

# starters/ small plates

Tiffin Box for 2



908 calories  
50G fat  
78G carbs  
32G protein

Spiced Calamari Bites



288 calories  
15G fat  
22G carbs  
12G protein

Spring Rolls



veg  
373 calories  
18G fat  
46G carbs  
05G protein

duck  
414 calories  
21G fat  
45G carbs  
09G protein

Char Grilled Chicken Skewers



261 calories  
10G fat  
10G carbs  
33G protein

crispy tofu



731 calories  
36G fat  
54G carbs  
45G protein

Po Pia Sot



salmon  
375 calories  
14G fat  
53G carbs  
07G protein

chicken  
371 calories  
12G fat  
53G carbs  
11G protein

Hot Chicken Wings



533 calories  
35G fat  
32G carbs  
22G protein

BBQ Pork Ribs

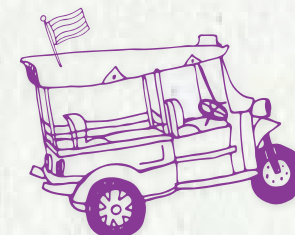


687 calories  
40G fat  
41G carbs  
40G protein

Duck Pancakes



535 calories  
19G fat  
57G carbs  
34G protein



# soups & salads

**Sticky Chicken**



542 calories  
19G fat  
51G carbs  
39G protein

**Tom Yam Goong**



174 calories  
08G fat  
13G carbs  
12G protein

**Thai Beef**



250 calories  
05G fat  
20G carbs  
28G protein

**Ramen Noodle**



613 calories  
12G fat  
71G carbs  
47G protein

**Minced Turkey & Kale Slaw**

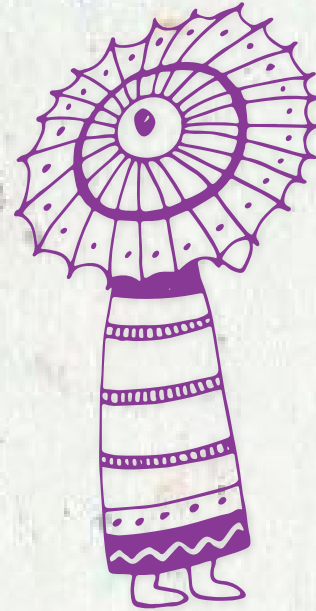
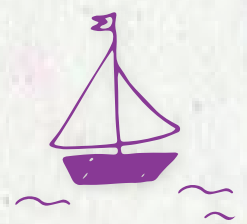


502 calories  
19G fat  
33G carbs  
47G protein

**Tom Kha Gai**



442 calories  
22G fat  
32G carbs  
29G protein





# curries

## Green Curry



**chicken**  
**696** calories  
**48G** fat  
**22G** carbs  
**37G** protein

**beef**  
**675** calories  
**48G** fat  
**22G** carbs  
**32G** protein

**prawn**  
**588** calories  
**45G** fat  
**22G** carbs  
**18G** protein

**duck**  
**707** calories  
**54G** fat  
**22G** carbs  
**25G** protein

**tofu & veg**  
**733** calories  
**54G** fat  
**29G** carbs  
**31G** protein

\*Vegan Green Curry details in Vegan section

## Massaman



**chicken**  
**788** calories  
**52G** fat  
**42G** carbs  
**36G** protein

**beef**  
**774** calories  
**53G** fat  
**42G** carbs  
**31G** protein

**prawn**  
**680** calories  
**49G** fat  
**42G** carbs  
**16G** protein

**duck**  
**799** calories  
**59G** fat  
**42G** carbs  
**24G** protein

**tofu & veg**  
**723** calories  
**53G** fat  
**44G** carbs  
**15G** protein

## Chicken Thai Masala



**576** calories  
**28G** fat  
**34G** carbs  
**44G** protein

## Chiang Mai



**chicken**  
**671** calories  
**43G** fat  
**25G** carbs  
**44G** protein

**beef**  
**693** calories  
**47G** fat  
**25G** carbs  
**40G** protein

**prawn**  
**545** calories  
**38G** fat  
**25G** carbs  
**24G** protein

**duck**  
**707** calories  
**50G** fat  
**25G** carbs  
**37G** protein

**tofu & veg**  
**775** calories  
**59G** fat  
**27G** carbs  
**31G** protein

## Chu Chee



**chicken**  
**408** calories  
**14G** fat  
**32G** carbs  
**37G** protein

**beef**  
**395** calories  
**14G** fat  
**32G** carbs  
**33G** protein

**prawn**  
**419** calories  
**20G** fat  
**32G** carbs  
**26G** protein

**duck**  
**419** calories  
**20G** fat  
**32G** carbs  
**26G** Protein

**tofu & veg**  
**509** calories  
**27G** fat  
**34G** carbs  
**30G** protein



# stir fries

## Pad King



**chicken**  
303 calories  
05G fat  
26G carbs  
37G protein

**beef**  
289 calories  
06G fat  
26G carbs  
32G protein

**prawn**  
196 calories  
02G fat  
26G carbs  
17G protein

**duck**  
314 calories  
11G fat  
26G carbs  
25G protein

**tofu & veg**  
404 calories  
19G fat  
28G carbs  
29G protein

## Pad Prik Haeng



**chicken**  
424 calories  
15G fat  
31G carbs  
38G protein

**beef**  
410 calories  
16G fat  
31G carbs  
33G protein

**prawn**  
316 calories  
12G fat  
31G carbs  
19G protein

**duck**  
435 calories  
22G fat  
31G carbs  
26G protein

**tofu & veg**  
540 calories  
29G fat  
37G carbs  
29G protein

## Pad Med Mamung



364 calories  
18G fat  
24G carbs  
24G Protein

## Crispy Chili Beef



502 calories  
20G fat  
51G carbs  
25G protein

## Pad Krapow



327 calories  
07G fat  
21G carbs  
43G protein

## camile spice bag



567 calories  
21G fat  
51G carbs  
39G Protein

## Crispy Chili Chicken

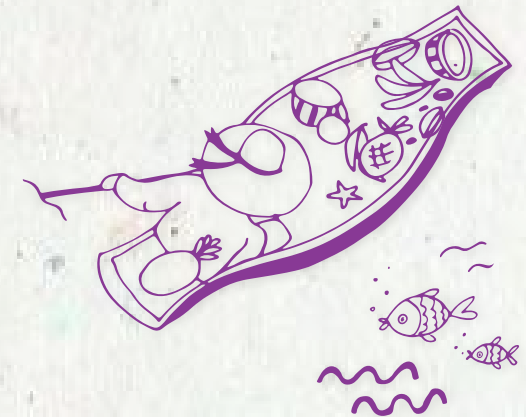


485 calories  
17G fat  
50G carbs  
29G protein

## Mekong Duck



291 calories  
11G fat  
23G carbs  
22G protein



**Note: Main course calories do not include rice side.**



# noodles & fried rice

## Khao Soi Ghai



**1075** calories  
**25G** fat  
**150G** carbs  
**56G** protein

## Pad Thai Noodles



**818** calories  
**23G** fat  
**110G** carbs  
**39G** protein

## Singapore Noodles



**885** calories  
**16G** fat  
**139G** carbs  
**44G** protein

## Khao Soi Moo



**1079** calories  
**50G** fat  
**107G** carbs  
**44G** protein

## Special Fried Rice

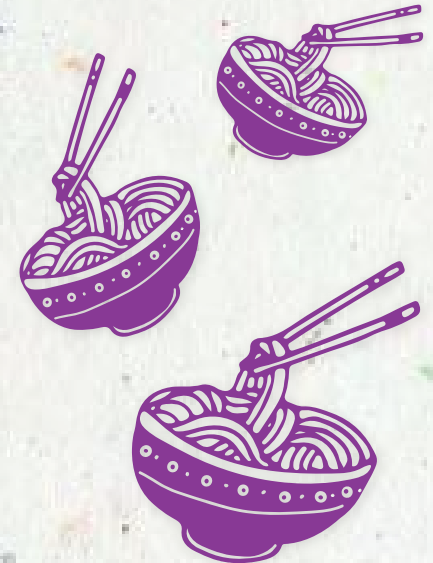


**797** calories  
**21G** fat  
**93G** carbs  
**56G** protein

## Khao Pad Nua



**774** calories  
**26G** fat  
**89G** carbs  
**44G** protein



Wok fried will leave you tongue tied. Also on MyFitnessPal

 **vegan/  
vegetarian**

**Vegan Green Curry**



**773** calories  
**54G** fat  
**29G** carbs  
**31G** protein

**Vegan Pad Thai**



**833** calories  
**19G** fat  
**134G** carbs  
**27G** protein

**Vegan Pad King**



**404** calories  
**19G** fat  
**28G** carbs  
**29G** protein

**crispy tofu**



**731** calories  
**36G** fat  
**54G** carbs  
**45G** protein

**vegan spice bag**



**623** calories  
**37G** fat  
**38G** carbs  
**33G** protein

**Vegan Pad Prik Haeng**



**540** calories  
**29G** fat  
**37G** carbs  
**29G** protein

**Fried Tofu & Kale Slaw Salad**



**543** calories  
**30G** fat  
**34G** carbs  
**32G** protein



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



# seafood

## Green Prawn Curry



**588** calories  
**45G** fat  
**22G** carbs  
**18G** protein

## Pad King Prawn



**196** calories  
**02G** fat  
**26G** carbs  
**17G** protein

## Sweet Chilli Thai Salmon



**576** calories  
**31G** fat  
**28G** carbs  
**45G** protein



# kids

## Sweet Crispy Chicken



**352** calories  
**11G** fat  
**45G** carbs  
**17G** protein

## Wok Fried Noodles



**390** calories  
**08G** fat  
**46G** carbs  
**31G** protein

## Thai Fried Potatoes with Chicken



**331** calories  
**13G** fat  
**28G** carbs  
**22G** protein



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

# sides

## Brown & Wild Rice



**394** calories  
**02G** fat  
**83G** carbs  
**08G** protein

## Camile Fried Potatoes



**268** calories  
**11G** fat  
**35G** carbs  
**07G** protein

## Shredded Kale Side Salad



**124** calories  
**08G** fat  
**09G** carbs  
**03G** protein

## Jasmine Rice



**373** calories  
**01G** fat  
**83G** carbs  
**07G** protein

## Stir Fried Asian Greens



**215** calories  
**11G** fat  
**20G** carbs  
**07G** protein

## Stir Fried Noodles



**428** calories  
**01G** fat  
**86G** carbs  
**15G** protein

## Egg Fried Rice



**414** calories  
**08G** fat  
**75G** carbs  
**10G** protein

## Steamed Broccoli



**049** calories  
**01G** fat  
**02G** carbs  
**05G** protein



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



# nibbles/ desserts

### Wasabi Peas



**106** calories  
**06G** fat  
**12G** carbs  
**02G** protein

### Prawn Crackers



**781** calories  
**52G** fat  
**70G** carbs  
**09G** protein

### Sticky Cashews



**183** calories  
**14G** fat  
**12G** carbs  
**06G** protein

### Edamame



**351** calories  
**13G** fat  
**25G** carbs  
**27G** protein

### Crispy Pancake (Apple)

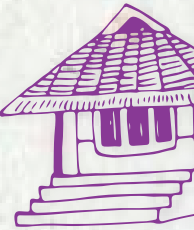


**269** calories  
**03G** fat  
**55G** carbs  
**05G** protein

### Mango Rice Pudding



**276** calories  
**11G** fat  
**41G** carbs  
**03G** protein



Small treats with huge flavour. Also on MyFitnessPal