

Energy and Food Allergy Information

■ Pronto items for sale - [Pasta 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       |     |      |       |           |        |        |                                  |         |       |            |        |      |      |      |         |        |        |          |         |           |       |     |       |         |        |        |             |
|---|-----------|----------------------|-----|------|-------|-----------|--------|--------|----------------------------------|---------|-------|------------|--------|------|------|------|---------|--------|--------|----------|---------|-----------|-------|-----|-------|---------|--------|--------|-------------|
|   |           | 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 |
| Tomato Sauce Spaghetti with Fresh Tomatoes & Mozzarella Cheese          | 663       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       | ●       |        |        | ●           |
| Tomato Creamed Spaghetti with Shrimp                                    | 577       |                      | ●   | ●    | ●     |           | ●      |        |                                  |         |       |            |        |      |      | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| Genovese sauce spaghetti with shrimp&avocado                            | 608       |                      | ●   | ●    | ●     |           | ●      |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       | ●       |        |        | ●           |
| Tomato Spaghetti with Eggplant and Bacon                                | 801       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| Cod Roe Butter Sauce Spaghetti with Salmon                              | 518       |                      |     | ●    | ●     |           |        |        |                                  |         |       |            |        |      |      |      |         |        | ●      |          | ●       |           |       |     |       |         | ●      |        |             |
| Japanese-style Spaghetti with Dried Baby Sardines & Karashi-Takana      | 531       |                      |     |      | ●     |           | ●      | ●      |                                  | ●       |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| Perilla Sauce Spaghetti with Iberian Bacon                              | 697       |                      |     | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       | ●       |        |        |             |
| Demi-Glace Meat Sauce Spaghetti   | 540       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       | ●       |        |        |             |
| Carbonara Spaghetti with Poached Egg                                    | 795       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| Napolitan Spaghetti Hot Plate   | 862       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| Japanese-style Spaghetti with Thick Shiitake & Mountain Enoki Mushrooms | 600       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| Homarus Sauce Spaghetti with Red Shrimp & Salmon Roe                    | 547       |                      | ●   | ●    | ●     |           | ●      |        |                                  | ●       |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       | ●       |        |        |             |
| Carbonara Spaghetti with Salted Lemon                                   | 724       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| 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       |                      |     | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       | ●       |        |        |             |
| Napolitan Spaghetti   | 827       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| Grilled spaghetti with peperoncini sauce and egg -thick noodles         | 1008      |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       | ●       |        |        |             |
| Grilled spaghetti With Broccoli and Bacon Tomato Sauce                  | 578       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| Grilled spaghetti Fresh Mozzarella Tomato Sauce                         | 628       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| Grilled spaghetti With Chicken and Broccoli Tomato Sauce                | 556       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       |         |        |        |             |
| Grilled spaghetti With Bacon and Asparagus Basil Cream                  | 555       |                      | ●   | ●    | ●     |           |        |        |                                  |         |       |            |        |      | ●    | ●    |         |        |        | ●        |         |           |       |     |       | ●       |        |        | ●           |