















Petite Camile (Ireland) - Allergen Information 14/02/2023











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 (02/23) - 1 Serving	887Kcal	WHEAT EGGS MILK MOLLUSCS SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	CELERY
Camile (Breakfast Menu) - Breakfast Box with Crispy Potato, Omelette & Pork Belly (02/23) - 1 Serving	849Kcal	WHEAT EGGS MILK SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	CELERY
Camile (Breakfast Menu) - Small Veggie Breakfast Box with Fried Rice, Peppers & Omelette (11/22) - 1 Serving	600Kcal	WHEAT EGGS MILK MOLLUSCS SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	CELERY
Camile (Breakfast Menu) - Veggie Breakfast Box with Camile Fried Rice, Peppers & Omelette (02/23) - 1 Serving	736Kcal	WHEAT EGGS MILK MOLLUSCS SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	CELERY
Camile (Breakfast Menu) - Veggie Breakfast Box with Crispy Potato, Peppers & Omelette (02/23) - 1 Serving	788Kcal	WHEAT EGGS MILK SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	CELERY
Petite Camile - Starters & Small Plates				
Camile (Starters) - Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce (02/23) 3480899 - 1 Serving	411Kcal	WHEAT SOYA PEANUTS CRUSTACEANS	TREE NUTS MILK MUSTARD SESAME	CELERY SULPHITES
Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (02/23) 98654 - 1 Serving	492Kcal	WHEAT SESAME MILK SOYA MOLLUSCS SULPHITES	EGGS	













Petite Camile (Starters) - 1 Martabak Beef Gyoza (02/23) 4769461 - 1 Serving	72Kcal	 WHEAT  EGGS  MILK  SOYA	 TREE NUTS  PEANUTS  CELERY  MUSTARD  SESAME  SULPHITES	
Petite Camile (Starters) - 1 Pork Gyoza (02/23) 4769456 - 1 Serving	48Kcal	 WHEAT  MOLLUSCS  SESAME  SOYA		
Petite Camile (Starters) - 1 Vegetable Gyoza (02/23) 4769443 - 1 Serving	50Kcal	 WHEAT  SESAME  SOYA		 VEGETARIAN  VEGAN
Petite Camile (Starters) - 1 Vegetable Spring Roll (02/23) 4769440 - 1 Serving	125Kcal	 WHEAT  MILK  SOYA	 EGGS	 VEGETARIAN
Petite Camile (Starters) - 5 Hot Chicken Wings with Sauce (02/23) 4769069 - 1 Serving	458Kcal	 SOYA  SULPHITES	 WHEAT  TREE NUTS  PEANUTS  MILK  MUSTARD  SESAME	
Petite Camile (Starters) - Selection, 1 of each Gyoza, Spring roll, Hot wing, Chilli sauce (02/23) - 1 Serving	450Kcal	 WHEAT  EGGS  MILK  MOLLUSCS  SESAME  SOYA  SULPHITES	 TREE NUTS  PEANUTS  CELERY  MUSTARD	

Petite Camile IE - Nibbles












































Camile (Nibbles) - Honey Chilli Cashews (02/23) 98802 - 1 Serving	250Kcal	 CASHEWS  FISH  CRUSTACEANS  SOYA	 MOLLUSCS	
Camile (Nibbles) - Thai Brown Prawn Crackers (02/23) 3972434 - Serves 4 people	504Kcal	 WHEAT  CRUSTACEANS		
Camile Ireland (Nibbles) - Wasabi Peas (09/21) 4806264 - 1 Serving	166Kcal	 SOYA	 PEANUTS	 VEGETARIAN  VEGAN

Petite Camile - Specials











Camile's Signature Spice Bag (02/23) 2386039 - 1 Serving	730Kcal	 WHEAT  EGGS  MILK  SOYA  SULPHITES	 TREE NUTS  PEANUTS  CELERY  MUSTARD  SESAME	
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<p>Camile's Vegan Spice Bag (02/23) 2685959 - 1 Serving</p>	<p>568Kcal</p>	 WHEAT  CELERY  SOYA  SULPHITES	 TREE NUTS  PEANUTS  EGGS  MILK  MUSTARD  SESAME	 VEGETARIAN  VEGAN
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Petite Camile - Curries









<p>Camile - Massaman Curry, Chicken (02/23) 98711 - 1 Serving</p>	<p>849Kcal</p>	 WHEAT  FISH  CRUSTACEANS  SULPHITES	 TREE NUTS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME  SOYA	
<p>Camile - Massaman Curry, Tofu (02/23) 98714 - 1 Serving</p>	<p>732Kcal</p>	 WHEAT  FISH  CRUSTACEANS  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME	
<p>Petite Camile (Curries) - Green Curry, Chicken (09/21) 4767713 - 1 Serving</p>	<p>703Kcal</p>	 FISH  CRUSTACEANS	 MOLLUSCS	 GLUTEN FREE
<p>Petite Camile (Curries) - Green Curry, Tofu (02/23) 4767722 - 1 Serving</p>	<p>787Kcal</p>	 FISH  CRUSTACEANS  SOYA	 MOLLUSCS	 GLUTEN FREE
<p>Petite Camile (Curries) - Vegan Green Curry with Tofu (02/23) 4767725 - 1 Serving</p>	<p>736Kcal</p>	 WHEAT  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MILK  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN

Petite Camile - Noodles



























<p>Camile - Singapore Noodles (02/23) 98698 - 1 Serving</p>	<p>800Kcal</p>	 WHEAT  PEANUTS  EGGS  CRUSTACEANS  MOLLUSCS  CELERY  SESAME  SOYA  SULPHITES	 TREE NUTS  MILK  MUSTARD	
<p>Petite Camile (Noodles) - Pad Thai with Chicken (02/23) 4767685 - 1 Serving</p>	<p>1156Kcal</p>	 WHEAT  PEANUTS  EGGS  FISH  SOYA  SULPHITES	 CRUSTACEANS  MOLLUSCS	

Petite Camile - Stir Fries
















<p>Petite Camile (Stir Fries) Crispy Chilli Chicken (02/23) 4767689 - 1 Serving</p>	<p>545Kcal</p>	 WHEAT  EGGS  MOLLUSCS  SESAME  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MUSTARD	
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<p>Petite Camile - Pad Prik Haeng, Chicken (02/23) 8139492 - 1 Serving</p>	<p>555Kcal</p>	 WHEAT  CASHEWS  MOLLUSCS  SOYA		
<p>Petite Camile - Pad Prik Haeng, Tofu (02/23) 8139537 - 1 Serving</p>	<p>438Kcal</p>	 WHEAT  CASHEWS  MOLLUSCS  SOYA		















Petite Camile - Kids' Menu

<p>Camile Kids - Crispy Chicken (02/23) 39983 - 1 Serving</p>	<p>588Kcal</p>	 WHEAT  EGGS  MOLLUSCS  SOYA  SULPHITES		
<p>Camile Kids - Crispy Tofu (02/23) 6292659 - 1 Serving</p>	<p>496Kcal</p>	 WHEAT  EGGS  MOLLUSCS  SOYA  SULPHITES		
<p>Camile Kids - Li'l Spice Bag with Chicken (02/23) 6292725 - 1 Serving</p>	<p>530Kcal</p>	 WHEAT  EGGS  SULPHITES		
<p>Camile Kids - Li'l Spice Bag with Tofu (02/23) 6292782 - 1 Serving</p>	<p>439Kcal</p>	 WHEAT  SOYA  SULPHITES		 VEGETARIAN  VEGAN
<p>Camile Kids - Wok Fried Noodles with Chicken (02/23) 98814 - 1 Serving</p>	<p>420Kcal</p>	 WHEAT  EGGS  MOLLUSCS  SOYA		
<p>Camile Kids - Wok Fried Noodles with Tofu (02/23) 6292557 - 1 Serving</p>	<p>390Kcal</p>	 WHEAT  EGGS  MOLLUSCS  SOYA		














Camile ON THE GO Bowls

<p>Camile (On The Go Bowls) - Crispy Chilli Stir-Fry with Tofu (02/23) 5421004 - 1 Serving</p>	<p>567Kcal</p>	 WHEAT  MOLLUSCS  SESAME  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MUSTARD	
<p>Camile (On The Go Bowls) - Green Curry with Chicken (02/23) 5420959 - 1 Serving</p>	<p>658Kcal</p>	 FISH  CRUSTACEANS  MOLLUSCS		
<p>Camile (On The Go Bowls) - Green Curry with Tofu (02/23) 5420968 - 1 Serving</p>	<p>712Kcal</p>	 FISH  CRUSTACEANS  SOYA  MOLLUSCS		



<p>Camile (On The Go Bowls) - Massaman Curry with Chicken (02/23) 5420941 - 1 Serving</p>	<p>727Kcal</p>	 WHEAT  FISH  CRUSTACEANS  SULPHITES	 TREE NUTS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME  SOYA	
<p>Camile (On The Go Bowls) - Massaman Curry with Tofu (02/23) 5420950 - 1 Serving</p>	<p>780Kcal</p>	 WHEAT  FISH  CRUSTACEANS  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME	
<p>Camile (On The Go Bowls) - Pad Prik Haeng with Chicken (02/23) 5421034 - 1 Serving</p>	<p>497Kcal</p>	 WHEAT  CASHEWS  MOLLUSCS  SOYA	 PEANUTS  MUSTARD  SESAME	
<p>Camile (On The Go Bowls) - Pad Prik Haeng with Tofu (02/23) 5421058 - 1 Serving</p>	<p>551Kcal</p>	 WHEAT  CASHEWS  MOLLUSCS  SOYA	 PEANUTS  MUSTARD  SESAME	
<p>Camile (On The Go Bowls) - Tangy Crispy Chilli Stir-Fry with Chicken (02/23) 5420977 - 1 Serving</p>	<p>565Kcal</p>	 WHEAT  EGGS  MOLLUSCS  SESAME  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MUSTARD	
<p>Camile (On The Go Bowls) - Vegan Crispy Chilli Stir-Fry with Tofu (02/23) 5421016 - 1 Serving</p>	<p>541Kcal</p>	 WHEAT  SESAME  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MUSTARD	 VEGETARIAN  VEGAN
<p>Camile (On The Go Bowls) - Vegan Green Curry with Tofu (02/23) 5420974 - 1 Serving</p>	<p>682Kcal</p>	 WHEAT  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MILK  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN
<p>Camile (On The Go) - 2 Vegetable Spring Rolls with Plum Dipping Sauce (02/23) 5421070 - 1 Serving</p>	<p>323Kcal</p>	 WHEAT  MILK  SOYA  SULPHITES	 EGGS	 VEGETARIAN  VEGAN
<p>Petite Camile - Bliss Bowls</p>				
<p>Camile Bliss Bowls - Vegan Pad Prik Haeng Tofu (02/23) 3068858 - 1 Serving</p>	<p>549Kcal</p>	 WHEAT  SOYA		 VEGETARIAN  VEGAN


Petite Camile (Bliss Bowls) - Green Chicken Curry (02/23) 3063366 - 1 Serving	804 Kcal	 FISH  CRUSTACEANS  SOYA	 MOLLUSCS	 GLUTEN FREE
Petite Camile (Bliss Bowls) - Massaman Chicken Curry (02/23) 3063378 - 1 Serving	800 Kcal	 FISH  CRUSTACEANS  SOYA	 WHEAT  TREE NUTS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME  SULPHITES	
Petite Camile (Bliss Bowls) - Tangy Crispy Chilli Chicken (02/23) 3068904 - 1 Serving	605 Kcal	 WHEAT  EGGS  MOLLUSCS  SOYA  SULPHITES		
Petite Camile (Bliss Bowls) - Vegan Green Tofu Curry (02/23) 3068822 - 1 Serving	793 Kcal	 WHEAT  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MILK  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN

Petite Camile - Sides

Camile (Sides) - Camile Fried Potatoes (02/23) 98622 - 1 Serving	594 Kcal	 WHEAT  SULPHITES		 VEGETARIAN  VEGAN
Camile Thai (Sides) - Brown & Wild Rice (02/23) 98795 - 1 Serving	504 Kcal			 VEGETARIAN  VEGAN
Camile Thai (Sides) - Egg Fried Rice (02/23) 98796 - 1 Serving	502 Kcal	 EGGS		
Camile Thai (Sides) - Jasmine Rice (02/23) 40240 - 1 Serving	460 Kcal			 VEGETARIAN  VEGAN
Petite Camile (Sides) - Stir-Fried Noodles (02/23) 8116344 - 1 Serving	375 Kcal	 WHEAT  SOYA		 VEGETARIAN  VEGAN









Petite Camile - Sauces & Dips

Camile (Sauces) - Peanut Satay Dipping Sauce (02/23) 36214 - 1 Serving	76 Kcal	 PEANUTS  CRUSTACEANS		
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Camile (Sauces) - Plum Dipping Sauce (02/23) 40467 - 1 Serving	68Kcal	 SULPHITES	 VEGETARIAN  VEGAN
Petite Camile (Dips) - Sweet Chilli Sauce (02/23) 4769449 - 1 Serving	63Kcal	 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 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
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 (02/23) 98816 - 1 Serving	254Kcal	 SOYA	 GLUTEN  TREE NUTS  PEANUTS  SESAME  SULPHITES	 VEGETARIAN  VEGAN
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* Please inform a member of staff if you have a food allergy or a specific dietary requirement.

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