

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	Sesame
The Premium Malt's Beer Glass	122	●																										
The Premium Malt's Beer Jug	143	●																										
The Premium Malt's Beer Bronze Gless	155	●																										
Shandy Gaff	153	●																										
Grapefruit Sour	93			●																								
Lime & Mint Sour	116	●																										
Frozen Lemon Sour	167	●																										
Refill Lemon Sour	107	●																										
Ehime Green Mandarin Sour	110	●																										
Vodka & Watermelon Juice	152	●																										
Oolong tea highball	93	●																										
Wanko (barley)	51	●																										
Kuromaru (sweet potato)	66	●																										
Tropical Fruits & Pineapple Sangria (Red)	75												●															
Tropical Fruits & Pineapple Sangria (White)	75												●															
Umeshu (Japanese Plum Wine) & Iced Tea Low-alcohol Sour	89	●																										
White Wine & Lemonade Low-alcohol Sour	226	●																										
Peach Liqueur & Lactic-acid Beverage Low-alcohol Sour	134		●																			●						
Contratto Bitter Spumoni	117	●																										
Gin and tonic	109	●																										
Gin and lime	133	●																										
Moscow Mule	109			●																								
Cassis and Oolong tea	84	●																										
Cassis&Soda	86	●																										
Cassis and orange	126											●																
Fuzzy Navel	111											●										●						
Peach Fizz	71																					●						
Malibu & Cola	112	●																										
Plum Liqueur Matured in the Cask in YAMAZAKI	95	●																										
Mild Kaku D-highball	73	●																										
Kaku D-highball	109	●																										
JIM BEAM Highball	72	●																										
Large size Kaku Highball	144	●																										
Large size Jim Beam Highball	107	●																										
Maker's Mark Highball	53	●																										
Chita Fragrant Highball	76	●																										
MacAllen highball	71	●																										
Connemara	70	●																										
Kaku	71	●																										
JIM BEAM White	70	●																										
Canadian Club	71	●																										
Ballantine's Finest	71	●																										
Tullamore Dew	71	●																										
Wild tukey 8 Year Old	89	●																										
Maker's Mark	80	●																										
Mint Julep	84	●																										
Maker's Mark & Tomato Juice	90	●																										
Hibiki Japanese harmony	76	●																										
Chita	76	●																										
H a k u shu	76	●																										

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Yamazaki	76	●																											
Glenfiddich 12 Year Old	70	●																											
Auchentoshan, 12 years old	70	●																											
Bowmore, 12 years old	70	●																											
Laphroaig Select Cask	70	●																											
Villadoro Verdicchio Classico white -glass-	88	●																											
Villadoro Verdicchio Classico white -mini carafe-	168	●																											
Villadoro Verdicchio Classico white -decanter-	329	●																											
Villadoro Verdicchio Classico	548	●																											
Villadoro Montepulciano D'Abruzzo red -glass-	88	●																											
Villadoro Montepulciano D'Abruzzo red -mini carafe-	168	●																											
Villadoro Montepulciano D'Abruzzo red -decanter-	329	●																											
Villadoro Montepulciano D'Abruzzo	548	●																											
Crocce Della Vietora Lambrusco Emilia Solo -glass-	88	●																											
Crocce Della Vietora Lambrusco Emilia Solo -mini carafe-	168	●																											
Crocce Della Vietora Lambrusco Emilia Solo -decanter-	329	●																											
Crocce Della Vietora Lambrusco Emilia Solo	548	●																											
Fortant Vin de Pays D'oc Cabernet-Sauvignon	548	●																											
Fontanafredda Volumi Bollati Barolo Serralunga d 'Alba	363	●																											
Peach Squash	88		●																			●							
Grapefruit squash	94	●																											
All-Free	0	●																											
All Free with a Slice of Lemon	2	●																											
100% Orange Juice	70											●																	
100% Grapefruit Juice	62	●																											
Oolong tea	0	●																											
Ginger Ale	72	●																											
Pepsi	70	●																											
Bar hot coffee - specialty limited production coffee	6	●																											
Bar café latte	115		●																										
Cafe latte	114		●																										
Hot tea	1	●																											
Bar milk tea	164		●																										
Bar iced coffee	6	●																											
Bar iced café latte	67		●																										
Iced cafe latte	66		●																										
Bar iced tea	2	●																											
Iced Tea	2	●																											
Bar iced lemon tea	4	●																											
Iced Lemon Tea	4	●																											
Bar iced milk tea	55		●																										
Plum Liqueur Matured in the Cask in YAMAZAKI with Lime & Mint Sour	131	●																											