

Energy and Food Allergy Information

■ Pronto items for sale - [Café 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.

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																									
		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
Croissant	252	●	●	●																							
Cheese croissant	269	●	●	●																							
Maple sugar croissant	270	●	●	●																							
Cream Danish	262	●	●	●																●							
Ham & Cheese Danish	268	●	●	●										●	●				●								
French toast	198	●	●	●															●								
Egg Tart	82	●	●	●															●								
Cheese Steamed Bread	205	●	●	●															●								
Croque Monsieur	199	●	●	●										●	●			●							●		
Strawberry Danish	310	●	●	●																				●			
Mango Danish	330	●	●	●																				●			
Sweet Custard Danish	346	●	●	●																				●			
Croissant taiyaki	394	●	●	●															●						●		
Shrimp gratin pie	365	●	●	●			●												●					●			
Quiche pie	291	●	●	●											●				●					●			●
Fresh tomato Margherita	261	●	●	●											●	●			●						●		●
Mixed Pizza	264	●	●	●											●	●			●								
Pepperoni&Cheese Pizza	331	●	●	●											●				●					●			
Salmon & Asparagus Pizza	246	●	●	●											●			●		●							
Asagopan	551	●	●	●											●				●					●			
Asagopan -half-	275	●	●	●											●				●					●			
Asagopan (cheese)	568	●	●	●															●					●			
Asagopan -half- (cheese)	302	●	●	●															●					●			
Asagopan (ham and egg)	544	●	●	●											●				●					●			
Asagopan -half- (ham and egg)	271	●	●	●											●				●					●			
Asagopan Cod roe & Cheese	588	●	●	●															●					●	●		
Asagopan Cod roe & Cheese (Half)	294	●	●	●															●					●	●		
Double egg Asagopan	530	●	●	●											●				●					●			
Double egg Asagopan -half-	265	●	●	●											●				●					●			
Sausage Egg Muffin	427	●	●	●											●				●					●			
Bacon & Egg Salad Roll Set	470	●	●	●											●				●					●			
Chicken Namban Steak Sandwich	429	●	●	●								●			●				●					●	●		
Cheese & Hamburg Steak Sandwich	432	●	●	●											●	●	●		●					●	●		
Egg Salad Dock	453	●	●	●											●				●								
Toast,boiled Egg,Salad and Drink	416	●	●	●											●				●					●	●		
Toast,Yogurt,Salad and Drink	359	●	●	●											●				●					●	●		
Ham&Cheese Toast,Boiled Egg,Salad and Drink	517	●	●	●											●				●					●	●		
Ham&Cheese Toast,Yogurt,Salad and Drink	461	●	●	●											●				●					●	●		
Vitamin salad& cheese omelette set	634	●	●	●											●				●					●	●		
Additional ¥120 applicable for Toast and Margarine	202	●	●	●															●								
Additional ¥130 applicable for a Croissant	252	●	●	●																							
Margarine	53		●																	●							
Pizza toasy,Boiled Egg,Salad and Drink	478	●	●	●											●	●			●					●	●		
Pizza toasy,Yogurt,Salad and Drink	422	●	●	●											●	●			●					●	●		
Toast,Bacon and eggs,Salad and Drink	435	●	●	●											●	●			●					●	●		
Hot Dog	303		●	●											●				●					●			
Hot Dog with cheese	336		●	●											●				●					●			

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Kit Kat	64		●	●															●									
Kit Kat (green tea)	65		●	●															●									
Sweet Potato	164	●	●																●									
Belgian waffle (plain)	220	●	●	●															●									
Cinnamon raisin sandwich	152	●	●	●							●								●									
Fruits Cake	247	●	●	●							●								●				●					
Banana & Walnut Pound Cake	214	●	●	●													●		●						●			
Fluffy Baumkuchen	242	●	●	●															●									
Brule in Baumkuchen	372	●	●	●															●						●			
Raw Chocolate Cake	470	●	●	●															●									
Caramelized Apple & Sweet Potato Pudding Tart	203	●	●	●															●					●	●			
Strawberry & Mascarpone Mille Crepes	207	●	●	●															●									
Pumpkin & Roasted Nuts Chiffon Cake	206	●	●	●															●									
Italian Chestnut Rich Mont Blanc	326	●	●	●															●									
New York Cheese Cake	277	●	●	●															●									
Chocolate Chunk Scone	391	●	●	●															●						●			
Cheese Soufflé Pancake	431	●	●	●															●						●			
Cheese Soufflé Pancake with whipped cream	466	●	●	●															●						●			