

Energy and Food Allergy Information

Pronto items for sale - [Bar Time 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.
 • 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	Masutake	Peach	Yam	Apple	Gelatin	Barana	Sesame	cashew nut
Iberico Bacon Spicy Peperoncino	885			●											●	●													
Extra Peppery Carbonara	723	●	●	●											●	●		●		●									
Osatsu Pork Raw Jerky (with Yuzu Pepper & White Wine)	80														●											●			
Tortilla Chips	176	●																											
Baguette toast	83			●																									
Marinated Smoked Oyster	179																				●								
Caramel nut chocolate	270		●																		●				●				
Mixed nuts	273																	●		●									●
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			●								●									●								
6 Selected Vegetables & Parmigiano Salad	124	●	●												●						●				●				
Sayaka's Potato Salad Topped with Wine and Soy Sauce Salmon Roe	247	●	●	●							●				●	●				●	●				●	●			
Caprese salad with Mozzarella cheese	119			●																									
Black Angus Beef Steak (with Horseradish Butter)	312			●	●										●						●								
Ajillo of Mushrooms & Pacific Saury	482			●	●										●	●	●				●								
Poteriko	269	●	●	●																	●								
Boiled soybean	181																				●								
Hawaiian pochiki	208														●														
Fried Burdock Root Sticks	350	●	●	●																	●				●			●	
Fried Chicken	349	●	●	●												●					●								
Fish and chips	376	●	●	●																	●								
Ajillo of Shrimp	505			●	●			●							●	●	●				●								
Crispy Pizza Truffle Flavored Mushrooms & Pepperoni	363	●	●	●											●						●				●				
Mixed pizza with lots of cheese	508			●	●										●						●								
Margherita pizza with lots of cheese	458			●	●																●								
Three Side Dishes & Wine Set (Caprese Salad, Gratin & Prosciutto)	355	●	●	●											●	●					●								
Baked Curry with Cauliflower Rice	257	●	●	●																	●				●				
Nordic Cheese Wrapped like Salt Caramel	148			●																									
Mascarpone Cheese with Figs	261			●	●																●								●
Marinated Turnips	69			●	●																●				●			●	
Cheesy Grilled Baguette & Fried Chicken	852	●	●	●												●					●								
16 Ingredient Power Salad	337	●	●	●												●	●	●			●				●	●			●
Gravy Alert! Duck Sausage with Foie Gras & Smoked Black Pepper Potatoes	741			●											●	●					●					●			
Mushroom & Gorgonzola Carpaccio	109			●	●																●								
Basque Burnt cheese cake	251	●	●	●																	●								
Raclette Cheese Macaroni Gratin	440	●	●	●											●	●	●				●								