

Energy and Food Allergy Information

■ IL BAR items for sale - [Café Time Drink and Food Menu]

Updated: Oct.1.2019

<p>Information on energy (kcal)</p> <ul style="list-style-type: none"> <li>This is vendor information or totals based on the food standards composition table.</li> <li>There may be slight differences for food prepared in-store. We appreciate your understanding on this matter.</li> <li>Energy values contain all items such as sauces and toppings.</li> </ul>	<p>About the food allergenic substances table</p> <ul style="list-style-type: none"> <li>This is created based on ingredients used in menu items</li> <li>● indicates that an item is used as an ingredient.</li> <li>Facilities and equipment used for in-store food preparation are shared, and may contain traces of food allergens.</li> </ul>
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\* Information on menu items are updated as needed, so please be sure to check them regularly.  
 \* For menu items that do not have any information listed, please contact Pronto directly.

Menu Name	Kcal/meal	Food allergens																											
		Allergenic materials						Potentially allergenic materials																					
		N/A	Egg	Milk	Wheat	Buckwheat	Peanut	Shrimp	Crab	Abalone	Squid	Salmon roe	Orange	Kiwi	Beef	Pork	Chicken	Walnut	Salmon	Mackerel	Soybean	Matsutake	Peach	Yam	Apple	Gelatin	Banana	Sesame	cashew/ nut
Coffee Milk (Iced)	230		●																										
Coffee Milk (Hot)	230		●																										
Tapioca Strawberry Milk	270		●																										
Tapioca Royal Milk Tea	201		●																										
Hot Tea	4	●																											
Morning coffee	7	●																											
Hot coffee	6	●																											
American coffee	5	●																											
Espresso (double Espresso)	11	●																											
Cafe latte	115			●																									
Cappuccino	102			●																									
Cafe mocha	195			●																	●								
Brown Sugar Milk Coffee	171			●																	●								
Cocoa	208			●																	●								
Milk	136			●																	●								
Royal milk tea (Milk tea)	167			●																	●								
Morning iced coffee	8	●																											
Iced coffee	8	●																											
Iced cafe latte	129			●																									
Iced café mocha	214			●																	●								
Iced Brown Sugar Milk Coffee	171			●																	●								
Iced lemon tea	2	●																											
Iced tea	4	●																											
Iced Royal Milk Tea	75			●																	●								
Iced cocoa	191			●																	●								
Iced milk	143			●																	●								
100% orange juice	92											●																	
Pepsi cola	94	●																											
Ginger ale	90	●																											
The Premium Malt's ALE BEER Jug	131	●																											
The Premium Malt's ALE BEER mini grass	92	●																											
All Free	0	●																											
Kit Kat "Matcha"	65			●	●																●								
Kit Kat	64			●	●																●								
Cinnamon raisin sandwich	50		●	●	●							●									●								
Sweet Potato	164		●	●																	●								
Banana & Walnut Pound Cake	273		●	●	●												●				●						●		
Fruits Cake	247		●	●	●							●									●					●			
Belgian waffle	220		●	●	●																●								
Baumkuchen	242		●	●	●																●								
A Deviled Egg Sandwich	347		●	●	●																●				●	●			
Japanese-Style Chicken & Coleslaw Sandwich	215		●	●	●												●	●			●				●	●			
Bacon Egg Muffin	339		●	●	●												●	●			●				●	●			
Muffin	268			●	●																●								
Hot Dog	293		●	●	●												●	●			●								
Jumbo cheese dog	421		●	●	●												●	●			●								

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Cabbage Hot Dog	290		●	●	●										●					●					●				
BBQ Sauce Hot Dog with Pulled Pork	412		●	●	●									●	●					●							●		
Cheese Keema Curry with Soft-boiled Egg	790		●	●	●										●	●				●					●				
Curry&rice	683			●	●									●	●	●				●								●	
Butter chickin curry	658			●	●									●	●	●				●					●	●	●	●	●
Osaka Spicy Curry	706				●											●				●						●			●
Hirekatsu	163		●	●	●										●					●						●			
Spicy sausage	147														●														
two cheese	74			●																									
fried chicken	153		●	●	●												●			●									
Soft-boiled egg	83		●																										
Cole slaw	269		●	●											●					●					●				
1 gomme syrup	4	●																											
1 coffee creamer	11			●																●									
1 sugar stick	12	●																											