

Petite Camile (Ireland) - Allergen Information 12/11/2022



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 (10/22) - 1 Serving	892Kcal	WHEAT EGGS MILK MOLLUSCS SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	
Camile (Breakfast Menu) - Breakfast Box with Crispy Potato, Omelette & Pork Belly (10/22) - 1 Serving	868Kcal	WHEAT EGGS MILK SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	
Camile (Breakfast Menu) - Small Veggie Breakfast Box with Fried Rice, Peppers & Omelette (11/22) - 1 Serving	603Kcal	WHEAT EGGS MILK MOLLUSCS SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	
Camile (Breakfast Menu) - Veggie Breakfast Box with Camile Fried Rice, Peppers & Omelette (10/22) - 1 Serving	740Kcal	WHEAT EGGS MILK MOLLUSCS SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	
Camile (Breakfast Menu) - Veggie Breakfast Box with Crispy Potato, Peppers & Omelette (10/22) - 1 Serving	806Kcal	WHEAT EGGS MILK SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	
Petite Camile - Starters & Small Plates				
Camile (Starters) - Chargrilled Chicken Skewers with Peanut Satay Dipping Sauce (04/21) 3480899 - 1 Serving	415Kcal	WHEAT PEANUTS CRUSTACEANS MUSTARD SOYA	TREE NUTS MILK CELERY SESAME SULPHITES	
Camile Ireland (Rolls) - Hoisin Duck Spring rolls with Plum Dipping Sauce (11/21) 98654 - 1 Serving	655Kcal	WHEAT MOLLUSCS SESAME SOYA SULPHITES		

Petite Camile (Starters) - 1 Martabak Beef Gyoza (09/21) 4769461 - 1 Serving Petite Camile (Starters) - 1 Pork Gyoza (09/21) 4769456 - 1 Serving Petite Camile (Starters) - 1 Vegetable Gyoza (09/21) 4769443 - 1 Serving Petite Camile (Starters) - 1 Vegetable Spring Roll (11/21) 4769440 - 1 Serving Petite Camile (Starters) - 5 Hot Chicken Wings with Sauce (09/21) 4769069 - 1 Serving Petite Camile (Starters) - Selection, 1 of each Gyoza, Spring roll, Hot wing, Chilli sauce (11/21) - 1 Serving	69Kcal	WHEAT EGGS MILK MUSTARD SOYA		
	45Kcal	WHEAT EGGS MOLLUSCS SESAME SOYA		
	50Kcal	WHEAT EGGS SESAME SOYA		
	116Kcal	WHEAT SOYA		VEGETARIAN VEGAN
	530Kcal	SOYA SULPHITES	WHEAT TREE NUTS PEANUTS MILK MUSTARD SESAME	
	455Kcal	WHEAT EGGS MILK MOLLUSCS MUSTARD SESAME SOYA SULPHITES	TREE NUTS PEANUTS	
Petite Camile IE - Nibbles				
Camile (Nibbles) - Honey Chilli Cashews (04/21) 98802 - 1 Serving Camile (Nibbles) - Thai Brown Prawn Crackers (06/22) 3972434 - Serves 4 people Camile Ireland (Nibbles) - Wasabi Peas (09/21) 4806264 - 1 Serving	251Kcal	CASHEWS FISH CRUSTACEANS SOYA	MOLLUSCS	
	504Kcal	WHEAT CRUSTACEANS		
	166Kcal	SOYA	PEANUTS	VEGETARIAN VEGAN
Petite Camile - Specials				
Camile's Signature Spice Bag (04/21) 2386039 - 1 Serving	734Kcal	WHEAT EGGS MILK SOYA SULPHITES	TREE NUTS PEANUTS MUSTARD SESAME	

Camile's Vegan Spice Bag (03/22) 2685959 - 1 Serving	598Kcal	 WHEAT	 CELERY	 SOYA	 TREE NUTS	 PEANUTS	 EGGS	 VEGETARIAN	
		 SULPHITES			 MILK	 MUSTARD	 SESAME	 VEGAN	
Petite Camile - Curries									
Camile - Massaman Curry, Beef (04/21) 98710 - 1 Serving	911Kcal	 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK		
		 SULPHITES			 MOLLUSCS	 CELERY	 MUSTARD		
	876Kcal	 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK		
		 SULPHITES			 MOLLUSCS	 CELERY	 MUSTARD		
	1165Kcal	 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK		
		 SULPHITES			 MOLLUSCS	 CELERY	 MUSTARD		
Camile - Massaman Curry, Prawns (03/22) 98713 - 1 Serving	728Kcal	 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK		
		 SULPHITES			 MOLLUSCS	 CELERY	 MUSTARD		
	774Kcal	 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK		
		 SOYA	 SULPHITES		 MOLLUSCS	 CELERY	 MUSTARD		
	744Kcal		 FISH	 CRUSTACEANS		 WHEAT	 TREE NUTS	 PEANUTS	 GLUTEN FREE
					 MILK	 MOLLUSCS	 CELERY		

Petite Camile (Curries) - Green Curry, Chicken (09/21) 4767713 - 1 Serving	709Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
	998Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
	564Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
	847Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	GLUTEN FREE
	794Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES PEANUTS MUSTARD SESAME MILK	VEGETARIAN VEGAN
Petite Camile - Noodles				
Camile - Singapore Noodles (11/22) 98698 - 1 Serving	797Kcal	WHEAT CRUSTACEANS SESAME PEANUTS MOLLUSCS SOYA EGGS CELERY SULPHITES	TREE NUTS MILK MUSTARD	

Petite Camile (Noodles) - Pad Thai with Chicken (09/21) 4767685 - 1 Serving	1146Kcal	WHEAT FISH PEANUTS SOYA EGGS SULPHITES	CRUSTACEANS MOLLUSCS	
Petite Camile - Stir Fries				
Petite Camile (Stir Fries) Crispy Chilli Chicken (09/21) 4767689 - 1 Serving	550Kcal	WHEAT SESAME EGGS SOYA MOLLUSCS SULPHITES		
Petite Camile - Kids' Menu				
Camile Kids - Crispy Chicken (04/22) 39983 - 1 Serving	595Kcal	WHEAT SOYA EGGS SULPHITES MOLLUSCS		
Camile Kids - Crispy Tofu (04/22) 6292659 - 1 Serving	521Kcal	WHEAT SOYA EGGS SULPHITES MOLLUSCS		
Camile Kids - Li'l Spice Bag with Chicken (04/22) 6292725 - 1 Serving	541Kcal	WHEAT EGGS SULPHITES		
Camile Kids - Li'l Spice Bag with Tofu (04/22) 6292782 - 1 Serving	466Kcal	WHEAT SOYA SULPHITES		
Camile Kids - Wok Fried Noodles with Chicken (04/22) 98814 - 1 Serving	423Kcal	WHEAT SOYA EGGS MOLLUSCS		
Camile Kids - Wok Fried Noodles with Tofu (04/22) 6292557 - 1 Serving	406Kcal	WHEAT SOYA EGGS MOLLUSCS		
Camile ON THE GO Bowls				
Camile (On The Go Bowls) - Crispy Chilli Stir-Fry with Tofu (01/22) 5421004 - 1 Serving	610Kcal	WHEAT SOYA MOLLUSCS SULPHITES SESAME		

Camile (On The Go Bowls) - Green Curry with Chicken (01/22) 5420959 - 1 Serving	664Kcal	FISH CRUSTACEANS	WHEAT MILK MUSTARD SULPHITES TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA	
Camile (On The Go Bowls) - Green Curry with Tofu (01/22) 5420968 - 1 Serving	752Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SULPHITES	
Camile (On The Go Bowls) - Massaman Curry with Chicken (01/22) 5420941 - 1 Serving	744Kcal	WHEAT FISH CRUSTACEANS SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SOYA MILK MUSTARD	
Camile (On The Go Bowls) - Massaman Curry with Tofu (01/22) 5420950 - 1 Serving	832Kcal	WHEAT FISH CRUSTACEANS SOYA SULPHITES	TREE NUTS MOLLUSCS SESAME PEANUTS CELERY MILK MUSTARD	
Camile (On The Go Bowls) - Pad Prik Haeng with Chicken (01/22) 5421034 - 1 Serving	502Kcal	WHEAT SOYA CASHEWS MOLLUSCS		
Camile (On The Go Bowls) - Pad Prik Haeng with Tofu (01/22) 5421058 - 1 Serving	590Kcal	WHEAT SOYA CASHEWS MOLLUSCS		
Camile (On The Go Bowls) - Tangy Crispy Chilli Stir-Fry with Chicken (01/22) 5420977 - 1 Serving	571Kcal	WHEAT SESAME EGGS SOYA MOLLUSCS SULPHITES		
Camile (On The Go Bowls) - Vegan Crispy Chilli Stir-Fry with Tofu (01/22) 5421016 - 1 Serving	581Kcal	WHEAT SESAME SOYA SULPHITES		VEGETARIAN VEGAN

Camile (On The Go Bowls) - Vegan Green Curry with Tofu (01/22) 5420974 - 1 Serving	721Kcal	 WHEAT	 SOYA	 TREE NUTS	 PEANUTS	 MILK	 VEGETARIAN
				 CELERY	 MUSTARD	 SESAME	 VEGAN
Camile (On The Go) - 2 Vegetable Spring Rolls with Plum Dipping Sauce (01/22) - 1 Serving	312Kcal	 WHEAT	 SOYA	 SULPHITES			 VEGETARIAN
							 VEGAN
Camile Bliss Bowls							
Camile Bliss Bowls - Khao Soi Gai (04/21) 3068877 - 1 Serving	696Kcal	 WHEAT	 FISH	 CRUSTACEANS	 TREE NUTS	 PEANUTS	 MILK
		 MUSTARD	 SOYA		 MOLLUSCS	 CELERY	 SESAME
Camile Bliss Bowls - Pad King Chicken (04/21) 3068829 - 1 Serving	495Kcal	 WHEAT	 MOLLUSCS	 SOYA			
Camile Bliss Bowls - Pad King Tofu (03/22) 3068847 - 1 Serving	578Kcal	 WHEAT	 SOYA				 VEGETARIAN
							 VEGAN
Camile Bliss Bowls - Pad Prik Haeng Chicken (04/21) 3068838 - 1 Serving	494Kcal	 WHEAT	 MOLLUSCS	 SOYA			
Camile Bliss Bowls - Pork Ramen (04/21) 3068939 - 1 Serving	503Kcal	 WHEAT, BARLEY	 EGGS	 FISH	 TREE NUTS	 PEANUTS	 MUSTARD
		 MOLLUSCS	 CELERY	 SESAME			
Camile Bliss Bowls - Vegan Pad Prik Haeng Tofu (03/22) 3068858 - 1 Serving	578Kcal	 WHEAT	 SOYA				 VEGETARIAN
							 VEGAN
Petite Camile (Bliss Bowls) - Green Chicken Curry (04/21) 3063366 - 1 Serving	808Kcal	 FISH	 CRUSTACEANS	 SOYA	 WHEAT	 TREE NUTS	 PEANUTS
					 MILK	 MOLLUSCS	 CELERY
					 MUSTARD	 SESAME	 SULPHITES
							 GLUTEN FREE

Petite Camile (Bliss Bowls) - Massaman Chicken Curry (09/21) 3063378 - 1 Serving	815Kcal	FISH CRUSTACEANS SOYA	WHEAT MILK MUSTARD TREE NUTS MOLLUSCS SESAME PEANUTS CELERY SULPHITES	
	613Kcal	WHEAT EGGS MOLLUSCS SOYA SULPHITES		
	822Kcal	WHEAT SOYA	TREE NUTS CELERY SULPHITES PEANUTS MUSTARD MILK SESAME	VEGETARIAN VEGAN
Petite Camile - Sides				
Camile (Sides) - Camile Fried Potatoes (04/21) 98622 - 1 Serving	616Kcal	WHEAT SULPHITES		VEGETARIAN VEGAN
Petite Camile - Sauces & Dips				
Camile (Sauces) - Peanut Satay Dipping Sauce (03/21) 36214 - 1 Serving	80Kcal	PEANUTS CRUSTACEANS		
Camile (Sauces) - Plum Dipping Sauce (03/21) 40467 - 1 Serving	75Kcal	SULPHITES		VEGETARIAN VEGAN
Petite Camile (Dips) - Sweet Chilli Sauce (09/21) 4769449 - 1 Serving	69Kcal	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 (04/21) 98816 - 1 Serving	246Kcal	 SOYA		 VEGETARIAN  VEGAN