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| メニュー名<br>Menu Name      | エネルギー<br>(kcal) / 杯<br>Kcal/meal                            | 食物アレルギー<br>Food allergens     |        |      |       |           |     |      |   |        |         |       |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
|-------------------------|---|-------------------------------|--------|------|-------|-----------|-----|------|---|--------|---------|-------|------------|---------|------------|------|------|--------|--------|--------|----------|---------|---------|--------|------|-----------|-------|------|
|                         |   | 特定原材料<br>Allergenic materials |        |      |       |           |     |      | 特定原材料に準ずるもの<br>Potentially allergenic materials |        |         |       |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
|                         |   | えび                            | かに     | 小麦   | そば    | 卵         | 乳   | 落花生  | アーモンド   | あわび    | いか      | いくら   | オレンジ       | カシューナッツ | キウイ        | 牛肉   | くるみ  | ごま     | そば     | 大豆     | 鶏肉       | バナナ     | 豚肉      | まいたけ   | もも   | やまいも      | リンゴ   | ゼラチン |
|                         |   | N/A                           | Shrimp | Crab | Wheat | Buckwheat | Egg | Milk | Peanut  | Almond | Abalone | Squid | Salmon roe | Orange  | cashew nut | Kiwi | Beef | Walnut | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Matsutake | Peach | Yam  |
| お子様おにぎりプレート             | Kid's Rice Ball Plate                                       | 529                           |        |      | ●     | ●         | ●   |      |   |        |         | ●     |            | ●       |            |      |      |        | ●      |        | ●        |         |         |        |      |           | ●     | ●    |
| お子様うどん                  | Kids Udon   | 458                           |        |      | ●     | ●         | ●   |      |   |        |         | ●     |            |         |            |      |      |        | ●      | ●      |          |         |         |        |      |           | ●     |      |
| お子様カレー                  | Kids Curry  | 528                           |        |      | ●     | ●         | ●   |      |   |        |         | ●     |            | ●       |            |      |      |        | ●      | ●      | ●        | ●       |         |        |      |           | ●     |      |
| お子様ポテトフライ               | Kids Potato Fries   | 678                           |        |      | ●     | ●         |     |      |   |        |         |       |            |         |            |      |      |        | ●      |        |          |         |         |        |      |           | ●     |      |
| お子様バナナアイス               | Kids Vanilla Icecream                                       | 205                           |        |      |       |           | ●   | ●    |   |        |         |       |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
| おつまみセット                 | Tsumugi Otsumami Set  | 586                           |        |      | ●     | ●         | ●   |      |   |        |         | ●     |            | ●       |            |      |      |        | ●      | ●      |          |         |         |        |      |           |       | ●    |
| 月見アボカドと納豆のブッダボウル        | Tsukimi Avocado and Natto Buddha Bowl                       | 748                           |        |      | ●     | ●         | ●   |      |   |        |         |       |            |         |            |      |      | ●      |        | ●      | ●        |         |         |        |      |           |       |      |
| 大豆ミートのビビンバ風ブッダボウル       | Bibimbap-style Buddha bowl with Soy Meat                    | 751                           |        |      | ●     | ●         | ●   | ●    |   |        |         |       |            |         |            |      |      | ●      |        | ●      |          |         |         |        |      |           |       | ●    |
| 30品目のバランスブッダボウル         | Balanced Buddha Bowl with 30 different ingredients          | 613                           |        |      | ●     | ●         |     |      |   |        |         |       |            |         |            |      |      | ●      | ●      | ●      | ●        |         |         |        |      |           |       | ●    |
| 天然水の削り氷 濃い苺みるく          | Spring Water Shaved Ice - Thick Strawberry Milk             | 280                           |        |      |       |           |     | ●    |   |        |         |       |            |         |            |      |      |        |        |        |          |         |         |        |      |           | ●     |      |
| 天然水の削り氷 袋布向春園お抹茶&北海道あずき | Spring Water Shaved Ice - Matcha & Hokkaido Azuki           | 344                           |        |      |       |           |     | ●    |   |        |         |       |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
| 天然水の削り氷 袋布向春園ほうじ茶クリーム   | Spring Water Shaved Ice Tafukoshunen Houjicha Syrup & Cream | 434                           |        |      |       |           |     | ●    |   |        |         |       |            |         |            |      |      |        |        | ●      |          |         |         |        |      |           |       |      |
| 天然水の削り氷 檸檬とマスカルポーネちいずたと | Spring Water Shaved Ice Mascarpone Cheese Tart with Lemon   | 452                           |        |      | ●     | ●         | ●   |      |   |        |         |       |            |         |            |      |      |        |        | ●      |          |         |         |        |      |           |       | ●    |
| 天然水の削り氷 桃と信州高原みるく       | Spring Water Shaved Ice Peach & Shinshu Plateau Milk        | 492                           |        |      |       |           |     | ●    |   |        |         |       |            |         |            |      |      |        | ●      |        |          |         |         |        | ●    |           |       |      |
| 白玉トッピング                 | 5 Rice Dumplings Topping                                    | 79                            |        |      |       |           |     |      |   |        |         |       |            |         |            |      |      |        |        | ●      |          |         |         |        |      |           |       |      |
| 追加 苺                    | Add extra Strawberry  | 40                            |        |      |       |           |     |      |   |        |         |       |            |         |            |      |      |        |        |        |          |         |         |        |      |           | ●     |      |
| 追加 練乳                   | Add extra Rose  | 83                            |        |      |       |           |     | ●    |   |        |         |       |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
| 追加 お抹茶                  | Add extra Matcha  | 67                            | ●      |      |       |           |     |      |   |        |         |       |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
| 追加 ほうじ茶                 | Add Houjicha Syrup  | 62                            | ●      |      |       |           |     |      |   |        |         |       |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
| 追加 桃みるく                 | Add Peach & Milk  | 68                            |        |      |       |           |     | ●    |   |        |         |       |            |         |            |      |      |        |        |        |          |         |         |        | ●    |           |       |      |

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| メニュー名<br>Menu Name              | エネルギー<br>(kcal) / 杯<br>Kcal/meal  | 食物アレルギー<br>Food allergens |                               |      |       |           |     |   |        |        |         |       |            |        |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
|---------------------------------|---|---------------------------|-------------------------------|------|-------|-----------|-----|---|--------|--------|---------|-------|------------|--------|------------|------|------|--------|--------|--------|----------|---------|---------|--------|------|-----------|-------|------|
|                                 |   | 該当なし<br>N/A               | 特定原材料<br>Allergenic materials |      |       |           |     | 特定原材料に準ずるもの<br>Potentially allergenic materials |        |        |         |       |            |        |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
|                                 |   |                           | えび                            | かに   | 小麦    | そば        | 卵   | 乳   | 落花生    | アーモンド  | あわび     | いか    | いくら        | オレンジ   | カシューナッツ    | キウイ  | 牛肉   | くるみ    | ごま     | そば     | 大豆       | 鶏肉      | バナナ     | 豚肉     | まごたけ | もも        | やまいも  | ゼラチン |
|                                 |   |                           | Shrimp                        | Crab | Wheat | Buckwheat | Egg | Milk  | Peanut | Almond | Abalone | Squid | Salmon roe | Orange | cashew nut | Kiwi | Beef | Walnut | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Matsutake | Peach | Yam  |
| 追加 信州高原みるく                      | Add Shinshu Plateau Milk  | 76                        |                               |      |       |           | ●   |   |        |        |         |       |            |        |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
| 追加 レモン                          | Add Lemon   | 31                        | ●                             |      |       |           |     |   |        |        |         |       |            |        |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
| 追加 レモンチーズ                       | Add Lemon&Cheese  | 58                        |                               |      |       |           | ●   | ●   |        |        |         |       |            |        |            |      |      |        |        | ●      |          |         |         |        |      |           |       | ●    |
| 追加 おいり                          | Add OIRI  | 2                         | ●                             |      |       |           |     |   |        |        |         |       |            |        |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
| TO天然水の削り氷 濃い苺みるく                | Togo Spring Water Shaved Ice - Thick Strawberry Milk                              | 280                       |                               |      |       |           |     | ●   |        |        |         |       |            |        |            |      |      |        |        |        |          |         |         |        |      |           | ●     |      |
| TO天然水の削り氷 袋布向春園抹茶 &北海道あずき       | Togo Spring Water Shaved Ice - Matcha & Hokkaido Azuki                            | 345                       |                               |      |       |           |     | ●   |        |        |         |       |            |        |            |      |      |        |        |        |          |         |         |        |      |           |       |      |
| TO天然水の削り氷 袋布向春園ほうじ茶クリーム         | Togo Spring Water Shaved Ice Tafukoshunen Houjicha Syrup & Cream                  | 375                       |                               |      |       |           |     | ●   |        |        |         |       |            |        |            |      |      |        |        | ●      |          |         |         |        |      |           |       |      |
| TO天然水の削り氷 檸檬とマスカルポーネちいずたると      | Togo Spring Water Shaved Ice Mascarpone Cheese Tart with Lemon                    | 279                       |                               |      | ●     |           | ●   | ●   |        |        |         |       |            |        |            |      |      |        |        | ●      |          |         |         |        |      |           |       | ●    |
| TO天然水の削り氷 桃と信州高原みるく             | Togo Spring Water Shaved Ice Peach & Shinshu Plateau Milk                         | 341                       |                               |      |       |           |     | ●   |        |        |         |       |            |        |            |      |      |        |        | ●      |          |         |         |        | ●    |           |       |      |
| 抹茶白玉栗ぜんざい                       | Matcha & Chestnuts Zenzai   | 415                       |                               |      | ●     |           |     |   |        |        |         |       |            |        |            |      |      |        |        | ●      |          |         |         |        |      |           |       |      |
| ほうじ茶白玉栗ぜんざい                     | Houjicha & Chestnuts Zenzai   | 399                       |                               |      | ●     |           |     |   |        |        |         |       |            |        |            |      |      |        |        | ●      |          |         |         |        |      |           |       |      |
| かわりばんこ ほうじ茶パフェ                  | Houjicha Parfait  | 506                       |                               |      | ●     |           | ●   | ●   |        |        |         |       |            |        |            |      |      |        |        | ●      |          | ●       |         |        |      |           |       |      |
| かわりばんこ 抹茶パフェ                    | Matcha Parfait  | 540                       |                               |      | ●     |           | ●   | ●   |        |        |         |       |            |        |            |      |      |        |        | ●      |          | ●       |         |        |      |           |       |      |
| 芋ようかんの和三盆ブリュレ                   | Sweet Potato Jelly & Refined Sugar Brulee   | 260                       |                               |      |       |           |     | ●   |        |        |         |       |            |        |            |      |      |        |        | ●      |          |         |         |        |      |           |       |      |
| 細セット(芋ようかんの和三盆ブリュレ)             | Tsumugi Set (Sweet Potato Jelly & Refined Sugar Brulee)                           | 728                       |                               |      | ●     |           | ●   | ●   | ●      |        |         |       | ●          |        |            |      |      |        |        | ●      |          | ●       |         |        |      |           |       | ●    |
| 細セット(和栗と焦がしきな粉のほうじ茶モンブラン)       | Tsumugi Set (Houjicha Mont Blanc with Japanese Chestnuts & Roasted Soybean Flour) | 872                       |                               |      | ●     |           | ●   | ●   | ●      |        |         |       | ●          |        |            |      |      |        |        | ●      |          | ●       |         |        |      |           |       | ●    |
| 細セット(三重県産抹茶の濃厚テリーヌ)             | Tsumugi Set (Rich Matcha Terrine of Mie Prefecture)                               | 741                       |                               |      | ●     |           | ●   | ●   | ●      |        |         |       | ●          |        |            |      |      |        |        | ●      |          | ●       |         |        |      |           |       | ●    |
| 細セット(大三萬年堂HANARE監修 塩大福と抹茶くりむ大福) | Tsumugi Set (Salted Mame Daifuku and Matcha Cream Daifuku Supervised by Daisan)   | 954                       |                               |      | ●     |           | ●   | ●   | ●      |        |         |       | ●          |        |            |      |      |        |        | ●      |          | ●       |         |        |      |           |       | ●    |
| 豆乳プリンの抹茶クリームあんみつ                | Soymilk Pudding Anmitsu with Matcha Soft Serve Ice Cream                          | 301                       |                               |      |       |           |     | ●   |        |        |         |       |            |        |            |      |      |        |        | ●      |          |         |         |        |      |           |       |      |
| 和栗と焦がしきな粉のほうじ茶モンブラン             | Houjicha Mont Blanc with Japanese Chestnuts & Roasted Soybean Flour               | 462                       |                               |      | ●     |           | ●   | ●   |        |        |         |       |            |        |            |      |      |        |        | ●      |          | ●       |         |        |      |           |       |      |

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| メニュー名<br>Menu Name                      | エネルギー<br>(kcal) / 杯<br>Kcal/meal  | 特定原材料<br>Allergenic materials |        |      |       |           |     |      |        |        |         | 特定原材料に準ずるもの<br>Potentially allergenic materials |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |     |       |
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|   |   | N/A                           | Shrimp | Crab | Wheat | Buckwheat | Egg | Milk | Peanut | Almond | Abalone | Squid   | Salmon roe | Orange  | cashew nut | Kiwi | Beef | Walnut | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Matsutake | Peach | Yam | Apple |
| 三重県産抹茶の濃厚テリーヌ                           | Rich Match Terrine of Mie Prefecture  | 276                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            |      |      |        |        |        | ●        |         |         |        |      |           |       |     |       |
| 大三萬年堂HANARE監修 塩大福と抹茶くりーむ大福              | Salted Mame Daifuku and Matcha Cream Daifuku Supervised by Daisan   | 489                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            |      |      |        |        |        | ●        |         |         |        |      |           |       |     | ●     |
| 親鸞聖人ごのみの塩豆大福(1個)                        | Shinran Shonin's Favorite Salted Mame Daifuku (1 pieces)  | 225                           |        |      |       |           |     |      |        |        |         |   |            |         |            |      |      |        |        |        | ●        |         |         |        |      |           |       |     |       |
| 大三萬年堂HANARE監修 抹茶くりーむ大福(1個)              | Matcha Cream Daifuku Supervised by Daisan   | 264                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            |      |      |        |        |        | ●        |         |         |        |      |           |       |     | ●     |
| 親鸞聖人ごのみの塩豆大福(2個)                        | Shinran Shonin's Favorite Salted Mame Daifuku (2 pieces)  | 451                           |        |      |       |           |     |      |        |        |         |   |            |         |            |      |      |        |        |        | ●        |         |         |        |      |           |       |     |       |
| 大三萬年堂HANARE監修 抹茶くりーむ大福(2個)              | Matcha Cream Daifuku Supervised by Daisan   | 528                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            |      |      |        |        |        | ●        |         |         |        |      |           |       |     | ●     |
| 親鸞聖人ごのみの塩豆大福と大三萬年堂HANARE監修 抹茶くりーむ大福(2個) | -   | 489                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            |      |      |        |        |        | ●        |         |         |        |      |           |       |     | ●     |
| 京抹茶の生パスタ 海老天がらの和風おろし                    | Japanese Style Pasta with Shrimp Tempura and Grated Radish  | 675                           | ●      | ●    | ●     | ●         | ●   | ●    |        |        |         |   |            |         |            |      |      |        |        |        | ●        | ●       | ●       |        |      |           |       |     | ●     |
| 京抹茶の生パスタ アボカドと小海老の大葉ソース                 | Fresh Matcha Pasta Japanese basil Sauce Pasta with Avocado & Shrimp   | 820                           | ●      | ●    | ●     | ●         | ●   | ●    |        |        |         |   |            |         |            |      | ●    |        |        |        | ●        | ●       | ●       |        |      |           |       |     | ●     |
| 京抹茶の生パスタ ゆず香るホタテとほうれん草のたらこクリーム          | Spinach & Scallop Cod Roe Cream Pasta with a Hint of Yuzu   | 569                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            |      |      |        |        |        | ●        | ●       | ●       |        |      |           |       |     | ●     |
| お膳 / Tsumugi-Japanese style plate       |   |                               |        |      |       |           |     |      |        |        |         |   |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |     |       |
| 紫菜海苔の香り立つ鯛出汁茶漬 炙りサーモンとアボカド              | Tai soup Chazuke with Shisai Nori, Grilled Salmon and Avocado (Japanese dish made by pouring sea bream soup stock over cooked rice)                 | 620                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            |      |      |        |        | ●      | ●        | ●       |         |        |      |           |       |     | ●     |
| チキンの大葉タルタル南蛮                            | Sweet and Sour Flavored Fried Chicken with Japanese Basil Tartar Sauce  | 617                           |        |      | ●     |           | ●   | ●    |        |        |         | ●   |            |         | ●          |      | ●    |        |        |        | ●        | ●       |         |        |      |           |       |     | ●     |
| さばの味噌煮                                  | Simmered Mackerel with Miso   | 610                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            |      |      | ●      |        |        | ●        | ●       | ●       |        |      |           |       |     | ●     |
| スキレット和風ハンバーグ～醤油麹ソース～                    | Japanese Style Hamburger Steak ~Soy Sauce Koji~   | 513                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            | ●    |      |        |        |        | ●        | ●       | ●       |        |      |           |       |     | ●     |
| 紫菜海苔の香り立つ鯛出汁茶漬 炙りサーモンとアボカド・小鉢無          | (No small bowl) Tai soup Chazuke with Shisai Nori, Grilled Salmon and Avocado (Japanese dish made by pouring sea bream soup stock over cooked rice) | 583                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            |      |      |        |        |        | ●        | ●       | ●       |        |      |           |       |     | ●     |
| チキンの大葉タルタル南蛮(小鉢なし)                      | (No small bowl) Sweet and Sour Flavored Fried Chicken with Japanese Basil Tartar Sauce  | 578                           |        |      | ●     |           | ●   | ●    |        |        |         | ●   |            |         | ●          |      | ●    |        |        |        | ●        | ●       |         |        |      |           |       |     | ●     |
| さばの味噌煮(小鉢なし)                            | (No small bowl) Simmered Mackerel with Miso   | 570                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         |            |      |      |        |        |        | ●        | ●       | ●       |        |      |           |       |     | ●     |

エネルギー(kcal)表示について  
 ・仕入先情報及び食品標準成分表に基づく計算値です。  
 ・店内での調理商品は、若干の誤差が生じる場合があります。ご了承ください。  
 ・エネルギーは、ソース・トッピング等のすべてを含んだ値です。

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.

食物アレルギー物質表示について  
 ・メニューの原材料に基づき作成しています。  
 ・●は原材料として使用していることを意味します。  
 ・店内での調理工程は、他のアレルギー物質を含む原材料と、共通設備・機材にて調理しています。

About the food allergenic substances table  
 ・This is created based on ingredients used in menu items  
 ・● indicates that an item is used as an ingredient.  
 ・Facilities and equipment used for in-store food preparation are shared, and may contain traces of food allergens.

※商品内容は随時更新されますので、ご注意ください。  
 Information on menu items are updated as needed, so please be sure to check them regularly.  
 ※記載のないメニューについては弊社までお問い合わせ下さい。  
 For menu items that do not have any information listed, please contact Pronto directly.

|                          |   | 食物アレルギー<br>Food allergens     |        |      |       |           |     |      |        |        |         |   |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |     |
|--------------------------|---|-------------------------------|--------|------|-------|-----------|-----|------|--------|--------|---------|---|------------|---------|------------|------|------|--------|--------|--------|----------|---------|---------|--------|------|-----------|-------|-----|
| メニュー名<br>Menu Name       | エネルギー<br>(kcal) / 杯<br>Kcal/meal                                    | 特定原材料<br>Allergenic materials |        |      |       |           |     |      |        |        |         | 特定原材料に準ずるもの<br>Potentially allergenic materials |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |     |
|                          |   | えび                            | かに     | 小麦   | そば    | 卵         | 乳   | 落花生  | アーモンド  | あわび    | いか      | いくら   | オレンジ       | カシューナッツ | キウイ        | 牛肉   | くるみ  | ごま     | そば     | 大豆     | 鶏肉       | バナナ     | 豚肉      | まいたけ   | もも   | やまいも      | ゼラチン  |     |
|                          |   | N/A                           | Shrimp | Crab | Wheat | Buckwheat | Egg | Milk | Peanut | Almond | Abalone | Squid   | Salmon roe | Orange  | cashew nut | Kiwi | Beef | Walnut | Sesame | Salmon | Mackerel | Soybean | Chicken | Banana | Pork | Matsutake | Peach | Yam |
| スキレット和風ハンバーグ〜醤油麹〜<br>小鉢無 | (No small bowl) Japanese Style Hamburger<br>Steak ~ Soy Sauce Koji~ | 407                           |        |      | ●     |           | ●   | ●    |        |        |         |   |            |         | ●          |      |      |        |        | ●      | ●        |         | ●       |        |      |           | ●     | ●   |
| 【単品】 白ご飯                 | Rice  | 293                           | ●      |      |       |           |     |      |        |        |         |   |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |     |
| 【単品】 十三穀ご飯               | Rice with 13 kinds of millet  | 281                           | ●      |      |       |           |     |      |        |        |         |   |            |         |            |      |      |        |        |        |          |         |         |        |      |           |       |     |