

*All pizza serving sizes are based upon one medium slice.

	Serving Size (g)*	Calories (kcal)	Calories from Fat (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Sugars (g)	Dietary Fibre (g)	Legend
VEGETARIANO PIZZAS												
Grilled Veggie + Goat Cheese												
Thin	82	170	50	8	6	2.5	0	18	260	1	1	▲
Hand-tossed	99	210	50	9	6	3	0	27	270	1	1	▲
Multigrain	99	200	50	9	6	3	0	25	290	2	2	▲ ●
Multigrain Thin	82	160	50	8	6	3	0	17	270	2	1	▲
Garden Veggie												
Thin	96	150	40	7	4.5	1.5	0	21	230	4	2	▲ ● ● ●
Hand-tossed	114	190	45	9	5	2	0	30	230	4	2	▲ ● ● ●
Multigrain	114	180	45	9	5	2	0	28	250	4	3	▲ ● ● ●
Multigrain Thin	96	140	40	7	4.5	1.5	0	20	240	4	2	▲ ● ● ●
Quattro Formaggio												
Thin	63	130	40	7	4.5	2.5	0	17	140	1	1	▲ ●
Hand-tossed	81	180	45	9	5	2.5	0	25	150	1	1	▲ ●
Multigrain	81	170	45	9	5	2.5	0	24	170	1	2	▲ ● ●
Multigrain Thin	63	130	40	7	4.5	2.5	0	16	150	1	1	▲ ●
Meat-Free Pepperoni												
Thin	87	150	45	11	5	2.5	0	19	290	2	2	▲ ●
Hand-tossed	105	200	50	12	6	2.5	0	27	300	2	2	▲ ●
Multigrain	105	190	50	12	6	2.5	0	26	320	2	2	▲ ●
Multigrain Thin	87	150	45	11	5	2.5	0	18	310	2	2	▲ ● ●
Primo Vegetarian												
Thin	78	180	80	7	9	2	0	19	230	1	1	▲
Hand-tossed	96	220	80	8	9	2	0	27	240	1	2	▲ ●
Multigrain	96	210	80	8	9	2	0	26	260	1	2	▲ ●
Multigrain Thin	78	170	80	7	9	2	0	18	240	1	2	▲ ●
Veggie Mediterranean												
Thin	103	180	70	11	8	4	0	19	380	1	1	▲
Hand-tossed	120	220	80	12	8	4	0	27	380	1	2	▲ ●
Multigrain	120	220	80	12	8	4	0	26	400	2	2	▲ ●
Multigrain Thin	103	180	70	11	8	4	0	18	390	2	2	▲ ●
Veggie Korma												
Thin	83	150	45	6	5	3	0	22	210	3	2	▲ ● ●
Hand-tossed	101	200	50	8	6	3	0	30	220	3	2	▲ ● ●
Multigrain	101	190	50	8	6	3	0	29	240	3	3	▲ ● ●
Multigrain Thin	83	150	45	6	5	3	0	21	230	3	2	▲ ● ●
FRUGAL FAVOURITES												
Pepperoni												
Thin	75	170	70	10	8	3.5	0	18	340	1	1	▲
Hand-tossed	93	210	70	12	8	3.5	0	26	350	1	1	▲
Multigrain	93	210	70	12	8	3.5	0	25	370	2	2	▲ ●
Multigrain Thin	75	170	70	10	8	3.5	0	17	350	2	1	▲
Cheese												
Thin	74	150	50	11	6	3	0	18	250	1	1	▲
Hand-tossed	92	190	60	12	6	3.5	0	26	260	1	1	▲
Multigrain	92	190	60	12	6	3.5	0	25	280	2	2	▲ ●
Multigrain Thin	74	150	50	11	6	3.5	0	17	260	2	1	▲
Ham + Pineapple												
Thin	85	150	45	10	5	2.5	0	20	300	3	1	▲ ●
Hand-tossed	103	200	50	11	5	2.5	0	28	310	3	1	▲ ●
Multigrain	103	190	50	11	5	2.5	0	27	330	4	2	▲ ● ●
Multigrain Thin	85	150	45	10	5	2.5	0	19	310	4	1	▲ ●
VEGGIE-LITE												
Thin	82	120	30	6	3.5	1.5	0	19	170	2	1	▲ ●
Hand-tossed	99	160	35	8	3.5	1.5	0	27	180	2	2	▲ ● ●
Multigrain	99	160	35	8	4	1.5	0	25	190	2	2	▲ ● ●
Multigrain Thin	82	120	30	6	3.5	1.5	0	18	180	2	2	▲ ● ●
MEATBALL												
Thin	86	200	80	12	9	4.5	0	19	330	2	1	▲
Hand-tossed	103	240	90	13	10	5	0	28	340	2	2	▲ ●
Multigrain	103	230	90	13	10	5	0	26	360	2	2	▲ ●
Multigrain Thin	86	190	80	12	9	5	0	18	350	2	2	▲ ●
Carb + Goat Cheese												
Thin	81	190	60	10	7	3.5	0	18	340	1	1	▲
Hand-tossed	99	240	70	11	7	3.5	0	26	350	1	1	▲
Multigrain	99	230	70	11	8	3.5	0	25	370	1	2	▲ ●
Multigrain Thin	81	190	60	9	7	3.5	0	17	350	1	1	▲
Genoa Classic												
Thin	85	190	70	8	7	3.5	0	18	280	1	1	▲
Hand-tossed	102	230	70	10	8	3.5	0	26	280	1	2	▲ ●
Multigrain	102	220	70	10	8	3.5	0	24	300	1	2	▲ ●
Multigrain Thin	85	180	70	8	7	3.5	0	17	290	1	2	▲ ●
Italia Classic												
Thin	98	170	60	11	7	3	0	19	400	2	1	▲
Hand-tossed	115	210	70	12	7	3	0	28	400	2	2	▲ ●
Multigrain	115	210	70	12	8	3.5	0	26	420	3	2	▲ ●
Multigrain Thin	98	170	60	11	7	3	0	18	410	2	2	▲ ●
Italian Meatball												
Thin	98	200	80	12	9	4.5	0	19	320	1	2	▲ ●
Hand-tossed	116	240	90	13	10	5	0	28	320	1	2	▲ ●
Multigrain	116	230	90	13	10	5	0	26	340	2	2	▲ ●
Multigrain Thin	98	190	80	12	9	4.5	0	18	330	2	2	▲ ●
Super Cheesy Meatball												
Thin	84	240	130	12	14	5	0	19	380	1	1	▲
Hand-tossed	102	280	130	13	15	5	0	27	390	1	2	▲ ●
Multigrain	102	280	130	13	15	5	0	25	410	1	2	▲ ●
Multigrain Thin	84	240	130	12	15	5	0	18	400	1	2	▲ ●

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CARNE PIZZAS												
Sicilian Sausage												
Thin	90	170	60	10	7	3.5	0	18	290	1	1	▲
Hand-tossed	107	210	70	12	7	3.5	0	27	300	1	2	▲ ●
Multigrain	107	200	70	12	8	3.5	0	25	320	2	2	▲ ●
Multigrain Thin	90	160	60	10	7	3.5	0	17	300	2	2	▲ ●
The Mediterranean												
Thin	107	190	80	13	8	4.5	0	18	340	1	1	▲
Hand-tossed	125	230	80	15	9	4.5	0	27	340	1	1	▲
Multigrain	125	230	80	15	9	4.5	0	25	360	2	2	▲ ●
Multigrain Thin	107	190	80	13	9	4.5	0	17	350	2	1	▲
Panago Classic												
Thin	98	180	70	11	8	3	0	19	400	2	2	▲ ●
Hand-tossed	115	220	70	12	8	3	0	28	410	2	2	▲ ●
Multigrain	115	210	70	12	8	3.5	0	26	430	3	2	▲ ●
Multigrain Thin	98	170	70	11	8	3	0	18	410	2	2	▲ ●
Tropical Hawaiian												
Thin	92	190	70	13	8	3.5	0	22	420	5	1	▲
Hand-tossed	110	240	70	14	8	3.5	0	30	420	5	1	▲
Multigrain	110	230	70	14	8	3.5	0	29	440	5	2	▲ ●
Multigrain Thin	92	190	70	13	8	3.5	0	21	430	5	1	▲
Beef Taco												
Thin	106	170	60	9	7	2.5	0	19	240	1	1	▲
Hand-tossed	124	210	60	11	7	2.5	0	28	240	1	2	▲ ●
Multigrain	124	200	60	11	7	2.5	0	26	260	2	2	▲ ●
Multigrain Thin	106	160	60	9	7	2.5	0	18	250	2	2	▲ ●
Bacon Cheeseburger												
Thin	94	200	80	14	9	4	0	19	370	2	1	▲
Hand-tossed	112	240	80	16	9	4	0	27	370	2	1	▲
Multigrain	112	240	80	16	9	4	0	26	390	2	2	▲ ●
Multigrain Thin	94	200	80	14	9	4	0	18	380	2	1	▲
Deluxe Hawaiian												
Thin	100	160	45	11	5	2.5	0	22	360	5	1	▲ ●
Hand-tossed	118	210	50	12	6	2.5	0	30	360	5	2	▲ ● ●
Multigrain	118	200	50	12	6	2.5	0	29	380	6	2	▲ ● ●
Multigrain Thin	100	160	45	11	5	2.5	0	21	370	6	2	▲ ● ●
Pepperoni Classic												
Thin	87	180	70	11	8	3.5	0	19	370	2	1	▲
Hand-tossed	105	220	80	12	8	3.5	0	27	380	2	2	▲ ●
Multigrain	105	210	80	12	9	4	0	26	400	2	2	▲ ●
Multigrain Thin	87	170	70	11	8	3.5	0	18	390	2	2	▲ ●
BBQ Steak												
Thin	92	210	80	13	9	3.5	0	21				

Panago Allergen Chart

We care about your health and any allergies or sensitivities you, or a member of your family, may have. The following Allergen Chart lists food products that contain any of the allergens* which are estimated to cause more than 90% of all allergic reactions.

ALLERGENS	Peanuts*	Tree Nuts*	Milk & Milk Products	Eggs	Fish	Shellfish	Soy & Soy Products	Wheat & Gluten	Sesame Seeds	Naturally Occurring Sulphites
Dough										
Original Hand-tossed Crust										▲
Italian Thin Crust										▲
Multigrain Crust										▲
Multigrain Thin Crust										▲
Sauces										
Italian Tomato										
Passata Tomato										
Pesto										▲
Cheezy Cheddar		▲	▲							
Jalapeño White		▲	▲							
Sweet + Smoky Tropical										
Fresh Salsa										
BBQ										
Hot Buffalo							▲	▲		
Chipotle Cilantro		▲	▲				▲			
Cheeses										
Canadian Cheddar		▲								
Formaggio Blend (asiago, romano + parmesan)		▲								
Mozzarella		▲								
Feta		▲								
Parmesan		▲								
Goat Cheese		▲								

ALLERGENS

Toppings

ALLERGENS	Peanuts*	Tree Nuts*	Milk & Milk Products	Eggs	Fish	Shellfish	Soy & Soy Products	Wheat & Gluten	Sesame Seeds	Naturally Occurring Sulphites
Canadian Ham										
Capicollo										
Sautéed Mushrooms			▲							
Jalapeño Peppers										
Green Olives										
Baby Spinach Leaves										
Spicy Italian Sausage										
Hot Banana Peppers										
Pepperoni										
Tomatoes										
Caramelized Onions			▲						▲	
Green Peppers										
Roasted Garlic									▲	
Black Olives										
Red Onions										
Red Peppers										
Genoa Salami							▲	▲		
Pineapple										
Anchovies					▲					
Ground Beef										
Side Bacon										
Meatballs			▲				▲	▲		
Grilled Chicken								▲		
Chorizo Sausage			▲					▲		
Steak								▲		
Wild Pink Shrimp					▲	▲				
Grilled Veggies										
Smoked Oysters						▲				
Kalamata Olives										
Fire-roasted Tomatoes										
Meat-free Pepperoni				▲			▲	▲		
Sour Cream			▲							
Sweet Roasted Corn										

Salads

Calabrese Croutons								▲	▲	▲
Garden Salad		▲						▲	▲	▲
Garden Chicken Salad		▲						▲	▲	▲
Garden Shrimp Salad		▲		▲	▲			▲	▲	▲
Caesar Salad		▲						▲	▲	▲
Chicken Caesar Salad		▲						▲	▲	▲
Shrimp Caesar Salad		▲		▲	▲			▲	▲	▲
Steak Caesar Salad		▲						▲	▲	▲
Mediterranean Salad		▲								
Antipasto Salad		▲								

ALLERGENS

Shakers

ALLERGENS	Peanuts*	Tree Nuts*	Milk & Milk Products	Eggs	Fish	Shellfish	Soy & Soy Products	Wheat & Gluten	Sesame Seeds	Naturally Occurring Sulphites
Chilli										
Italiano										
Formaggio			▲					▲		
Torizoné Breadsticks										
Sweet Cinnamon			▲					▲	▲	▲
Rosemary Garlic			▲					▲	▲	▲
Wings										
Tikka Masala			▲					▲	▲	▲
Hot Buffalo			▲					▲	▲	▲
Mediterranean			▲					▲	▲	▲
Honey Mustard								▲	▲	▲
Dips & Dressings										
Italian Garlic			▲	▲						
Italian Tomato			▲	▲						
Cheezy Cheddar			▲	▲						
Cayenne Hot Sauce									▲	
Blue Cheese			▲	▲						
Classic Caesar			▲	▲	▲					
Jalapeño Ranch			▲	▲						
Balsamic Vinaigrette			▲	▲						
Chipotle Cilantro			▲	▲				▲		
BBQ			▲	▲						
Sweet Frost Icing			▲							
Panago Cucina										
Extra Virgin Olive Oil										
Balsamic Vinegar										
Three-Chilli Shaker										
Med. Sea Salt Shaker										
Italiano Shaker										
Cheezy Formaggio Dip			▲	▲						
Italiano Garlic Dip			▲	▲						
Jalapeño Ranch Dip			▲	▲						
Cayenne Hot Sauce										

*Panago uses only the finest ingredients available and our products have no added MSG, no artificial flavours or colours. All Panago products are rennet-free and we use real 2% partly skimmed, lower-fat, mozzarella cheese. Peanuts, peanut oil and tree nuts are not used in any Panago products. As all products are prepared in an open-kitchen environment, we cannot guarantee a 100% allergen-free environment. Allergen information is based on standard Panago recipes and is compiled from product information provided by our approved food suppliers and further based on standard product formulations. This chart is complete at the time of publication, September 2011. New product introduction, ingredient and/or recipe changes may cause this chart to become obsolete – please continue to check for updates or contact customer@panago.com.

