**カロリー・アレルゲン一覧**
**（カフェ･ド･クリエ　ドリンク）**

2024年3月6日
カフェ･ド･クリエ

| 商品名 | 1食あたりのカロリー（kcal） | | | 特定原材料　（７品目） | | | | | | | 特定原材料に準ずるもの　（２１品目） | | | | | | | | | | | | | | | | | | | | | | その他2品 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | S | M | L | 卵 | 乳 | 小麦 | えび | かに | 落花生 | そば | あわび | イカ | いくら | オレンジ | カシューナッツ | キウイ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | 桃 | やまいも | りんご | ゼラチン | アーモンド | 魚介類 | 米 |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<ホットドリンク>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ブレンドコーヒー | 4 | 6 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アメリカン | 3 | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カフェオレ | 71 | - | - | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| エスプレッソ | 4 | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カフェラテ | 79 | 93 | - | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ティー（ダージリン） | 1 | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ティー（アールグレイ） | 1 | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ティー（アッサム） | 1 | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ロイヤルミルクティー | 101 | 138 | 218 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ロイヤルミルクティー（練乳抜き） | 83 | 111 | 178 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ココア | 178 | 242 | 382 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 香る宇治抹茶ラテ | 114 | 155 | 245 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カフェラテ（豆乳変更） | 62 | 74 | - | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| カフェオレ（豆乳変更） | 55 | - | - | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| ホットミルク | 136 | - | - | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ソイミルク | 77 | - | - | | | | | | | | | . | | | | | | | | | | ● | | | | | | | | | | | | |
| カフェインレスコーヒー | 8 | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<アイスドリンク>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスコーヒー | 4 | 6 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスカフェオレ | 49 | 74 | 106 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスカフェラテ | 79 | 106 | 168 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスティー | 9 | 13 | 19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスロイヤルミルクティー | 101 | 152 | 218 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスロイヤルミルクティー（練乳抜き） | 83 | 125 | 178 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100%オレンジ | 67 | 100 | 143 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| 100%アップル | 56 | 84 | 120 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| はちみつピーチティー | 22 | 34 | 48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスカフェオレ（豆乳変更） | 39 | 58 | 83 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| アイスカフェラテ(豆乳変更) | 61 | 83 | 132 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| アイスミルク | 95 | 143 | 204 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスソイミルク | 77 | 116 | 165 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| フレッシュバナナスムージー～バナナまるごと１本～ | - | 174 | 209 | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| フレッシュバナナスムージー～バナナまるごと１本～（豆乳変更） | - | 163 | 194 | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| アイスカフェインレスコーヒー | 8 | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスココア | 178 | 267 | 382 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイス香る宇治抹茶ラテ | 114 | 171 | 245 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ブルーベリー＆ヨーグルトスムージー | 197 | 290 | 397 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| ブルーベリー＆ヨーグルトスムージー(ホイップ変更) | 198 | 292 | 399 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| ブルーベリー＆ヨーグルトスムージー(豆乳変更) | 189 | 279 | 381 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| ブルーベリー＆ヨーグルトスムージー(豆乳変更)ホイップ変更 | 190 | 280 | 383 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| ストロベリー＆バナナスムージー | 175 | - | - | | ● | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| ストロベリー＆バナナスムージー（豆乳変更） | 166 | - | - | | ● | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| 小松菜＆バナナスムージー | 160 | - | - | | ● | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| 小松菜＆バナナスムージー（豆乳変更） | 153 | - | - | | ● | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<病院店舗>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| オルゾーラテ | 68 | 88 | - | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| オルゾーラテ(豆乳変更) | 55 | 72 | - | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| アイスオルゾーラテ | 68 | 102 | 150 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスオルゾーラテ(豆乳変更) | 55 | 83 | 121 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| ルイボスティー | 0 | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスルイボスティー | - | 0 | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ジャスミンティー | 0.1 | - | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アイスジャスミンティー | - | 0.1 | - | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<その他>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トッピング　ホイップ | 47 | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| トッピング　ホイップ(ホイップ変更) | 50 | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| トッピング　バニラアイス | 78 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トッピング　エスプレッソ | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| シュガー | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ポーションレモン | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ガムシロップ | 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ガムシロップ（切替品） | 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ポーションミルク | 12 | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| ゼロカロリーシロップ | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**カロリー・アレルゲン一覧**
**（カフェ・ド・クリエ　沖縄地区　フード、デザート）**

2024年3月6日
カフェ・ド・クリエ

| 商品名 | 1食あたりのカロリー（kcal） | 塩分相当量 | 特定原材料　（７品目） | | | | | | | 特定原材料に準ずるもの　（２１品目） | | | | | | | | | | | | | | | | | | | その他2品 | | にんにく |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | 卵 | 乳 | 小麦 | えび | かに | 落花生 | そば | あわび | イカ | いくら | オレンジ | カシューナッツ | キウイ | 牛肉 | くるみ | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | 桃 | やまいも | りんご | ゼラチン | アーモンド | 魚介類 | 米 | |
| **<サンド>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トーストサンド　ふわふわタマゴ | 493 | 2.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | ▲ | |
| 2つのサンド　海老アボカドとツナ | 395 | 2.0 | ● | ● | ● | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| トーストサンド　照り焼きチキン～粗挽き金ごまマヨソース～ | 398 | 2.6 | ● | ● | ● | | | | | | | | | | | | | ● | | | ● | ● | | | | | | | | | | ● |
| トーストサンド　BLT～シーザーサラダ仕立て～ | 479 | 2.1 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | ● | | | | ● |
| あらびきソーセージロール | 253 | 1.2 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | | | ● | | | | | | | | |
| マスタードレリッシュロール | 278 | 1.3 | ● | ● | ● | | | | | | | | | | | ● | | | | | ● | | | ● | | | | | | | | |
| ★トースト | 180 | 0.8 | | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| ★モーニングプレート　ソーセージ | 480 | 2.1 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | | |
| トーストサンドモーニング　ハムタマゴ | 579 | 2.6 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | ● | ● | | | |
| ★小倉バタートーストセット | 356 | 0.9 | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ホイップバター（新） | 37 | 0.1 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **★が付いているメニューにはバターの栄養成分・アレルゲンは含まれておりません。** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<サラダ>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| タマゴサラダ | 92 | 0.6 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | ● | ● | | | |
| ツナサラダ | 105 | 0.4 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 和風ドレッシング | 23 | 0.7 | | | ● | | | | | | | | | | | ● | | ● | | | ● | ● | | ● | | | | ● | | | ● | ● |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<パスタ>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ヤリイカと大葉の博多明太子 | 423 | 3.2 | | | ● | | | | | | ● | | | | | | | | | | ● | | | | | | | ● | | ● | | |
| 洋食屋さんのナポリタン | 657 | 4.1 | | ● | ● | | | | | | | | | | | ● | | | | | | | | ● | | | | | | | | ● |
| 海の幸と小松菜のバター醤油 | 577 | 3.0 | ● | ● | ● | ● | | | | | | | | | | | | ● | | | ● | | | | | | | | | | ● | ● |
| 半熟たまごと3種チーズのカルボナーラ | 666 | 3.8 | ● | ● | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | | | ● | | | | |
| ボロネーゼ～デミグラスソース仕立て～ | 528 | 3.9 | | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | | | ● |
| イタリア産チーズの本格カチョエペペ ～ペコリーノチーズ使用～ | 654 | 3.4 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | | ● |
| イタリア産チーズの本格カチョエペペ （糖質OFF麺変更） | 545 | 2.6 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | | ● |
| ごま香る豚しゃぶと菜の花の和風仕立て | 493 | 4.0 | | ● | ● | | | | | | | | | | | | | ● | | | ● | ● | | ● | | | | | | | | ● |
| 半熟たまごと3種チーズのカルボナーラ（糖質OFF麺変更） | 557 | 3.0 | ● | ● | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | | | ● | | | | |
| ボロネーゼ～デミグラスソース仕立て～（糖質OFF麺変更） | 419 | 3.0 | | ● | ● | | | | | | | | | | | ● | | | | | ● | ● | | ● | | | | | | | | ● |
| トッピング　半熟たまご | 59 | 0.2 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<ワッフル・ゼリー・その他デザート>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 珈琲ゼリー | 155 | 0.3 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | ● | | | | |
| 珈琲ゼリー(ホイップ変更) | 157 | 0.3 | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | ● | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<ケーキ>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 北海道産クリームチーズケーキ | 268 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | ● | | | | |
| ベルギー産チョコレートケーキ | 241 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| イタリア栗のモンブラン | 236 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 北海道産かぼちゃのシフォンケーキ | 171 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | ● | ● | | | |
| ３種のこだわりチーズタルト | 375 | 0.6 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | ● | | | |
| オレンジとヨーグルトクリームのロールケーキ | 215 | 0.2 | ● | ● | ● | | | | | | | | ● | | | | | | | | ● | | | | | | | ● | ● | | | |
| 桃とヨーグルトクリームのタルト | 259 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | ● | | | ● | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<コールドサンド>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たまごサンド(シングル) | 195 | 0.9 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | ● | ● | | | |
| タマゴツナミックスサンド | 400 | 1.7 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | ● | ● | | | |
| タマゴハムミックスサンド | 380 | 1.9 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | ● | ● | | | |
| ツナハムミックスサンド | 391 | 1.8 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | | |
| 苺ジャムサンド | 136 | 0.4 | | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| バジルチキンサンド | 220 | 1.1 | ● | ● | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | ● | | | |
| ピーナッツサンド | 239 | 0.4 | | ● | ● | | | ● | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<選択・個店デザート>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| バニラアイス | 157 | 0.1 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **<焼き菓子>** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 塩キャラメルドーナツ | 150 | 0.3 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| ベルギーチョコドーナツ | 176 | 0.05 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | ● | | | |
| バウムクーヘン | 204 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| ベルギーワッフル　プレーン | 248 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| パウンドケーキ　バナナ | 256 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| パウンドケーキ　オレンジ | 259 | 0.1 | ● | ● | ● | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | | |
| クリエのレーズンサンド | 205 | 0.11 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | ● | | | |
| チョコチップクッキー | 187 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| シュガーアーモンド＆キャラメルカシューナッツ | 143 | 0.02 | | | | | | | | | | | | ● | | | | | | | ● | | | | | | | | ● | | | |
| 国産かぼちゃとキャラメルのマーブルケーキ～キャラメルチョコ掛け～ | 222 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |

●糖質比較（1食あたり）

| メニュー名 | 現行麺 | 糖質OFF麺 | 比較 |
|---|---|---|---|
| カルボナーラ | 72.4ｇ | 36.0ｇ | 50.3%OFF |
| ボロネーゼ | 78.1ｇ | 41.7ｇ | 46.6%OFF |
| カチョエペペ | 69.9g | 33.5ｇ | 52.1%OFF |