

Energy and Food Allergy Information

■ Pronto items for sale - [Pasta Menu]

Updated: Mar.18.2019

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.
 • Energy values contain all items such as sauces and toppings.

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	Shrimp	Crab	Abalone	Squid	Salmon roe	Orange	Kiwi	Beef	Pork	Chicken	Walnut	Salmon	Mackerel	Soybean	Matsutake	Peach	Yam	Apple	Gelatin	Banana	Sesame	cashew/ nut
Tomato Sauce Spaghetti with Fresh Tomatoes & Mozzarella Cheese	663	●	●	●										●	●				●						●			●
Tomato Creamed Spaghetti with Shrimp	577	●	●	●			●								●				●									●
Genovese sauce spaghetti with shrimp&avocado	608	●	●	●			●							●	●				●						●			●
Carbonara Spaghetti with Poached Egg	788	●	●	●										●	●				●									●
Tomato Spaghetti with Eggplant and Bacon	801	●	●	●										●	●				●									●
Cod Roe Butter Sauce Spaghetti with Salmon	518		●	●											●				●						●			●
Demi-Glace Meat Sauce Spaghetti	520	●	●	●										●	●				●						●			●
Japanese-style Spaghetti with Pork & Karashi-Takana	495		●	●										●	●				●								●	●
Napolitan Spaghetti Hot Plate	862	●	●	●										●	●				●									●
Salmon UMAMI Cream Spaghetti with Scallops & Canola Flowers	563	●	●	●											●				●						●			●
Perilla Sauce Spaghetti with Iberian Bacon	697	●	●	●										●	●				●						●			●
Salted Basil Spaghetti with Shrimp & Arugula	649	●	●	●			●							●	●				●									●
Spaghetti with meat sauce	532			●										●	●				●						●			●
Peperonchino Spaghetti with asparagus	680		●	●										●	●				●						●			●
Tomato Spaghetti with Thick-cut Bacon	740	●	●	●										●	●				●									●
Cod roe Spaghetti	554		●	●											●				●									●
Carbonara Spaghetti	701	●	●	●										●	●				●									●
Spaghetti with avocado and cod roe mayonnaise sauce	881	●	●	●										●	●				●					●	●		●	●
Spaghetti with broccoli and bacon tuna mayonnaise sauce	1004	●	●	●										●	●				●					●	●		●	●
Spaghetti with bacon and cabbage sauce	630	●	●	●										●	●				●			●			●			●
Spaghetti with asparagus and mentaiko mayonnaise sauce	528	●		●											●				●					●	●			●
Tomato Creamed Spaghetti with Tuna	599		●	●										●	●				●						●			●
Japanese-style spaghetti with eggplant and bacon	598	●	●	●										●	●				●						●			●
Butter sauce spaghetti with eringi mushrooms and anchovies	639		●	●										●	●				●									●
Spaghetti with broiled egg and broccoli	652	●	●	●										●	●				●									●
Spaghetti with asparagus, bacon and soy sauce butter sauce	564		●	●										●	●				●									●
Butter and Soy Sauce Spaghetti with Shimeji Mushroom and Spinach	535		●	●										●	●				●									●
Spaghetti with tuna and grated daikon radish	581			●										●	●				●									●
Tomato Creamed Spaghetti with Eggplant and Tuna	665		●	●										●	●				●						●			●
Spaghetti with tuna and mustard greens	640		●	●										●	●				●									●
Grilled spaghetti with spinach, bacon and soy sauce butter sauce	559	●	●	●										●	●				●						●			●
Grilled spaghetti with mushroom and soy sauce butter sauce	561	●	●	●										●	●				●									●
Grilled spaghetti with asparagus and soy sauce butter sauce	685	●	●	●										●	●				●									●
Grilled spaghetti with mustard greens and mentaiko	633	●		●											●				●					●	●			●
Baked Chicken curry Sauce spaghetti	561		●	●										●	●				●						●			●
TOKYO-style Soy Sauce Spaghetti	744	●	●	●										●	●				●									●
Napolitan Spaghetti	827	●	●	●										●	●				●									●
Grilled spaghetti with peperoncini sauce and egg -thick noodles	1008	●	●	●										●	●				●									●
Spicy Sauce Spaghetti	869	●	●	●										●	●				●					●				●
Baked Cream Sauce Spaghetti with Chikien&Japanese Mustard Spibach	978		●	●										●	●				●						●			●
Baked Basil Cream Sauce Spaghetti with Chikien&Broccoli	981	●	●	●										●	●				●						●			●