

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 September 1, 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
PASTA&TAPAS PIETRO																													
▼ COLD SALAD *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	16																											
▼ SOUP・BREAD																													
4	Sweet Corn Potage with Hokkaido Sweet Corn	203(134)	Milk	Wheat													Soy	Chicken	Pork										
5	Seasonal Soup: White Corn Potage	163(107)	Milk	Wheat													Soy												
6	Seasonal Soup: Vichyssoise	225(150)	Milk															Chicken	Pork										
7	Seasonal Soup: Mushroom Potage	152(100)	Milk	Wheat													Soy	Chicken											
8	Seasonal Soup: Onion Potage	140(92)	Milk	Wheat													Soy	Chicken											
9	Focaccia with Olive Oil	175		Wheat													Soy												
10	Baguette (Butter)	217	Milk	Wheat													Soy												
11	Baguette (Plain)	144		Wheat																									
12	Rye Bread with Anchovy Butter and Mixed Cheese	282	Milk	Wheat													Soy												
13	Baguette with Garlic Butter Sauce	338	Milk	Wheat													Soy												
▼ PIZZA																													
14	Mozzarella Pomodoro	726	Milk	Wheat													Soy												
15	Green Onion and Salty-Sweet Ground Beef	763	Milk	Wheat											Beef		Soy												
16	A Lots of Sliced Ham and Cheese	740	Milk	Wheat		Egg											Soy		Pork										
17	Shrimp,Chorizo and Jalapeno	790	Milk	Wheat		Egg		Shrimp							Beef		Soy		Pork										
18	Extra Cheese	395	Milk																										
▼ A LA CARTE																													
19	Salmon and Colorful Vegetable Tartare	168	Milk	Wheat		Egg		Shrimp	Crab						Salmon		Soy					Apple							Almond
20	Octopus and Potato with Basil Sauce	222	Milk														Soy												
21	French Fries	401		Wheat													Soy												
22	French Fries with Truffle Cheese Sauce	611	Milk	Wheat		Egg											Soy	Chicken											
23	Chicken Gizzards and Broccoli al Ajillo	496	Milk	Wheat		Egg											Soy	Chicken											
24	Shrimp and Mushroom al Ajillo	484		Wheat				Shrimp									Soy												
25	Refill of Toasted Baguette Slices	54		Wheat																									
▼ MAIN																													
26	Herb-Roasted Chicken with Lemon Butter Sauce	661	Milk	Wheat													Soy	Chicken											
▼ SPECIAL PASTA																													
27	PIETRO-Style Peperoncino Spaghetti of Sardine Confit and Herbs	1005(537)	Milk	Wheat													Soy												
28	Eggplant and Salty-Sweet Ground Beef Spaghetti with Tomato Sauce	1001(518)	Milk	Wheat											Beef		Soy												
29	Shrimp and Avocado with Basil Cream Sauce	822(418)	Milk	Wheat				Shrimp									Soy									Macadamia nut		Almond	
30	Squid and King Oyster Mushroom with Butter Soy Sauce	861(456)	Milk	Wheat							Squid						Soy												
31	Kagoshima Berkshire Pork Bolognese	723(378)	Milk	Wheat											Beef		Soy	Chicken	Pork										
32	Kagoshima Berkshire Pork Bolognese with Truffle Cheese	915(460)	Milk	Wheat		Egg									Beef		Soy	Chicken	Pork										
33	Chunky Garlic Peperoncino	832(429)	Milk	Wheat													Soy												
34	Garlic and Tarako Peperoncino	816(422)	Milk	Wheat													Soy												
35	Hakata Mentaiko Carbonara	737(398)	Milk	Wheat		Egg											Soy	Chicken											
36	Seafood with Garlic Cream Sauce	894(449)	Milk	Wheat				Shrimp			Squid						Soy												
37	Crab and Crab Butter Spaghetti	690(358)	Milk	Wheat					Crab								Soy						Gelatin						

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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	
▼ CUSTOMIZE PASTA																														
38	Bacon and Spinach(Cream Sauce)	883(467)	Milk	Wheat		Egg												Soy		Pork										
39	Bacon and Spinach (Tomato Sauce)	802(426)	Milk	Wheat		Egg												Soy		Pork										
40	Bacon and Spinach(Japanese Style)	772(412)	Milk	Wheat		Egg												Soy		Pork										
41	Bacon and Spinach(Peperoncino)	887(469)	Milk	Wheat		Egg												Soy		Pork										
42	Bacon and Spinach (Basil Cream Sauce)	929(493)	Milk	Wheat		Egg												Soy		Pork							Macadamia nut			Almond
43	Bacon and Spinach(Tomato Cream Sauce)	839(445)	Milk	Wheat		Egg												Soy		Pork										
44	Clam and Bacon(Cream Sauce)	889(470)	Milk	Wheat		Egg												Soy		Pork										
45	Clam and Bacon (Tomato Sauce)	808(429)	Milk	Wheat		Egg												Soy		Pork										
46	Clam and Bacon(Japanese Style)	778(415)	Milk	Wheat		Egg												Soy		Pork										
47	Clam and Bacon(Peperoncino)	893(472)	Milk	Wheat		Egg												Soy		Pork										
48	Clam and Bacon (Basil Cream Sauce)	935(496)	Milk	Wheat		Egg												Soy		Pork							Macadamia nut			Almond
49	Clam and Bacon(Tomato Cream Sauce)	845(448)	Milk	Wheat		Egg												Soy		Pork										
50	Clam and Shrimp(Cream Sauce)	852(454)	Milk	Wheat					Shrimp									Soy												
51	Clam and Shrimp (Tomato Sauce)	770(413)	Milk	Wheat					Shrimp									Soy												
52	Clam and Shrimp(Japanese Style)	741(398)	Milk	Wheat					Shrimp									Soy												
53	Clam and Shrimp(Peperoncino)	856(456)	Milk	Wheat					Shrimp									Soy												
54	Clam and Shrimp (Basil Cream Sauce)	897(480)	Milk	Wheat					Shrimp									Soy									Macadamia nut			Almond
55	Clam and Shrimp(Tomato Cream Sauce)	808(432)	Milk	Wheat					Shrimp									Soy												
56	Shrimp and Squid(Cream Sauce)	865(465)	Milk	Wheat					Shrimp				Squid					Soy												
57	Shrimp and Squid (Tomato Sauce)	784(424)	Milk	Wheat					Shrimp				Squid					Soy												
58	Shrimp and Squid(Japanese Style)	755(409)	Milk	Wheat					Shrimp				Squid					Soy												
59	Shrimp and Squid(Peperoncino)	869(467)	Milk	Wheat					Shrimp				Squid					Soy												
60	Shrimp and Squid (Basil Cream Sauce)	911(491)	Milk	Wheat					Shrimp				Squid					Soy									Macadamia nut			Almond
61	Shrimp and Squid(Tomato Cream Sauce)	822(443)	Milk	Wheat					Shrimp				Squid					Soy												
62	Shrimp and Spinach(Cream Sauce)	846(451)	Milk	Wheat					Shrimp									Soy												
63	Shrimp and Spinach (Tomato Sauce)	764(410)	Milk	Wheat					Shrimp									Soy												
64	Shrimp and Spinach(Japanese Style)	735(395)	Milk	Wheat					Shrimp									Soy												
65	Shrimp and Spinach(Peperoncino)	850(453)	Milk	Wheat					Shrimp									Soy												
66	Shrimp and Spinach (Basil Cream Sauce)	891(477)	Milk	Wheat					Shrimp									Soy									Macadamia nut			Almond
67	Shrimp and Spinach(Tomato Cream Sauce)	802(429)	Milk	Wheat					Shrimp									Soy												
68	Sausage and Bacon(Cream Sauce)	1032(557)	Milk	Wheat		Egg												Soy		Pork										
69	Sausage and Bacon (Tomato Sauce)	951(516)	Milk	Wheat		Egg												Soy		Pork										
70	Sausage and Bacon(Japanese Style)	921(502)	Milk	Wheat		Egg												Soy		Pork										
71	Sausage and Bacon(Peperoncino)	1036(559)	Milk	Wheat		Egg												Soy		Pork										
72	Sausage and Bacon (Basil Cream Sauce)	1078(581)	Milk	Wheat		Egg												Soy		Pork							Macadamia nut			Almond
73	Sausage and Bacon(Tomato Cream Sauce)	988(535)	Milk	Wheat		Egg												Soy		Pork										
74	Sausage and Green Shiso(Cream Sauce)	971(526)	Milk	Wheat														Soy		Pork										
75	Sausage and Green Shiso (Tomato Sauce)	890(486)	Milk	Wheat														Soy		Pork										
76	Sausage and Green Shiso(Japanese Style)	860(471)	Milk	Wheat														Soy		Pork										
77	Sausage and Green Shiso(Peperoncino)	975(528)	Milk	Wheat														Soy		Pork										
78	Sausage and Green Shiso (Basil Cream Sauce)	1016(552)	Milk	Wheat														Soy		Pork							Macadamia nut			Almond
79	Sausage and Green Shiso(Tomato Cream Sauce)	927(505)	Milk	Wheat														Soy		Pork										
▼ TARAKO PASTA																														
80	Tarako	579(292)	Milk	Wheat														Soy												
81	Tarako Cream	704(354)	Milk	Wheat														Soy												
82	Tarako and Squid	752(402)	Milk	Wheat								Squid						Soy												
▼ CUSTOMIZE TOPPINGS																														
83	Clam	32																												
84	Green Shiso	1																												
85	Squid	26										Squid																		
86	Bacon	62	Milk			Egg												Soy		Pork										
87	Spinach	6																												
88	Sausage	155																Soy		Pork										
89	Crispy Bacon	118	Milk			Egg												Soy		Pork										
90	Salty-Sweet Ground Beef	99		Wheat														Beef												
91	Shrimp	24							Shrimp																					

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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
▼	SWEETS																													
92	Affogato	205	Milk				Peanut													Soy										
93	Classic Gateau Chocolat	195	Milk	Wheat		Egg													Soy											
94	New York Style Cheesecake	192	Milk	Wheat		Egg																		Gelatin						
95	Crème Brulee Cheesecake	218	Milk	Wheat		Egg																		Gelatin						
96	Vanilla Ice Cream with Gateau Chocolat	354	Milk	Wheat		Egg	Peanut												Soy											
▼	MOCKTAIL・SOFT DRINK																													
97	Luxurious Berry Soda	144																												
98	Setouchi Lemonade	45																												
99	Setouchi Lemon Ginger Ale	94																												
100	Non-Alcoholic Beer	20																												
101	Coffee	1																												
102	Coffee (with sugar and milk)	26	Milk																Soy											
103	Iced Coffee	9																												
104	Iced Coffee (with syrup and milk)	45	Milk																Soy											
105	Hot Tea (Black Tea)	0																												
106	Hot Tea (Milk)	16	Milk																											
107	Hot Tea (Lemon)	5																												
108	Iced Tea (Black Tea)	15																												
109	Iced Tea (Milk)	31	Milk																											
110	Iced Tea (Lemon)	21																												
111	Ice Oolong Tea	0																												
112	Orange Juice	108											Orange																	
113	Apple Juice	209																					Apple							
114	Pink Guava Juice	87																												
115	Ginger Ale	82																												
116	Coca-Cola	100																												
▼	ALCOHOL																													
118	Berry Sparkling Wine	104																												
119	Sparkling Wine (Glass)	96																												
120	Sparkling Wine (Bottle)	600																												
121	Wine Red (Glass)	82																												
122	Wine Red (Decanter)	255																												
123	Wine Red (Bottle)	510																												
124	Wine White (Glass)	90																												
125	Wine White (Decanter)	281																												
126	Wine White (Bottle)	563																												
127	Setouchi Lemon Beer	128																												
128	Draft Beer (Regular)	120																												
129	Draft Beer (Small)	100																												