

Energy and Food Allergy Information

■ Pronto items for sale - [Café Time Drink Menu]

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.

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	cashew nut
Hot coffee (R)	4	●																											
Hot coffee (M)	5	●																											
Hot coffee (L)	7	●																											
American coffee (R)	4	●																											
American coffee (M)	5	●																											
American coffee (L)	7	●																											
Espresso coffee (S)	5	●																											
Espresso coffee (W)	11	●																											
Cafe latte (R)	99			●																									
Cafe latte (M)	114			●																									
Cafe latte (L)	158			●																									
Cappuccino (R)	79			●																									
Cappuccino (M)	100			●																									
Cappuccino (L)	144			●																									
Caffe mocha (R)	138			●																	●								
Caffe mocha (M)	195			●																	●								
Caffe mocha (L)	278			●																	●								
Iced coffee (R)	5	●																											
Iced coffee (M)	7	●																											
Iced coffee (L)	9	●																											
Iced cafe latte (R)	99			●																									
Iced cafe latte (M)	127			●																									
Iced cafe latte (L)	158			●																									
Iced cafe mocha (R)	153			●																	●								
Iced cafe mocha (M)	211			●																	●								
Iced cafe mocha (L)	260			●																	●								
Single Estate Nilgiri Tea, "Kodanadu Tea Estate" India	3	●																											
Green Rooibos Fruit Tea	0	●																											
Single Estate Darjeeling Tea, "Teesta Valley Tea Estate" India	3	●																											
Royal milk tea	163			●																									
Iced Tea (R)	4	●																											
Iced Tea (M)	4	●																											
Iced Tea (L)	4	●																											
Iced Lemon Tea (R)	2	●																											
Iced Lemon Tea (M)	2	●																											
Iced Lemon Tea (L)	3	●																											
Iced royal milk tea (R)	55			●																									
Iced royal milk tea (M)	72			●																									
Iced royal milk tea (L)	93			●																									
Green Rooibos Fruit Tea	0	●																											
Milk (R)	116			●																									
Milk (M)	136			●																									
Milk (L)	177			●																									
Iced milk (R)	109			●																									
Iced milk (M)	143			●																									
Iced milk (L)	184			●																									
Matcha Latte (R)	112			●																									
Matcha Latte (M)	134			●																									
Matcha Latte (L)	193			●																									
Iced Matcha Latte (R)	148			●																	●								
Iced Matcha Latte (M)	203			●																	●								

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		N/A	Allergenic materials							Potentially allergenic materials																			
			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
Iced Matcha Latte (L)	257		●																		●								
Cocoa (R) including whip	160		●																		●								
Cocoa (M) including whip	208		●																		●								
Cocoa (L) including whip	291		●																		●								
Iced cocoa (R) including whip	152		●																		●								
Iced cocoa (M) including whip	191		●																		●								
Iced cocoa (L) including whip	265		●																		●								
Orange juice (R)	53											●																	
Orange juice (M)	70											●																	
Orange juice (L)	90											●																	
Grape fruit juice (R)	62	●																											
Grape fruit juice (M)	82	●																											
Grape fruit juice (L)	105	●																											
Pepsi cola (R)	72	●																											
Pepsi cola (M)	94	●																											
Pepsi cola (L)	121	●																											
Oolong tea	0	●																											
Caffe latte for morning	141		●																										
Iced cafe latte for morning	116		●																										
Iced Coffee (XL size)	10	●																											
Iced Café au Lait (XL size)	114		●																										
Salty Watermelon Juice (R)	59	●																											
Salty Watermelon Juice (M)	78	●																											
Salty Watermelon Juice (L)	100	●																											
Watermelon Juice & Milk	110		●																										
Watermelon Juice with Almond Jelly	156		●																							●			
Watermelon Frozen	112											●																	
Jasmine Earl Grey Tea (R)	1	●																											
Jasmine Earl Grey Tea (M)	1	●																											
Jasmine Earl Grey Tea (L)	2	●																											
Caramel Masala Chai	137		●																										
White Chocolate Mocha (ice)	199		●																										
White Chocolate Mocha (hot)	199		●																										
1 gomme syrup	4	●																											
1 coffee creamer	11		●																			●							
1 sugar stick	12	●																											