

Energy and Food Allergy Information

Updated: July.2.2018

- 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.
- Energy values contain all items such as sauces and toppings.
- Energy values for set menus do not include drink items.
- Please refer to each applicable item on the drink menu for energy values.

- About the food allergenic substances table
- The table lists ingredients for all items that contain allergenic substances.
- indicates that an item is used as an ingredient.
- Empty cells indicate that the item is not used as an ingredient, however that the item could possibly be mixed in with other menu items during the production process or in-store preparation process.

* 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
Penne Arrabiata	537			●	●											●					●								
Spaghetti with Karasumi Roe, Shrimp & Scallops	721		●	●	●			●								●	●				●								
Basil Cream Spaghetti with Ham & Arugula	749		●	●	●											●	●				●					●			●
Cream Cheese & Honey Nuts	223			●														●			●								●
Salami	164			●												●													
Tortilla Chips	176	●																											
Baguette toast	83				●																								
Caramel nut chocolate	270		●	●	●																					●			
Mixed nuts	273																	●			●								●
Japanese-style Marinated Octopus with Avocado	173			●	●											●	●				●				●				●
Roast Beef	213		●	●	●										●						●				●				●
Pickled Celery	11				●																●								
Grilled Yame-made Eggplant & Uncured Ham Carpaccio	109		●	●	●							●				●					●								
Fig, Pickled Daikon & Cream Cheese	174			●																									
Sliced pancetta of Parma whey-fed pork prosciutto (half)	176		●													●													
Fresh octopus Carpaccio	72				●							●									●								
Potato Salad	242		●	●												●					●					●			
Purple Cabbage Vitamin Salad	80																									●			
Macaroni Salad with Salad Chicken	366		●	●	●											●					●				●				
Macaroni Salad	383		●	●	●											●					●				●				
Caprese salad with Mozzarella cheese	119			●																									
Caesar's Salad with Crispy Parmesan	208		●	●	●											●					●				●				
Pot Stickers with Champagne Vinegar & Pepper	218				●											●					●								●
Meat & Cheese Penne	439		●	●	●										●	●	●				●				●				
Raclette Cheese Macaroni Gratin	440		●	●	●										●	●	●				●				●				
Ajillo of Shrimp	505			●	●			●							●	●	●				●								
Boiled soybean	181																				●								
Imoriko	322		●	●	●																●								
Hawaiian pochiki	208															●					●								
Ajillo of Thick Shiitake Mashrooms	473			●	●										●	●	●				●								
Fried Chicken	349		●	●	●											●					●								
Stone-baked Raclette Cheese Pot	164			●																	●								
Fish and chips	376		●	●	●																●								
Whelks Grilled in Garlic & Butter	377			●	●										●		●				●								
Mixed pizza with lots of cheese	508			●	●											●					●								
Margherita pizza with lots of cheese	458			●	●											●					●								
Fried Burdock Root Sticks	350		●	●	●											●					●				●				●
Four Kinds of Sausage	400		●	●	●											●					●								●
Amigo! Pizza Cheese & Cheese	434			●	●											●	●				●								
Amigo! Pizza Ham & Arugula	402		●	●	●											●					●								
Amigo! Pizza Sunny Grilled Vegetables	627		●	●	●											●					●								
Roast Pork & Potato Salad	348		●	●	●										●	●	●				●				●	●			
Tropical Fruits Ice Cream	84											●																	
Grilled Beef Tongue	317														●											●			