

PIETRO Calories／Allergen Information

This allergen information includes all 28 items designated as “Specified Allergens” and “Recommended Allergens” under the Food Labeling Standards of Japan. Please note that we may not be able to answer inquiries regarding allergens outside of these 28 items.

Trace amounts of allergens may be unintentionally mixed into food during manufacturing or preparation in our restaurant kitchens.

This information is based on the ingredients used in our products.

*Ingredients may change without prior notice due to product improvements or specification updates.

*Menu items may vary by location.

*This information is updated regularly.

As of July 6, 2026

Menu Item	Calories per Serving (kcal) *() indicates small size	Specified Allergens										Recommended Allergens																	
		Milk	Wheat	Buckwheat	Egg	Peanut	Shrimp	Crab	Walnut	Abalone	Squid	Salmon roe	Orange	Kiwi	Beef	Salmon	Mackerel	Soy	Chicken	Pork	Peach	Yam	Apple	Gelatin	Banana	Sesame	Macadamia nut	Cashew nut	Almond
Restaurant																													
▼ Salads *Dressing not included in allergen data																													
1	PIETRO Garden Salad	93(47)																Soy											
2	Japanese-Style Salad with Seafood and Seaweed	100(50)						Shrimp				Squid																	
3	Refill of Salad	12																											
4	Salad of The Day (Steamed Chicken & Carrot Salad)	103	Milk															Soy	Chicken										Almond
▼ Soup & Bread																													
5	Rye Bread with Anchovy Butter and Mixed Cheese	282	Milk	Wheat														Soy											
6	Focaccia with Olive Oil	175		Wheat														Soy											
7	Baguette (Garlic)	232	Milk	Wheat														Soy											
8	Baguette (Butter)	217	Milk	Wheat														Soy											
9	Baguette (Plain)	144		Wheat																									
10	Sweet Corn Potage with Hokkaido Sweet Corn	203(134)	Milk	Wheat														Soy	Chicken	Pork									
11	Caramelized Onion Soup	120(80)	Milk															Soy	Chicken	Pork									
12	Seasonal Soup: White Corn Potage	163(107)	Milk	Wheat														Soy											
13	Seasonal Soup: Vichyssoise	225(150)	Milk																Chicken	Pork									
14	Seasonal Soup: Mushroom Potage	152(100)	Milk	Wheat														Soy	Chicken										
15	Seasonal Soup: White Clam Chowder	173(115)	Milk	Wheat														Soy											
▼ HITOSARA (Small Plates Before Pasta)																													
16	Shrimp and Mushroom al Ajillo	484		Wheat				Shrimp										Soy											
17	Salmon and Colorful Vegetable Tartare	168	Milk	Wheat		Egg		Shrimp	Crab							Salmon		Soy					Apple						Almond
18	Refill of Toasted Baguette Slices	54		Wheat																									
19	Octopus and Potato with Basil Sauce	235	Milk															Soy											Almond
20	French Fries	401		Wheat														Soy											
21	French Fries with Hakata Mentaiko Flavor	579	Milk	Wheat														Soy											
▼ Pizza																													
22	Mozzarella Pomodoro	726	Milk	Wheat														Soy											
23	Green Onion and Salty-Sweet Ground Beef	763	Milk	Wheat											Beef			Soy											
24	A Lots of Sliced Ham and Cheese	740	Milk	Wheat		Egg												Soy		Pork									
25	Four Cheese Served with Honey	825	Milk	Wheat														Soy											
26	Teriyaki Chicken, Corn, and Soft-Boiled Egg	841	Milk	Wheat		Egg												Soy	Chicken										
27	Extra Cheese	395	Milk																										
▼ Doria & Spaghetti Gratin																													
28	Shrimp and Avocado Doria with Basil Cream Sauce	595	Milk	Wheat				Shrimp										Soy	Chicken										Almond
29	Eggplant and Meat Sauce Doria	640	Milk	Wheat											Beef			Soy	Chicken	Pork									
30	Meat Sauce Spaghetti Gratin	809	Milk	Wheat											Beef			Soy	Chicken	Pork									
31	Cream Spaghetti Gratin with Truffle and Soft-Boiled Egg	1065	Milk	Wheat		Egg												Soy	Chicken	Pork									
▼ Special Pasta																													
32	PIETRO-Style Peperoncino Spaghetti of Sardine Confit and Herbs	1004(536)	Milk	Wheat														Soy											
33	Hakata Mentaiko Carbonara	737(398)	Milk	Wheat		Egg												Soy	Chicken										
34	Eggplant and Salty-Sweet Ground Beef Spaghetti with Tomato Sauce	1001(518)	Milk	Wheat											Beef			Soy											
35	Seafood with Basil Sauce	1043(551)	Milk	Wheat				Shrimp				Squid						Soy								Macadamia nut			Almond
36	Crab and Crab Butter Spaghetti	690(358)	Milk	Wheat					Crab									Soy						Gelatin					
37	Pomodoro with Melted Cheese	811(408)	Milk	Wheat														Soy											
38	Shrimp and Avocado with Basil Cream Sauce	848(431)	Milk	Wheat				Shrimp										Soy								Macadamia nut			Almond
39	Carbonara	898(492)	Milk	Wheat		Egg												Soy	Chicken	Pork									
40	Kagoshima Berkshire Pork Bolognese	723(378)	Milk	Wheat											Beef			Soy	Chicken	Pork									
41	Kagoshima Berkshire Pork Bolognese (Gralic Oil Version)	855(445)	Milk	Wheat											Beef			Soy	Chicken	Pork									
42	Squid and King Oyster Mushroom with Butter Soy Sauce	861(455)	Milk	Wheat								Squid						Soy											
43	Seafood with Garlic Cream Sauce	894(449)	Milk	Wheat				Shrimp				Squid						Soy											
44	Salmon and Tarako Cold Spaghetti with Vichyssoise	823(414)	Milk	Wheat		Egg		Shrimp	Crab							Salmon		Soy	Chicken	Pork									
45	PIETRO Spaghetti Salad *Dressing not included in allergen data	490(283)		Wheat		Egg												Soy											
▼ Customize Pasta																													
46	Soft-Boiled Egg and Bacon (Cream Sauce)	953(539)	Milk	Wheat		Egg												Soy		Pork									
47	Soft-Boiled Egg and Bacon (Tomato Sauce)	871(499)	Milk	Wheat		Egg												Soy		Pork									
48	Soft-Boiled Egg and Bacon (Japanese Style)	842(484)	Milk	Wheat		Egg												Soy		Pork									
49	Soft-Boiled Egg and Bacon (Peperoncino)	957(542)	Milk	Wheat		Egg												Soy		Pork									
50	Soft-Boiled Egg and Bacon (Basil Cream Sauce)	1025(578)	Milk	Wheat		Egg												Soy		Pork						Macadamia nut			Almond

Menu Item		Calories per Serving (kcal) *() indicates small size	Specified Allergens								Recommended Allergens																			
			Milk	Wheat	Buckwheat	Egg	Peanut	Shrimp	Crab	Walnut	Abalone	Squid	Salmon roe	Orange	Kiwi	Beef	Salmon	Mackerel	Soy	Chicken	Pork	Peach	Yam	Apple	Gelatin	Banana	Sesame	Macadamia nut	Cashew nut	Almond
51	Soft-Boiled Egg and Bacon (Tomato Cream Sauce)	909(518)	Milk	Wheat		Egg												Soy		Pork										
52	Bacon and Spinach (Cream Sauce)	883(467)	Milk	Wheat		Egg												Soy		Pork										
53	Bacon and Spinach (Tomato Sauce)	802(426)	Milk	Wheat		Egg												Soy		Pork										
54	Bacon and Spinach (Japanese Style)	772(412)	Milk	Wheat		Egg												Soy		Pork										
55	Bacon and Spinach (Peperoncino)	887(469)	Milk	Wheat		Egg												Soy		Pork										
56	Bacon and Spinach (Basil Cream Sauce)	955(506)	Milk	Wheat		Egg												Soy		Pork							Macadamia nut		Almond	
57	Bacon and Spinach (Tomato Cream Sauce)	839(445)	Milk	Wheat		Egg												Soy		Pork										
58	Sausage and Bacon (Cream Sauce)	1032(557)	Milk	Wheat		Egg												Soy		Pork										
59	Sausage and Bacon (Tomato Sauce)	951(516)	Milk	Wheat		Egg												Soy		Pork										
60	Sausage and Bacon (Japanese Style)	921(502)	Milk	Wheat		Egg												Soy		Pork										
61	Sausage and Bacon (Peperoncino)	1036(559)	Milk	Wheat		Egg												Soy		Pork										
62	Sausage and Bacon (Basil Cream Sauce)	1104(596)	Milk	Wheat		Egg												Soy		Pork							Macadamia nut		Almond	
63	Sausage and Bacon (Tomato Cream Sauce)	988(535)	Milk	Wheat		Egg												Soy		Pork										
64	Bacon and Eggplant (Cream Sauce)	933(498)	Milk	Wheat		Egg												Soy		Pork										
65	Bacon and Eggplant (Tomato Sauce)	852(457)	Milk	Wheat		Egg												Soy		Pork										
66	Bacon and Eggplant (Japanese Style)	822(442)	Milk	Wheat		Egg												Soy		Pork										
67	Bacon and Eggplant (Peperoncino)	937(499)	Milk	Wheat		Egg												Soy		Pork										
68	Bacon and Eggplant (Basil Cream Sauce)	1005(537)	Milk	Wheat		Egg												Soy		Pork							Macadamia nut		Almond	
69	Bacon and Eggplant (Tomato Cream Sauce)	889(476)	Milk	Wheat		Egg												Soy		Pork										
70	Clam and Bacon (Cream Sauce)	889(470)	Milk	Wheat		Egg												Soy		Pork										
71	Clam and Bacon (Tomato Sauce)	808(429)	Milk	Wheat		Egg												Soy		Pork										
72	Clam and Bacon (Japanese Style)	778(415)	Milk	Wheat		Egg												Soy		Pork										
73	Clam and Bacon (Peperoncino)	893(472)	Milk	Wheat		Egg												Soy		Pork										
74	Clam and Bacon (Basil Cream Sauce)	961(509)	Milk	Wheat		Egg												Soy		Pork							Macadamia nut		Almond	
75	Clam and Bacon (Tomato Cream Sauce)	845(448)	Milk	Wheat		Egg												Soy		Pork										
76	Sausage and Green Shiso (Cream Sauce)	971(526)	Milk	Wheat														Soy		Pork										
77	Sausage and Green Shiso (Tomato Sauce)	890(486)	Milk	Wheat														Soy		Pork										
78	Sausage and Green Shiso (Japanese Style)	860(471)	Milk	Wheat														Soy		Pork										
79	Sausage and Green Shiso (Peperoncino)	975(528)	Milk	Wheat														Soy		Pork										
80	Sausage and Green Shiso (Basil Cream Sauce)	1042(565)	Milk	Wheat														Soy		Pork							Macadamia nut		Almond	
81	Sausage and Green Shiso (Tomato Cream Sauce)	927(505)	Milk	Wheat														Soy		Pork										
82	Clam and Shrimp (Cream Sauce)	852(454)	Milk	Wheat						Shrimp								Soy												
83	Clam and Shrimp (Tomato Sauce)	770(413)	Milk	Wheat						Shrimp								Soy												
84	Clam and Shrimp (Japanese Style)	741(398)	Milk	Wheat						Shrimp								Soy												
85	Clam and Shrimp (Peperoncino)	856(456)	Milk	Wheat						Shrimp								Soy												
86	Clam and Shrimp (Basil Cream Sauce)	924(493)	Milk	Wheat						Shrimp								Soy									Macadamia nut		Almond	
87	Clam and Shrimp (Tomato Cream Sauce)	808(432)	Milk	Wheat						Shrimp								Soy												
88	Shrimp and Squid (Cream Sauce)	865(465)	Milk	Wheat						Shrimp			Squid					Soy												
89	Shrimp and Squid (Tomato Sauce)	784(424)	Milk	Wheat						Shrimp			Squid					Soy												
90	Shrimp and Squid (Japanese Style)	754(409)	Milk	Wheat						Shrimp			Squid					Soy												
91	Shrimp and Squid (Peperoncino)	869(467)	Milk	Wheat						Shrimp			Squid					Soy												
92	Shrimp and Squid (Basil Cream Sauce)	937(504)	Milk	Wheat						Shrimp			Squid					Soy									Macadamia nut		Almond	
93	Shrimp and Squid (Tomato Cream Sauce)	822(443)	Milk	Wheat						Shrimp			Squid					Soy												
94	Shrimp and Spinach (Cream Sauce)	846(451)	Milk	Wheat						Shrimp								Soy												
95	Shrimp and Spinach (Tomato Sauce)	764(410)	Milk	Wheat						Shrimp								Soy												
96	Shrimp and Spinach (Japanese Style)	735(395)	Milk	Wheat						Shrimp								Soy												
97	Shrimp and Spinach (Peperoncino)	850(453)	Milk	Wheat						Shrimp								Soy												
98	Shrimp and Spinach (Basil Cream Sauce)	918(490)	Milk	Wheat						Shrimp								Soy									Macadamia nut		Almond	
99	Shrimp and Spinach (Tomato Cream Sauce)	802(429)	Milk	Wheat						Shrimp								Soy												
▼ Japanese Pasta																														
100	Garlic and Tarako Spaghetti	816(422)	Milk	Wheat														Soy												
101	Takana and Salty-Sweet Ground Beef	850(450)	Milk	Wheat											Beef			Soy								Sesame				
102	Takana and Bacon	813(432)	Milk	Wheat		Egg												Soy		Pork						Sesame				
103	Takana and Bacon (Garlic Oil Version)	943(497)	Milk	Wheat		Egg												Soy		Pork						Sesame				
104	Natto and Takana	837(444)	Milk	Wheat		Egg												Soy								Sesame				
105	Natto and Crispy Bacon	750(377)	Milk	Wheat		Egg												Soy		Pork										
106	Tarako	579(292)	Milk	Wheat														Soy												
107	Tarako and Squid	752(402)	Milk	Wheat								Squid						Soy												
108	Tarako Cream	704(354)	Milk	Wheat														Soy												
109	Salty-Sweet Ground Beef and Spinach	954(505)	Milk	Wheat											Beef			Soy												
110	Salty-Sweet Ground Beef and Spinach (Garlic Cream Sauce Version)	1048(552)	Milk	Wheat											Beef			Soy												
▼ Customize Toppings																														
111	Clam	32																												
112	Green Shiso	1																												
113	Eggplant	11																												
114	Squid	26										Squid																		
115	Bacon	62	Milk			Egg												Soy		Pork										
116	Spinach	6																												

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			Milk	Wheat	Buckwheat	Egg	Peanut	Shrimp	Crab	Walnut	Abalone	Squid	Salmon roe	Orange	Kiwi	Beef	Salmon	Mackerel	Soy	Chicken	Pork	Peach	Yam	Apple	Gelatin	Banana	Sesame	Macadamia nut	Cashew nut	Almond
117	Sausage	155																Soy		Pork										
118	Crispy Bacon	118	Milk			Egg												Soy		Pork										
119	Salty-Sweet Ground Beef	99		Wheat											Beef			Soy												
120	Shrimp	24						Shrimp																						
121	Soft-Boiled Egg	76				Egg																								
▼ Sweets																														
122	Vanilla Ice Cream with Gateau Chocolat	354	Milk	Wheat		Egg	Peanut											Soy												
123	Affogato	264	Milk				Peanut																							
124	Lemon Sorbet	154	Milk			Egg												Soy							Gelatin					
125	Crème Brulee Cheesecake	218	Milk	Wheat		Egg																			Gelatin					
126	New York Style Cheesecake	192	Milk	Wheat		Egg																			Gelatin					
127	Classic Gateau Chocolat	195	Milk	Wheat		Egg												Soy												
▼ Soft Serve Ice Cream (Available in limited stores)																														
128	Soft Serve Ice Cream Cup	134	Milk																											
129	Soft Serve Ice Cream Cup (Chocolate)	173	Milk	Wheat														Soy												
130	Soft Serve Ice Cream Cup (Caramel)	173	Milk	Wheat														Soy												
131	Soft Serve Ice Cream Cup (Berry)	167	Milk	Wheat														Soy												
132	Soft Serve Ice Cream (Tokyo Dome City LaQua Store)	246	Milk	Wheat														Soy												
133	Shiratama and Coffee Jelly Soft Serve Ice Cream	295	Milk				Peanut											Soy												
134	Matcha Soft Serve Ice Cream	310	Milk															Soy												
▼ Non-Alcohol・Soft Drink																														
135	Sparkling Fruit Tea	199											Orange																	
136	Fruit Sparkling	208																												
137	Setouchi Lemonade	45																												
138	Setouchi Lemon Ginger Ale	94																												
139	Non-Alcoholic Beer	20																												
140	Coffee	1																												
141	Coffee (with sugar and milk)	26	Milk															Soy												
142	Iced Coffee	9																												
143	Iced Coffee (with syrup and milk)	45	Milk															Soy												
144	Hot Tea (Black Tea)	0																												
145	Hot Tea (Milk)	16	Milk																											
146	Hot Tea (Lemon)	5																												
147	Iced Tea (Black Tea)	15																												
148	Iced Tea (Milk)	31	Milk																											
149	Iced Tea (Lemon)	21																												
150	Iced Oolong Tea	0																												
151	Orange Juice	108											Orange																	
152	Apple Juice	209																					Apple							
153	Coca-Cola	100																												
154	Ginger Ale	82																												

	Menu Item	Calories per Serving (kcal) *() indicates small size	Specified Allergens									Recommended Allergens																			
			Milk	Wheat	Buckwheat	Egg	Peanut	Shrimp	Crab	Walnut	Abalone	Squid	Salmon roe	Orange	Kiwi	Beef	Salmon	Mackerel	Soy	Chicken	Pork	Peach	Yam	Apple	Gelatin	Banana	Sesame	Macadamia nut	Cashew nut	Almond	
▼ Alcohol																															
155	Wine Red (Glass)	82																													
156	Wine Red (Decanter)	255																													
157	Wine Red (Bottle)	510																													
158	Wine White (Glass)	90																													
159	Wine White (Decanter)	281																													
160	Wine White (Bottle)	563																													
161	Setouchi Lemon Beer	128																													
162	Draft Beer (Regular)	120																													
163	Draft Beer (Small)	100																													
164	Highball	82																													
165	Setouchi Lemon Sour	155																													
▼ Kids Menu																															
166	Kids Menu Soup Set *Pasta not included in allergen data	186	Milk	Wheat														Soy	Chicken	Pork											
167	Kids Menu Salad Set *Pasta and Juice not included in allergen data	58		Wheat														Soy													
168	Kids Menu French Fries Set *Pasta and Juice not included in allergen data	112		Wheat														Soy													
169	Pasta: Meat Sauce Spaghetti	312	Milk	Wheat											Beef			Soy	Chicken	Pork											
170	Pasta: Tarako Spaghetti	258	Milk	Wheat														Soy													
171	Pasta: Bacon and Spinach (Tomato)	390	Milk	Wheat		Egg												Soy		Pork											
172	Pasta: Bacon and Spinach (Cream)	431	Milk	Wheat		Egg												Soy		Pork											
173	Pasta: Bacon and Spinach (Japanese Style)	373	Milk	Wheat		Egg												Soy		Pork											
174	Pasta: Sausage and Spinach with Japanese Style Sauce	325		Wheat														Soy		Pork											
175	Cheese Meat Ricebowl	233	Milk	Wheat											Beef			Soy	Chicken	Pork											
176	Sausages and French Fries	376		Wheat														Soy		Pork											
177	Fried Cheese	195	Milk	Wheat		Egg												Soy													
178	Sausage and Cherry Tomatoes Pizza	282	Milk	Wheat														Soy		Pork											
179	Corn and Salty-Sweet Ground Beef Pizza with Teriyaki Sauce	251	Milk	Wheat											Beef			Soy													
180	Bolognese Gratin Style Pizza	290	Milk	Wheat											Beef			Soy	Chicken	Pork											
181	French Fries	290		Wheat														Soy													
182	Corn Soup	121	Milk	Wheat															Chicken	Pork											
183	Small French Toast with Vanilla Ice Cream and Mixed Berries	194	Milk	Wheat		Egg																									
184	Vanilla Ice Cream	188	Milk																												
185	Soft Serve Ice Cream (Chocolate Sauce)	163	Milk	Wheat														Soy													
186	Soft Serve Ice Cream (Caramel Sauce)	163	Milk	Wheat														Soy													
187	Soft Serve Ice Cream (Berry Sauce)	157	Milk	Wheat														Soy													
188	Orange Juice	59												Orange																	
189	Apple Juice	114																					Apple								