

Energy and Food Allergy Information

■ Pronto items for sale - [Bar Time Food Menu]

Updated: Aug.16.2019

- 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.
- 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
Iberico Bacon Spicy Peperoncino	885			●											●	●													
Extra Peppery Carbonara	723		●	●	●											●	●		●		●								
Cream Cheese & Honey Nuts	223			●														●			●								●
Tortilla Chips	176	●																											
Baguette toast	83				●																								
Tengu® Brand Beef Steak Jerky	63				●										●						●								
Caramel nut chocolate	270			●																	●				●				
Mixed nuts	273																				●								●
Coffee-late	176			●																	●								
Japanese Sea Bream Carpaccio with Crunchy Soy Sauce	152				●																●								●
Pickled Celery	11				●																●								
Octopus & Avocado with Wasabi Basil Sauce	200																												
Roast Beef	213		●	●	●										●						●				●				●
Sliced pancetta of Parma whey-fed pork prosciutto (half)	176		●													●													
Fresh octopus Carpaccio	72				●						●										●								
Potato Salad with Freshly Sliced Cheese	239		●	●																	●								
Marinated Turnips	69			●	●																●			●				●	
Caprese salad with Mozzarella cheese	119			●																									
Caesar's Salad with Crispy Parmesan	208		●	●	●																●			●					
Garlic Edamame	259				●																●								
Exploding Numbness Japanese Fried Chicken	559		●	●	●																●								
Chicken Namban ~Ripe Salted Scallion Tartar~	501		●	●	●							●									●					●			
Poteriko	269		●	●	●																●								
Boiled soybean	181																				●								
Hawaiian pochiki	208															●													
Fried Burdock Root Sticks	350		●	●	●																●			●				●	
Fried Chicken	349		●	●	●																●								
Raclette Cheese Macaroni Gratin	440		●	●	●										●	●	●				●								
Fish and chips	376		●	●	●																●								
Wheeks Grilled in Garlic & Butter	377			●	●										●	●	●				●								
Ajillo of Shrimp	505			●	●			●							●	●	●				●								
Crispy Crust Pizza Teriyaki Chicken & Pepperoni	575		●	●	●										●	●	●				●								
Mixed pizza with lots of cheese	508			●	●										●						●								
Margherita pizza with lots of cheese	458			●	●																●								
Tropical Fruits Ice Cream	84											●																	
Sinfully Mayo & Corn with Tortilla Chips	504		●	●												●					●				●				
Chicken Cartilage with Plum & Shiso	61														●	●										●			●
Three Side Dishes & Wine Set (Caprese Salad, Gratin & Prosciutto)	355		●	●	●										●	●	●				●								
Western-style Tripe Stew & Jim Beam Highball set	investigating		●	●											●	●					●			●				●	
Three Side Dishes (Caprese Salad, Gratin & Prosciutto)	253		●	●	●										●	●	●				●								
Western-style Tripe Stew	investigating		●	●											●	●					●			●				●	