Chargrilled Chicken Skewers



143 calories
3.3g fat
4.1g carbs
24g protein

1 Veg Spring Roll



137 calories
7.4g fat
15g carbs
2g protein

2 Sriracha Chicken Wings



254 calories
17g fat
14g carbs
10g protein

Small treats with huge flavour. Also on MyFitnessPal

large curries

Green Curry



chicken
1100 calories
67g fat
53g carbs
66g protein

beef
1152 calories
74g fat
53g carbs
63g protein

prawn
883 calories
60g fat
53g carbs
26g protein

duck
1121 calories
79g fat
53g carbs
44g protein

tofu & veg
1311 calories
93g fat
56g carbs
57g protein

***Vegan Green & Red Curry details in Vegan section**

Massaman



chicken
1350 calories
81g fat
84g carbs
65g protein

beef
1401 calories
88g fat
84g carbs
62g protein

prawn
1133 calories
75g fat
84g carbs
25g protein

duck
1371 calories
93g fat
84g carbs
43g protein

tofu & veg
1229 calories
83g fat
88g carbs
27g protein

Chiang Mai



chicken
1183 calories
77g fat
53g carbs
63g protein

beef
1258 calories
84g fat
53g carbs
65g protein

prawn
1004 calories
71g fat
53g carbs
32g protein

duck
1270 calories
89g fat
53g carbs
58g protein

tofu & veg
1394 calories
103g fat
57g carbs
54g protein

Red Curry



chicken
1071 calories
67g fat
48g carbs
44g protein

beef
1122 calories
74g fat
65g carbs
62g protein

prawn
854 calories
60g fat
48g carbs
25g protein

duck
1092 calories
79g fat
48g carbs
43g protein

tofu & veg
1282 calories
93g fat
51g carbs
56g protein

Chu Chee



chicken
731 calories
29g fat
47g carbs
67g protein

beef
782 calories
36g fat
47g carbs
64g protein

prawn
514 calories
22g fat
47g carbs
27g protein

duck
752 calories
41g fat
47g carbs
45g Protein

tofu & veg
942 calories
55g fat
50g carbs
58g protein

Natural food. The best ingredients. Also on MyFitnessPal

large stir fries

Pad King



chicken
573 calories
23g fat
28g carbs
61g protein

beef
605 calories
28g fat
28g carbs
57g protein

prawn
360 calories
17g fat
28g carbs
22g protein

duck
593 calories
35g fat
28g carbs
39g protein

tofu & veg
779 calories
48g fat
31g carbs
52g protein

Pad Prik Haeng



chicken
801 calories
39g fat
39g carbs
68g protein

beef
853 calories
46g fat
39g carbs
65g protein

prawn
584 calories
33g fat
39g carbs
28g protein

duck
822 calories
51g fat
39g carbs
46g protein

tofu & veg
1012 calories
65g fat
43g carbs
59g protein

Crispy Chili Beef



945 calories
41g fat
93g carbs
44g protein

Mekong Duck



643 calories
36g fat
36g carbs
41g protein

Crispy Chili Chicken



826 calories
33g fat
88g carbs
38g protein

Pad Med Mamung



719 calories
27g fat
42g carbs
72g Protein

Note: Main course calories do not include rice side

specials

Rainbow Rice Noodle Salad



chicken
539 calories
18g fat
60g carbs
32g protein

tofu
406 calories
9.1g fat
63g carbs
14g protein

Barenaked Singapore Noodles



588 calories
28g fat
29g carbs
49g protein

Pad Kee Mao



chicken
728 calories
6.6g fat
114g carbs
50g protein

beef
762 calories
11g fat
114g carbs
48g protein

prawn
609 calories
2.7g fat
114g carbs
29g protein

duck
786 calories
15g fat
114g carbs
46g protein

tofu & veg
877 calories
24g fat
118g carbs
45g protein

vegan chicken
755 calories
7.8g fat
121g carbs
42g protein

Pad Cha



chicken
447 calories
16g fat
30g carbs
41g protein

beef
481 calories
21g fat
30g carbs
39g protein

prawn
328 calories
12g fat
30g carbs
20g protein

duck
505 calories
24g fat
30g carbs
38g protein

tofu & veg
602 calories
33g fat
35g carbs
36g protein

vegan chicken
479 calories
17g fat
39g carbs
33g protein

We make your food when you order it. Also on MyFitnessPal