
















































































































# Petite Camile (Ireland) - Allergen Information














## 09/05/2024



Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Petite Camile - Meal Deals</b>				
For allergen information, please check individual dishes before ordering - 100g	0Kcal			
<b>Petite Camile - Starters &amp; Small Plates</b>				
Camile (Starters) - 4 Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce (02/23) 3480899 - 1 Serving	408Kcal	 WHEAT  PEANUTS  CRUSTACEANS  SOYA	 TREE NUTS  MILK  CELERY  MUSTARD  SESAME  SULPHITES	
Camile (Starters) - 3 Chicken & Vegetable Gyoza with Sweet Soy Dip (04/23) 8547567 - 1 Serving	133Kcal	 WHEAT  SESAME  SOYA  SULPHITES	 TREE NUTS  EGGS  MILK  CRUSTACEANS  CELERY  MUSTARD	
Camile (Starters) - 3 Pork Gyoza with Sweet Soy Dip (04/23) 8547591 - 1 Serving	162Kcal	 WHEAT  SESAME  SOYA  SULPHITES	 TREE NUTS  EGGS  MILK  CRUSTACEANS  CELERY  MUSTARD	
Camile (Starters) -NEW! 3 Prawn Gyozas with Sweet Soy Dipping Sauce (04/23) 8547621 - 1 Serving	148Kcal	 WHEAT  EGGS  CRUSTACEANS  SESAME  SOYA  SULPHITES	 TREE NUTS  MILK  CELERY  MUSTARD	
Camile (Starters) -NEW! 3 Vegetable Gyozas with Sweet Soy Dipping Sauce (04/23) 8547630 - 1 Serving	227Kcal	 WHEAT  SESAME  SOYA  SULPHITES	 TREE NUTS  MILK  MOLLUSCS  CELERY  MUSTARD	 VEGETARIAN  VEGAN
Camile Ireland (Nibbles) - 1 Duck Spring Roll (03/23) 8400670 - 1 roll	139Kcal	 WHEAT  MILK  MOLLUSCS  SESAME  SOYA	 EGGS	
Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (02/23) 98654 - 1 Serving	492Kcal	 WHEAT  MILK  MOLLUSCS  SESAME  SOYA  SULPHITES	 EGGS	
Petite Camile (Starters) - 1 Chicken & Vegetable Gyoza (06/23) 8801551 - 1 Serving	29Kcal	 WHEAT  SESAME  SOYA	 EGGS  CRUSTACEANS  CELERY	
Petite Camile (Starters) - 1 Pork Gyoza (06/23) 4769456 - 1 Serving	39Kcal	 WHEAT  SESAME  SOYA	 EGGS  CRUSTACEANS  CELERY	

Petite Camile (Starters) - 1 Prawn Gyoza (06/23) 8801536 - 1 Serving	34Kcal	 WHEAT  EGGS  CRUSTACEANS  SESAME	 CELERY  SOYA	 VEGETARIAN  VEGAN
Petite Camile (Starters) - 1 Vegetable Gyoza (06/23) 4769443 - 1 Serving	30Kcal	 WHEAT  SESAME  SOYA	 MOLLUSCS	 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	461Kcal	 SOYA  SULPHITES	 WHEAT  TREE NUTS  PEANUTS  MILK  MUSTARD  SESAME	 VEGETARIAN
Petite Camile (Starters) - Selection, 1 of each Gyoza, Spring roll, Hot wing, Chilli sauce (06/23) - 1 Serving	412Kcal	 WHEAT  EGGS  MILK  CRUSTACEANS  SESAME  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MOLLUSCS  CELERY  MUSTARD	 VEGETARIAN

### Petite Camile IE - Nibbles

Camile (Nibbles) - Honey Chilli Cashews (02/23) 98802 - 1 Serving	250Kcal	 CASHEWS  FISH  CRUSTACEANS  SOYA	 MOLLUSCS	 VEGETARIAN  VEGAN
Camile (Nibbles) - Thai Brown Prawn Crackers 130g (02/24) - Serves 4 people	500Kcal	 GLUTEN  CRUSTACEANS	 WHEAT  FISH	 VEGETARIAN  VEGAN
Camile Ireland (Nibbles) - Wasabi Peas (09/21) 4806264 - 1 Serving	166Kcal	 SOYA	 PEANUTS	 VEGETARIAN  VEGAN
Camile (Nibbles) - Thai Brown Prawn Crackers 70g (02/24) - Serves 2 people	290Kcal	 GLUTEN  CRUSTACEANS	 WHEAT  FISH	 VEGETARIAN  VEGAN

### Camile Ireland Breakfast Menu

Camile (Breakfast Menu) - Breakfast Box with Camile Fried Rice, Omelette & Pork Belly (02/23) - 1 Serving	885Kcal	 WHEAT  EGGS  MILK  MOLLUSCS  SOYA  SULPHITES	 TREE NUTS  PEANUTS  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN
Camile (Breakfast Menu) - Breakfast Box with Crispy Potato, Omelette & Pork Belly (02/23) - 1 Serving	844Kcal	 WHEAT  EGGS  MILK  SOYA  SULPHITES	 TREE NUTS  PEANUTS  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN





<p>Camile (Breakfast Menu) - Small Veggie Breakfast Box with Fried Rice, Peppers &amp; Omelette (11/22) - 1 Serving</p>	<p>597Kcal</p>			
<p>Camile (Breakfast Menu) - Veggie Breakfast Box with Camile Fried Rice, Peppers &amp; Omelette (02/23) - 1 Serving</p>	<p>733Kcal</p>			
<p>Camile (Breakfast Menu) - Veggie Breakfast Box with Crispy Potato, Peppers &amp; Omelette (02/23) - 1 Serving</p>	<p>782Kcal</p>			

**Petite Camile - Specials**

<p>Camile Signature Spice Bag (02/23) 2386039 - 1 Serving</p>	<p>728Kcal</p>			
<p>Camile Vegan Spice Bag (02/23) 2685959 - 1 Serving</p>	<p>567Kcal</p>			
<p>Camile (Specials) - Chilli Lime Buddha Bowl with Chicken (05/24) - 1 Serving</p>	<p>486Kcal</p>			
<p>Camile (Specials) - Chilli Lime Buddha Bowl with Tofu (05/24) - 1 Serving</p>	<p>441Kcal</p>			

**Petite Camile - Curries**

<p>Camile - Massaman Curry, Chicken (02/23) 98711 - 1 Serving</p>	<p>849Kcal</p>			
<p>Camile - Massaman Curry, Tofu (02/23) 98714 - 1 Serving</p>	<p>732Kcal</p>			
<p>Petite Camile (Curries) - Green Curry, Chicken (09/21) 4767713 - 1 Serving</p>	<p>701Kcal</p>			

Petite Camile (Curries) - Green Curry, Tofu (02/23) 4767722 - 1 Serving	<b>785</b> Kcal	 FISH  CRUSTACEANS  SOYA	 MOLLUSCS	 GLUTEN FREE
Petite Camile (Curries) - Vegan Green Curry with Tofu (02/23) 4767725 - 1 Serving	<b>533</b> Kcal	 WHEAT  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MILK  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN

**Petite Camile - Noodles**

Camile - Singapore Noodles (02/23) 98698 - 1 Serving	<b>799</b> Kcal	 WHEAT  PEANUTS  EGGS  CRUSTACEANS  MOLLUSCS  CELERY  SESAME  SOYA  SULPHITES	 TREE NUTS  MILK  MUSTARD	
Petite Camile (Noodles) - Pad Thai with Chicken (09/23) 4767685 - 1 Serving	<b>1141</b> Kcal	 WHEAT  PEANUTS  EGGS  FISH  SOYA  SULPHITES	 CRUSTACEANS  MOLLUSCS	

**Petite Camile - Stir Fries**

Petite Camile (Stir Fries) Crispy Chilli Chicken (02/23) 4767689 - 1 Serving	<b>584</b> Kcal	 WHEAT  MILK  MOLLUSCS  SESAME  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MUSTARD	
Petite Camile - Pad Prik Haeng, Chicken (02/23) 8139492 - 1 Serving	<b>521</b> Kcal	 WHEAT  CASHEWS  MOLLUSCS  SOYA  SULPHITES		
Petite Camile - Pad Prik Haeng, Tofu (02/23) 8139537 - 1 Serving	<b>438</b> Kcal	 WHEAT  CASHEWS  MOLLUSCS  SOYA  SULPHITES		

**Petite Camile - Kids' Menu**

Camile Kids - Sweet Crispy Chicken (02/23) 39983 - 1 Serving	<b>587</b> Kcal	 WHEAT  EGGS  MOLLUSCS  SOYA  SULPHITES		
Camile Kids - Crispy Tofu (02/23) 6292659 - 1 Serving	<b>496</b> Kcal	 WHEAT  EGGS  MOLLUSCS  SOYA  SULPHITES		
Camile Kids - Li'l Spice Bag with Chicken (02/23) 6292725 - 1 Serving	<b>529</b> Kcal	 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  SULPHITES		
<p>Camile Kids - Wok Fried Noodles with Tofu (02/23) 6292557 - 1 Serving</p>	<p>390Kcal</p>	 WHEAT  EGGS  MOLLUSCS  SOYA  SULPHITES		

**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  SOYA  MOLLUSCS  SULPHITES  SESAME	 TREE NUTS  PEANUTS  MUSTARD	
<p>Camile (On The Go Bowls) - Green Curry with Chicken (02/23) 5420959 - 1 Serving</p>	<p>657Kcal</p>	 FISH  CRUSTACEANS	 MOLLUSCS	
<p>Camile (On The Go Bowls) - Green Curry with Tofu (02/23) 5420968 - 1 Serving</p>	<p>711Kcal</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  SULPHITES  FISH  CRUSTACEANS	 TREE NUTS  MOLLUSCS  SESAME  PEANUTS  CELERY  SOYA  MILK  MUSTARD	
<p>Camile (On The Go Bowls) - Massaman Curry with Tofu (02/23) 5420950 - 1 Serving</p>	<p>780Kcal</p>	 WHEAT  SOYA  FISH  SULPHITES  CRUSTACEANS	 TREE NUTS  MOLLUSCS  SESAME  PEANUTS  CELERY  MILK  MUSTARD	
<p>Camile (On The Go Bowls) - Pad Prik Haeng with Chicken (02/23) 5421034 - 1 Serving</p>	<p>497Kcal</p>	 WHEAT  SOYA  CASHEWS  SULPHITES  MOLLUSCS	 PEANUTS  MUSTARD  SESAME	
<p>Camile (On The Go Bowls) - Pad Prik Haeng with Tofu (02/23) 5421058 - 1 Serving</p>	<p>551Kcal</p>	 WHEAT  SOYA  CASHEWS  SULPHITES  MOLLUSCS	 PEANUTS  MUSTARD  SESAME	
<p>Camile (On The Go Bowls) - Tangy Crispy Chilli Stir-Fry with Chicken (02/23) 5420977 - 1 Serving</p>	<p>564Kcal</p>	 WHEAT  SESAME  EGGS  SOYA  MOLLUSCS  SULPHITES	 TREE NUTS  PEANUTS  MUSTARD	








Camile (On The Go Bowls) - Vegan Crispy Chilli Stir-Fry with Tofu (02/23) 5421016 - 1 Serving	541Kcal	 WHEAT  SESAME  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MUSTARD	 VEGETARIAN  VEGAN
Camile (On The Go Bowls) - Vegan Green Curry with Tofu (02/23) 5420974 - 1 Serving	681Kcal	 WHEAT  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MILK  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN
Camile (On The Go) - 2 Vegetable Spring Rolls with Plum Dipping Sauce (02/23) 5421070 - 1 Serving	323Kcal	 WHEAT  MILK  SOYA  SULPHITES	 EGGS	 VEGETARIAN  VEGAN

### Petite Camile - Bliss Bowls









Camile Bliss Bowls - Vegan Pad Prik Haeng Tofu (02/23) 3068858 - 1 Serving	548Kcal	 WHEAT  SOYA  SULPHITES		 VEGETARIAN  VEGAN
Petite Camile (Bliss Bowls) - Green Chicken Curry (02/23) 3063366 - 1 Serving	804Kcal	 FISH  CRUSTACEANS  SOYA	 MOLLUSCS	 GLUTEN FREE
Petite Camile (Bliss Bowls) - Massaman Chicken Curry (02/23) 3063378 - 1 Serving	800Kcal	 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	623Kcal	 WHEAT  MILK  MOLLUSCS  SOYA  SULPHITES		
Petite Camile (Bliss Bowls) - Vegan Green Tofu Curry (02/23) 3068822 - 1 Serving	793Kcal	 WHEAT  SOYA  SULPHITES	 TREE NUTS  PEANUTS  MILK  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN

### Petite Camile - Sides

Camile (Sides) - Spicy Thai Fried Potatoes (02/23) 98622 - 1 Serving	594Kcal	 WHEAT  SULPHITES		 VEGETARIAN  VEGAN
Camile Thai (Sides) - Brown & Wild Rice (02/23) 98795 - 1 Serving	504Kcal			 VEGETARIAN  VEGAN
Camile Thai (Sides) - Egg Fried Rice (02/23) 98796 - 1 Serving	502Kcal	 EGGS		




















Camile Thai (Sides) - Jasmine Rice (02/23) 40240 - 1 Serving	460Kcal			 VEGETARIAN  VEGAN
Petite Camile (Sides) - Stir-Fried Noodles (02/23) 8116344 - 1 Serving	375Kcal	 WHEAT  SOYA  SULPHITES		 VEGETARIAN  VEGAN

### Petite Camile - Sauces & Dips

Camile (Sauces) - Peanut Satay Dipping Sauce (02/23) 36214 - 1 Serving	76Kcal	 PEANUTS  CRUSTACEANS		
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			
<b>Petite Camile - Desserts</b>				
Camile (Desserts) - Homemade Mango Rice Pudding (02/23) 98816 - 1 Serving	244Kcal	 SOYA	 GLUTEN  TREE NUTS  PEANUTS  SESAME  SULPHITES	 VEGETARIAN  VEGAN