

Energy and Food Allergy Information

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

Updated: Oct.1.2019

Information on energy (kcal)
 - This is vendor information or totals based on the food standards composition table.
 - There may be slight differences for food prepared in-store. We appreciate your understanding on this matter.

About the food allergenic substances table
 - This is created based on ingredients used in menu items
 - ● indicates that an item is used as an ingredient.
 - Facilities and equipment used for in-store food preparation are shared, and may contain traces of food allergens.

* 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
Strong Dry Lemon Sour	170	●																										
Strong Dry Grapefruit Sour	131	●																										
Frozen Lemon Sour	189	●																										
Refill Lemon Sour	146	●																										
Sherbet Lemon Sour	206			●																				●				
Yuzu Honey Lemon Sour from Kochi	126	●																										
Kaku lemon	73	●																										
Non Alcohol Lemon Soda & Tonic	24	●																										
Non Alcohol Gin Tonic (Tonic Soda)	48	●																										
JIM BEAM Highball	72	●																										
Strong Highball	109	●																										
Strong Dry Ginger Highball	116	●																										
Chita Fragrant Highball	76	●																										
Kaku	71	●																										
Old	71	●																										
Special Reserve	70	●																										
Royal 12 years old	76	●																										
Chita	76	●																										
Hibiki	76	●																										
Yamazaki	76	●																										
Hakushu	76	●																										
Canadian Club Classic, 12 years old	71	●																										
JIM BEAM White	70	●																										
Canadian Club	71	●																										
Maker's Mark	80	●																										
Maker's Mark 46	84	●																										
KNOB CREEK	89	●																										
Teacher's	70	●																										
Long John	70	●																										
Ballantine's Finest	71	●																										
Auchentoshan 12 years old	71	●																										
Glenfiddich 12 years old	70	●																										
Bowmore 12 years old	71	●																										
Laphroaig Select	70	●																										
The McCarran 12 years old	70	●																										
Ardmore legacy	71	●																										
Auchentoshan Three Wood	76	●																										
Tullamore Dew	71	●																										
Connemara	70	●																										
The Premium Malt's ALE BEER Jug	134	●																										
The Premium Malt's ALE BEER mini grass	94	●																										
All-Free	0	●																										
Villadoro Montepulciano D'Abruzzo red -glass-	110	●																										
Villadoro Montepulciano D'Abruzzo white -glass-	110	●																										

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Villadoro Montepulciano D'Abruzzo red -mini carafe-	168	●																										
Villadoro Montepulciano D'Abruzzo white -mini carafe-	168	●																										
Villadoro Montepulciano D'Abruzzo red -bottle-	548	●																										
Villadoro Montepulciano D'Abruzzo white -bottle-	548	●																										
Berry Sangria	87											●																
Gin and tonic	114	●																										
Spicy Moscow Mule	121	●																										
Cassis and orange	128											●																
Rum rickey	75	●																										
Tequila Rickey	74	●																										
Dry Mojito	106	●																										
Japanese Gin「ROKU」Soda	80	●																										
Japanese Gin「ROKU」Rocks	80	●																										
Duck Sausage with Foie Gras	292		●	●												●					●					●		
Cole slaw for adults	293		●	●												●					●				●			
Corned beef,mayonnaise,Leek&Cheese	184		●	●											●						●				●	●		
Potato Salad with Spicy Cod Roe	242		●	●	●																●				●	●		
Smoked Oyster Marinated	178																				●							
Roast Beef	164		●	●	●										●						●				●			●
Hokkaido Sanma Fish Carpaccio	163				●																●							
Miso Cheese Tofu	273			●																	●				●			
Marinade of celery	34			●	●												●				●				●			
Ripe Salted Scallion	16	●																										
Boiled soybean	181																				●							
Fresh Octopus Carpaccio	54				●							●									●							
Osatsu Pork Raw Jerky	80															●					●					●		
Mixed nuts&dried fruit	273																	●			●							●
Caramel nuts chocolate	236			●																	●							
Hot Crescent rice crackers with smokrd nuts	196				●		●														●	●						
Tortilla chips with spicy salsa	220	●																										
Smoked cheese	130			●																								
Saketoba	97																											
Ajillo of Oyster & Mushroom	357			●	●										●	●	●				●							
Fried mashed potatoes & smoked salt	322		●	●	●																●							
Fried chicken with sriracha sauce(S)	213		●	●	●												●				●							
Fried chicken with sriracha sauce(L)	348		●	●	●												●				●							
Fish Paste Cakes with Leek, Miso & Cheese	133		●	●	●																●			●		●		
Spicy Hawaiian Sausages & Bacon	264		●	●												●					●							
Chicken Namban ~Ripe Salted Scallion Tartar~	437		●	●	●							●				●					●					●		
baguette	140		●	●	●																●							
Margherita Pizza	364			●	●												●				●							
Mushroom & Pulled Pork Pizza	234		●	●	●											●					●						●	