






































































































































































































Petite Camile (Ireland) - Allergens Updated 1st April 2026







































































































































Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Petite Camile - Meal Deals				
For allergen information, please check individual dishes before ordering - 100g	0Kcal			
Petite Camile Breakfast Menu				
Camile (Breakfast) - Acai Rainbow Bowl (02/26) - 1 Serving	344Kcal	OATS CASHEWS SULPHITES	WHEAT PEANUTS MILK CELERY MUSTARD SESAME SOYA	VEGETARIAN VEGAN
Camile (Breakfast) - Acai Rainbow Bowl, with Harry's Nut Butter (02/26) - 1 Serving	369Kcal	OATS CASHEWS PEANUTS SULPHITES	WHEAT MILK CELERY MUSTARD SESAME SOYA	VEGETARIAN VEGAN
Camile (Breakfast) - Bangkok Breakfast Bap (02/26) - 1 Serving	850Kcal	WHEAT TREE NUTS EGGS MILK SESAME SOYA SULPHITES	OATS, BARLEY, RYE HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS PEANUTS CELERY MUSTARD	
Camile (Breakfast) - Bangkok Veggie Bap (02/26) - 1 Serving	745Kcal	WHEAT TREE NUTS EGGS MILK SESAME SOYA SULPHITES	OATS, BARLEY, RYE ALMONDS PEANUTS CELERY MUSTARD	VEGETARIAN
Camile (Breakfast) - Hash Browns, each (02/26) - 1 Serving	153Kcal			
Camile (Breakfast) - Mango Smoothie (02/26) - 1 Serving	336Kcal	PISTACHIOS MILK	WHEAT PEANUTS CELERY MUSTARD SESAME SOYA SULPHITES	
Camile (Breakfast) - Mango Rainbow Bowl (02/26) - 1 Serving	342Kcal	OATS CASHEWS PEANUTS SULPHITES	WHEAT MILK CELERY MUSTARD SESAME SOYA	VEGETARIAN VEGAN
Petite Camile IE - Nibbles				
















































































Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Camile (Nibbles) - Honey Chilli Cashews (02/23) 98802 - 1 Serving	249Kcal	 CASHEWS  FISH  CRUSTACEANS  SOYA	 WHEAT  MOLLUSCS  SULPHITES	
Camile (Nibbles) - Thai Brown Prawn Crackers 130g (02/24) - Serves 4 people	504Kcal	 GLUTEN  CRUSTACEANS	 WHEAT  FISH	
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	294Kcal	 GLUTEN  CRUSTACEANS	 WHEAT  FISH	
Petite Camile - Starters & Small Plates				
Camile (Starters) - 4 Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce (07/25) 3480899 - 1 Serving	411Kcal	 WHEAT  TREE NUTS  PEANUTS  CRUSTACEANS  SOYA	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  MILK  CELERY  MUSTARD  SESAME  SULPHITES	
Camile (Starters) - 3 Chicken & Vegetable Gyoza with Sweet Soy Dip (04/23) 8547567 - 1 Serving	134Kcal	 WHEAT  SESAME  SOYA  SULPHITES	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  EGGS  MILK  CRUSTACEANS  CELERY  MUSTARD	
Camile (Starters) - 3 Pork Gyoza with Sweet Soy Dip (04/23) 8547591 - 1 Serving	162Kcal	 WHEAT  SESAME  SOYA  SULPHITES	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  EGGS  MILK  CRUSTACEANS  CELERY  MUSTARD	
Camile (Starters) -NEW! 3 Prawn Gyozas with Sweet Soy Dipping Sauce (04/23) 8547621 - 1 Serving	149Kcal	 WHEAT  EGGS  CRUSTACEANS  SESAME  SOYA  SULPHITES	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  MILK  CELERY  MUSTARD	
























































Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Camile (Starters) -NEW! 3 Vegetable Gyozas with Sweet Soy Dipping Sauce (04/23) 8547630 - 1 Serving	235Kcal	 WHEAT  SESAME  SOYA  SULPHITES	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  MILK  MOLLUSCS  CELERY  MUSTARD	 VEGETARIAN  VEGAN
Camile Ireland (Nibbles) - 1 Duck Spring Roll (03/23) 8400670 - 1 roll	144Kcal	 WHEAT  MOLLUSCS  TREE NUTS  SESAME  MILK  SOYA	 EGGS	
Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (02/23) 98654 - 1 Serving	505Kcal	 WHEAT  MOLLUSCS  SULPHITES  TREE NUTS  SESAME  MILK  SOYA	 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  SESAME  EGGS  CRUSTACEANS	 CELERY  SOYA	
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	130Kcal	 WHEAT  SOYA  TREE NUTS  MILK	 EGGS	 VEGETARIAN
Petite Camile (Starters) - 5 Hot Chicken Wings with Sauce (02/23) 4769069 - 1 Serving	478Kcal	 SOYA  SULPHITES	 WHEAT  TREE NUTS  PEANUTS  MILK  MUSTARD  SESAME	
Petite Camile (Starters) - Selection, 1 of each Gyoza, Spring roll, Hot wing, Chilli sauce (06/23) - 1 Serving	421Kcal	 WHEAT  MILK  SOYA  TREE NUTS  CRUSTACEANS  SULPHITES  EGGS  SESAME	 PEANUTS  MOLLUSCS  MUSTARD  CELERY	






















Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Petite Camile (Starters) - Korean Gochujang Wings (03/26) - 1 Serving	472Kcal	 WHEAT  MOLLUSCS  SESAME  SOYA  SULPHITES	 OATS, BARLEY, RYE	
Petite Camile - Specials				
Camile Signature Spice Bag (03/26) - 1 Serving	1759Kcal	 WHEAT  EGGS  MILK  SOYA  SULPHITES	 BARLEY, RYE  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  CELERY  MUSTARD  SESAME	
Camile Vegan Spice Bag (12/25) - 1 Serving	1222Kcal	 WHEAT  SOYA  SULPHITES	 BARLEY, RYE  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MILK  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN
Camile (Specials) - Chilli Lime Buddha Bowl with Chicken (07/25) - 1 Serving	488Kcal	 WHEAT  PEANUTS  FISH  SOYA  SULPHITES	 CRUSTACEANS  MOLLUSCS	
Camile (Specials) - Chilli Lime Buddha Bowl with Tofu (05/24) - 1 Serving	447Kcal	 WHEAT  PEANUTS  SOYA  SULPHITES		 VEGETARIAN  VEGAN
Petite Camile (Specials) - Chicken Fried Rice (06/24) 8293809 - 1 Serving	780Kcal	 WHEAT  EGGS  FISH  CRUSTACEANS  MOLLUSCS  SOYA	 SULPHITES	
Petite Camile - Curries				
Camile - Massaman Curry, Chicken (07/25) 98711 - 1 Serving	860Kcal	 WHEAT  TREE NUTS  FISH  CRUSTACEANS  SULPHITES	 BARLEY  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME  SOYA	

Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Camile - Massaman Curry, Tofu (02/23) 98714 - 1 Serving	747Kcal	 WHEAT  TREE NUTS  FISH  CRUSTACEANS  SOYA  SULPHITES	 BARLEY  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME	
Petite Camile (Curries) - Green Curry, Chicken (09/21) 4767713 - 1 Serving	704Kcal	 TREE NUTS  FISH  CRUSTACEANS	 GLUTEN  MOLLUSCS  SULPHITES	 GLUTEN FREE
Petite Camile (Curries) - Green Curry, Tofu (02/23) 4767722 - 1 Serving	802Kcal	 TREE NUTS  FISH  CRUSTACEANS  SOYA	 WHEAT  MOLLUSCS	
Petite Camile (Curries) - Vegan Green Curry with Tofu (02/23) 4767725 - 1 Serving	538Kcal	 WHEAT  TREE NUTS  SOYA  SULPHITES	 BARLEY, RYE  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MILK  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN
Petite Camile - Noodles				
Camile - Singapore Noodles (10/25) 98698 - 1 Serving	809Kcal	 WHEAT  PEANUTS  EGGS  CRUSTACEANS  MOLLUSCS  CELERY  SESAME  SOYA  SULPHITES	 OATS, BARLEY, RYE  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  MILK  MUSTARD	
Petite Camile (Noodles) - Pad Thai with Chicken (09/23) 4767685 - 1 Serving	1163Kcal	 WHEAT  PEANUTS  EGGS  FISH  SOYA  SULPHITES	 CRUSTACEANS  MOLLUSCS	
Petite Camile - Stir Fries				
Petite Camile (Stir Fries) Crispy Chilli Chicken (02/23) 4767689 - 1 Serving	592Kcal	 WHEAT  MILK  MOLLUSCS  SESAME  SOYA  SULPHITES	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MUSTARD	
Petite Camile - Pad Prik Haeng, Chicken (02/23) 8139492 - 1 Serving	529Kcal	 WHEAT  CASHEWS  MOLLUSCS  SOYA	 SULPHITES	

Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Petite Camile - Pad Prik Haeng, Tofu (02/23) 8139537 - 1 Serving	450Kcal	 WHEAT  CASHEWS  MOLLUSCS  SOYA	 SULPHITES	
Petite Camile - Kids' Menu				
Camile Kids - Sweet Crispy Chicken (03/26) - 1 Serving	736Kcal	 WHEAT  EGGS  MOLLUSCS  SOYA  SULPHITES	 MILK  CELERY  SESAME	
Camile Kids - Crispy Tofu (02/23) 6292659 - 1 Serving	503Kcal	 WHEAT  EGGS  MOLLUSCS  SOYA  SULPHITES		
Camile Kids - Li'l Spice Bag with Chicken (02/23) 6292725 - 1 Serving	650Kcal	 WHEAT  EGGS  SULPHITES		
Camile Kids - Li'l Spice Bag, Fried Potato with Tofu (02/23) 6292782 - 1 Serving	458Kcal	 WHEAT  SOYA  SULPHITES		 VEGETARIAN  VEGAN
Camile Kids - Wok Fried Noodles with Chicken (10/25) - 1 Serving	441Kcal	 WHEAT  EGGS  MOLLUSCS  SOYA	 OATS, BARLEY, RYE  SULPHITES	
Camile Kids - Wok Fried Noodles with Tofu (10/25) 6292557 - 1 Serving	402Kcal	 WHEAT  EGGS  MOLLUSCS  SOYA	 OATS, BARLEY, RYE  SULPHITES	
Camile ON THE GO Bowls				
Camile (On The Go Bowls) - Crispy Chilli Stir-Fry with Tofu (02/23) 5421004 - 1 Serving	580Kcal	 WHEAT  MOLLUSCS  SESAME  SOYA  SULPHITES	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MUSTARD	
Camile (On The Go Bowls) - Green Curry with Chicken (02/23) 5420959 - 1 Serving	659Kcal	 TREE NUTS  FISH  CRUSTACEANS	 GLUTEN  MOLLUSCS  SULPHITES	
Camile (On The Go Bowls) - Green Curry with Tofu (02/23) 5420968 - 1 Serving	721Kcal	 TREE NUTS  FISH  CRUSTACEANS  SOYA	 WHEAT  MOLLUSCS	

Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Camile (On The Go Bowls) - Massaman Curry with Chicken (02/23) 5420941 - 1 Serving	733Kcal	 WHEAT  TREE NUTS  FISH  CRUSTACEANS  SULPHITES	 BARLEY  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME  SOYA	
Camile (On The Go Bowls) - Massaman Curry with Tofu (02/23) 5420950 - 1 Serving	795Kcal	 WHEAT  TREE NUTS  FISH  CRUSTACEANS  SOYA  SULPHITES	 BARLEY  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME	
Camile (On The Go Bowls) - Pad Prik Haeng with Chicken (02/23) 5421034 - 1 Serving	501Kcal	 WHEAT  CASHEWS  MOLLUSCS  SOYA	 HAZELNUTS, PECANS, ALMONDS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MUSTARD  SESAME  SULPHITES	
Camile (On The Go Bowls) - Pad Prik Haeng with Tofu (02/23) 5421058 - 1 Serving	564Kcal	 WHEAT  CASHEWS  MOLLUSCS  SOYA	 HAZELNUTS, PECANS, ALMONDS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MUSTARD  SESAME  SULPHITES	
Camile (On The Go Bowls) - Tangy Crispy Chilli Stir-Fry with Chicken (02/23) 5420977 - 1 Serving	680Kcal	 WHEAT  EGGS  MOLLUSCS  SESAME  SOYA  SULPHITES	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MUSTARD  SESAME  SULPHITES	
Camile (On The Go Bowls) - Vegan Crispy Chilli Stir-Fry with Tofu (02/23) 5421016 - 1 Serving	554Kcal	 WHEAT  SESAME  SOYA  SULPHITES	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MUSTARD	 VEGETARIAN  VEGAN
Camile (On The Go Bowls) - Vegan Green Curry with Tofu (02/23) 5420974 - 1 Serving	690Kcal	 WHEAT  TREE NUTS  SOYA  SULPHITES	 BARLEY, RYE  HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MILK  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN

Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Camile (On The Go) - 2 Vegetable Spring Rolls with Plum Dipping Sauce (02/23) 5421070 - 1 Serving	334Kcal	 WHEAT  TREE NUTS  MILK  SOYA  SULPHITES	 EGGS	 VEGETARIAN  VEGAN
Petite Camile - Bliss Bowls				
Camile Bliss Bowls - Vegan Pad Prik Haeng Tofu (02/23) 3068858 - 1 Serving	555Kcal	 WHEAT  SOYA	 SULPHITES	 VEGETARIAN  VEGAN
Petite Camile (Bliss Bowls) - Green Chicken Curry (07/25) 3063366 - 1 Serving	806Kcal	 TREE NUTS  FISH  CRUSTACEANS  SOYA	 MOLLUSCS	
Petite Camile (Bliss Bowls) - Massaman Chicken Curry (02/23) 3063378 - 1 Serving	802Kcal	 TREE NUTS  FISH  CRUSTACEANS  SOYA	 WHEAT, BARLEY  HAZELNUTS, PECANS, ALMONDS, CASHES, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MILK  MOLLUSCS  CELERY  MUSTARD  SESAME  SULPHITES	
Petite Camile (Bliss Bowls) - Tangy Crispy Chilli Chicken (02/23) 3068904 - 1 Serving	624Kcal	 WHEAT  MILK  MOLLUSCS  SOYA  SULPHITES		
Petite Camile (Bliss Bowls) - Vegan Green Tofu Curry (02/23) 3068822 - 1 Serving	800Kcal	 WHEAT  TREE NUTS  SOYA  SULPHITES	 BARLEY, RYE  HAZELNUTS, PECANS, ALMONDS, CASHES, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS  PEANUTS  MILK  CELERY  MUSTARD  SESAME	 VEGETARIAN  VEGAN
Petite Camile - Sides				
Camile (Sides) - Spicy Thai Fried Potatoes (02/23) 98622 - 1 Serving	621Kcal	 WHEAT  SULPHITES		 VEGETARIAN  VEGAN
Camile Thai (Sides) - Brown & Wild Rice (02/23) 98795 - 1 Serving	504Kcal			 VEGETARIAN  VEGAN

Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Camile Thai (Sides) - Egg Fried Rice (02/23) 98796 - 1 Serving	505 Kcal	 EGGS		
Camile Thai (Sides) - Jasmine Rice (02/23) 40240 - 1 Serving	460 Kcal			 VEGETARIAN  VEGAN
Petite Camile (Sides) - Stir-Fried Noodles (10/25) 8116344 - 1 Serving	379 Kcal	 WHEAT  SOYA	 OATS, BARLEY, RYE  EGGS  SULPHITES	 VEGETARIAN  VEGAN
Petite Camile - Sauces & Dips				
Camile (Sauces) - Peanut Satay Dipping Sauce (02/23) 36214 - 1 Serving	77 Kcal	 TREE NUTS  PEANUTS  CRUSTACEANS		
Camile (Sauces) - Plum Dipping Sauce (02/23) 40467 - 1 Serving	69 Kcal	 SULPHITES		 VEGETARIAN  VEGAN
Petite Camile (Dips) - Sweet Chilli Sauce (02/23) 4769449 - 1 Serving	63 Kcal	 SULPHITES		 VEGETARIAN  VEGAN
Petite Camile - Drinks				
Mogu Mogu Blackcurrant Flavour Drink with Nata De Coco, 320ml bottle (06/22) - 1 Serving	162 Kcal			
Mogu Mogu Grape Flavoured Drink, 320mls (01/22) - 1 Serving	166 Kcal			
Mogu Mogu Mango Flavoured Drink with Nata De Coco, 320ml bottle (06/22) - 1 Serving	180 Kcal			
Mogu Mogu Melon Flavoured Drink with Nata De Coco, 320ml bottle (06/22) - 1 Serving	154 Kcal			
Mogu Mogu Pineapple Flavour Drink with Nata De Coco, 320ml bottle (06/22) - 1 Serving	173 Kcal			
San Pellegrino Sparkling Mineral Water, 500ml bottle (06/22) - 1 Serving	0 Kcal			
SynerChi Kombucha Cola Flavour, 250mls (08/20) 3514683 - 1 Serving	12 Kcal			 GLUTEN FREE
SynerChi Kombucha Ginger & Turmeric Lemonade, 250mls (08/20) 3514704 - 1 Serving	11 Kcal			 GLUTEN FREE
SynerChi Kombucha, Apple & Elderflower Presse, 250ml can (08/20) 3514844 - 1 Serving	13 Kcal			 GLUTEN FREE

Item	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
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  GLUTEN FREE
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	244Kcal	 SOYA	 GLUTEN  TREE NUTS  PEANUTS  SESAME  SULPHITES	 VEGETARIAN  VEGAN