

# order form

USE THIS FORM TO COLLECT ALL YOUR ORDERS,  
THEN SIMPLY GIVE US A CALL TO PLACE YOUR ORDER.

## recipe pizzas

1. \_\_\_\_\_ QUANTITY: \_\_\_\_\_  
SIZE:  P 8"  S 10"  M 12"  L 14" CRUST:  Thin  Original Hand-Tossed  Multigrain  Multigrain Thin  Gluten-smart
2. \_\_\_\_\_ QUANTITY: \_\_\_\_\_  
SIZE:  P 8"  S 10"  M 12"  L 14" CRUST:  Thin  Original Hand-Tossed  Multigrain  Multigrain Thin  Gluten-smart
3. \_\_\_\_\_ QUANTITY: \_\_\_\_\_  
SIZE:  P 8"  S 10"  M 12"  L 14" CRUST:  Thin  Original Hand-Tossed  Multigrain  Multigrain Thin  Gluten-smart

## create your own pizzas

1. \_\_\_\_\_ QUANTITY: \_\_\_\_\_  
SIZE:  P 8"  S 10"  M 12"  L 14" CRUST:  Thin  Original Hand-Tossed  Multigrain  Multigrain Thin  Gluten-smart  
SAUCE:  Cheezy Cheddar  Chipotle Cilantro  BBQ  Passata  Organic Italian Tomato  Jalapeño White  Coconut Curry  Fresh Salsa  
 Pesto  Hot Buffalo  Sweet + Smoky Tropical  
TOPPINGS: \_\_\_\_\_
2. \_\_\_\_\_ QUANTITY: \_\_\_\_\_  
SIZE:  P 8"  S 10"  M 12"  L 14" CRUST:  Thin  Original Hand-Tossed  Multigrain  Multigrain Thin  Gluten-smart  
SAUCE:  Cheezy Cheddar  Chipotle Cilantro  BBQ  Passata  Organic Italian Tomato  Jalapeño White  Coconut Curry  Fresh Salsa  
 Pesto  Hot Buffalo  Sweet + Smoky Tropical  
TOPPINGS: \_\_\_\_\_
3. \_\_\_\_\_ QUANTITY: \_\_\_\_\_  
SIZE:  P 8"  S 10"  M 12"  L 14" CRUST:  Thin  Original Hand-Tossed  Multigrain  Multigrain Thin  Gluten-smart  
SAUCE:  Cheezy Cheddar  Chipotle Cilantro  BBQ  Passata  Organic Italian Tomato  Jalapeño White  Coconut Curry  Fresh Salsa  
 Pesto  Hot Buffalo  Sweet + Smoky Tropical  
TOPPINGS: \_\_\_\_\_

## dips + shakers (one free dip per breadstick or Cheezy bread order)

Jalapeño Ranch Dip \_\_\_\_\_ Cayenne Hot Sauce Dip \_\_\_\_\_ Cheezy Cheddar Dip \_\_\_\_\_ Italian Garlic Dip \_\_\_\_\_ Italian Tomato Dip \_\_\_\_\_  
Balsamic Vinaigrette Dip \_\_\_\_\_ Chipotle Cilantro Dip \_\_\_\_\_ Classic Caesar Dip \_\_\_\_\_ Blue Cheese Dip \_\_\_\_\_ Simple Italian Dip (Vegan) \_\_\_\_\_  
Caramel Dip \_\_\_\_\_ Formaggio Shaker \_\_\_\_\_ Italiano Shaker \_\_\_\_\_ Chilli Shaker \_\_\_\_\_

## salads + dressings

Antipasto Salad \_\_\_\_\_ Mediterranean Salad \_\_\_\_\_ Garden Salad \_\_\_\_\_ Garden Chicken Salad \_\_\_\_\_ Garden Shrimp Salad \_\_\_\_\_  
Garden Steak Salad \_\_\_\_\_ Caesar Salad \_\_\_\_\_ Chicken Taco Salad \_\_\_\_\_ Chicken Caesar Salad \_\_\_\_\_ Shrimp Caesar Salad \_\_\_\_\_  
Steak Caesar Salad \_\_\_\_\_ Bacon Caesar Salad \_\_\_\_\_ DRESSINGS: Jalapeño Ranch \_\_\_\_\_ Italian Garlic \_\_\_\_\_ Classic Caesar \_\_\_\_\_  
Blue Cheese \_\_\_\_\_ Balsamic Vinaigrette \_\_\_\_\_ Simple Italian (Vegan) \_\_\_\_\_

## bread, desserts, wings + bites

Sweet Cinnamon Breadsticks \_\_\_\_\_ Chocolate Chunk Pretzel Cookie \_\_\_\_\_ Garlic Cheezy Bread \_\_\_\_\_ Super Cheezy Bread \_\_\_\_\_  
Mini New York Cheesecake \_\_\_\_\_ Deliciously Simple Wings \_\_\_\_\_ Hot + Spicy Wings \_\_\_\_\_ Honey Garlic Wings \_\_\_\_\_ Salt + Pepper Wings \_\_\_\_\_  
Chicken Bites \_\_\_\_\_

## beverages

SODAS: Pepsi 591mL \_\_\_\_\_ 2L \_\_\_\_\_ Diet Pepsi 591mL \_\_\_\_\_ 2L \_\_\_\_\_ Dr. Pepper 591mL \_\_\_\_\_ Brisk Iced Tea 591mL \_\_\_\_\_ 2L \_\_\_\_\_  
7-Up 591mL \_\_\_\_\_ 2L \_\_\_\_\_ Ginger Ale 591mL \_\_\_\_\_ Orange Crush 591mL \_\_\_\_\_ 2L \_\_\_\_\_ Mug Root Beer 591mL \_\_\_\_\_ 2L \_\_\_\_\_  
San Pellegrino Limonata 330mL \_\_\_\_\_ San Pellegrino Aranciata 330mL \_\_\_\_\_  
JUICES: Kiju Lemonade <sup>KID'S SIZE</sup> 1L \_\_\_\_\_ Kiju Orange Mango <sup>KID'S SIZE</sup> 1L \_\_\_\_\_ Kiju Grape Apple <sup>KID'S SIZE</sup> 1L \_\_\_\_\_  
WATER: San Pellegrino Mineral Water 250mL \_\_\_\_\_ 750mL \_\_\_\_\_ Panago Cucina Aqua 500mL \_\_\_\_\_

## panago cucina products

Creamy Ranch Jalapeño Dip 250mL \_\_\_\_\_ Italiano Garlic Dip 250mL \_\_\_\_\_  
Cheezy Formaggio Dip 250mL \_\_\_\_\_ Cayenne Hot Sauce 280mL \_\_\_\_\_



# Some Things You Should Know About Our Gluten-smart Crust



This new crust has been manufactured in a strictly gluten-free facility and is made with tapioca starch, whole grain sorghum and sweet rice flour instead of traditional wheat flour.

Although we are confident that this product does not contain gluten, the nature of our open concept kitchens and daily hand-made dough, present possible flour cross-contamination and therefore gluten exposure.

Subsequently, this crust is NOT recommended for celiac disease sufferers or those customers with a moderate to high gluten intolerance or sensitivity.

This crust is free of all major allergens (dairy, eggs, soy, wheat/gluten, sulphite, shellfish, fish, peanuts, tree nuts, mustard seed & sesame seed).

Panago takes food safety and handling very seriously. Our restaurant staff receive a high level of training and there are several procedures in place to keep the potential for cross contamination at a minimum.

Please refer to the nutritional chart for a list of pizza recipes that contain gluten.



Here is a list of procedures in place to minimize cross-contamination:

- Special square screens have been provided to each store for cooking purposes of this gluten-smart crust only
- Clean knives are used for cutting this crust
- Cooking screens are kept in a sealed container when not being used
- Our gluten-smart crusts are kept in individually sealed packages and are not opened until the pizza is ordered
- The crust is square to be easily identifiable to all store staff
- Small stickers are adhered to all gluten-smart pizzas that leave the store to emphasize a potential risk to customers who may have gluten intolerances

# Panago's Commitment to Health + Nutrition



We set ourselves apart by creating the finest flavours and sourcing the highest quality ingredients + we have a strict no artificial flavours or colours policy.

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

Serving Size (g)\*  
Calories (kcal)  
Protein (g)  
Total Fat (g)  
Saturated Fat (g)  
Trans Fat (g)  
Carbohydrates (g)  
Sodium (mg)  
Sugars (g)  
Dietary Fibre (g)  
Legend

## MEAT PIZZAS

Genoa Classic (recipe contains gluten)											
Thin	85	180	8	8	3.5	0	18	390	1	1	▲
Hand-tossed	102	230	10	9	3.5	0	27	390	1	1	▲
Multigrain	102	220	10	9	3.5	0	25	410	1	2	▲ ●
Multigrain Thin	85	180	8	8	3.5	0	17	400	1	2	▲ ●
Gluten-smart	98	220	8	10	3.5	0	27	530	1	1	▲

Italia Classic											
Thin	98	180	10	7	3	0	20	460	2	1	▲
Hand-tossed	115	230	12	8	3.5	0	28	470	2	2	▲ ●
Multigrain	115	220	12	8	3.5	0	26	490	2	2	▲ ●
Multigrain Thin	98	180	11	7	3	0	19	470	2	2	▲ ●
Gluten-smart	112	220	10	9	3.5	0	28	610	2	1	▲

The Beef Mediterranean											
Thin	107	210	13	9	4.5	0	19	360	2	1	▲
Hand-tossed	125	250	14	9	4.5	0	28	370	2	1	▲
Multigrain	125	250	15	9	4.5	0	26	390	2	2	▲ ●
Multigrain Thin	107	200	13	9	4.5	0	18	370	2	1	▲
Gluten-smart	121	250	13	10	4.5	0	28	510	2	1	▲

Panago Classic											
Thin	98	190	10	7	3.5	0	20	420	2	2	▲ ●
Hand-tossed	115	230	12	8	3.5	0	28	430	2	2	▲ ●
Multigrain	115	220	12	8	3.5	0	26	450	2	3	▲ ●
Multigrain Thin	98	180	11	7	3.5	0	18	440	2	2	▲ ●
Gluten-smart	112	230	10	9	3.5	0	28	570	2	2	▲ ●

Tropical Hawaiian											
Thin	92	200	12	8	3.5	0	22	400	5	1	▲
Hand-tossed	110	250	13	8	3.5	0	30	410	5	1	▲
Multigrain	110	240	13	8	3.5	0	29	430	5	2	▲ ●
Multigrain Thin	92	200	12	8	3.5	0	21	410	5	1	▲
Gluten-smart	108	250	11	9	3.5	0	30	570	5	1	▲

Beef Taco											
Thin	106	170	9	7	2.5	0	19	240	1	1	▲
Hand-tossed	124	210	10	7	2.5	0	28	240	1	2	▲ ●
Multigrain	124	210	11	7	2.5	0	26	260	2	2	▲ ●
Multigrain Thin	106	170	9	7	2.5	0	18	250	2	2	▲ ●
Gluten-smart	120	210	8	8	2.5	0	28	380	2	1	▲

Bacon Cheeseburger											
Thin	94	210	13	9	4	0	19	380	2	1	▲
Hand-tossed	112	250	15	9	4	0	27	390	2	1	▲
Multigrain	112	250	15	9	4	0	26	410	2	2	▲ ●
Multigrain Thin	94	210	14	9	4	0	18	400	2	2	▲ ●
Gluten-smart	108	250	13	10	4	0	27	530	2	1	▲

Deluxe Hawaiian											
Thin	100	170	10	5	2.5	0	22	350	5	2	▲ ●
Hand-tossed	118	220	12	5	2.5	0	31	360	5	2	▲ ●
Multigrain	118	210	12	5	2.5	0	29	380	6	2	▲ ●
Multigrain Thin	100	170	10	5	2.5	0	21	360	5	2	▲ ●
Gluten-smart	114	210	10	6	2.5	0	31	500	6	1	▲

Pepperoni Classic											
Thin	87	190	10	8	3.5	0	19	390	2	1	▲
Hand-tossed	105	230	12	8	3.5	0	27	390	2	2	▲ ●
Multigrain	105	220	12	8	3.5	0	26	410	2	2	▲ ●
Multigrain Thin	87	180	11	8	3.5	0	18	400	2	2	▲ ●
Gluten-smart	101	230	10	9	3.5	0	27	530	2	1	▲

BBQ Steak											
Thin	92	210	13	9	3.5	0	21	370	4	1	▲
Hand-tossed	110	260	14	9	3.5	0	30	380	4	1	▲
Multigrain	110	250	14	9	4	0	28	400	4	2	▲ ●
Multigrain Thin	92	210	13	9	3.5	0	20	380	4	1	▲
Gluten-smart	106	260	12	10	3.5	0	30	520	4	1	▲

**LEGEND**  
 ▲ Source of Energy. Food provides at least 100 calories per serving of stated size and per reference amount.  
 ● 5g of fat or less. Food contains 5g or less of fat per serving of stated size and per reference amount.  
 ● Source of Fibre. Food contains 2g or more of fibre per serving of stated size and per reference amount.

Serving Size (g)\*  
Calories (kcal)  
Protein (g)  
Total Fat (g)  
Saturated Fat (g)  
Trans Fat (g)  
Carbohydrates (g)  
Sodium (mg)  
Sugars (g)  
Dietary Fibre (g)  
Legend

## MEAT PIZZAS

New York Deli (recipe contains gluten)											
Thin	90	220	13	10	4.5	0	19	500	1	1	▲
Hand-tossed	108	260	14	11	4.5	0	27	500	1	2	▲ ●
Multigrain	108	260	15	11	5	0	25	520	2	2	▲ ●
Multigrain Thin	90	220	13	10	4.5	0	18	510	2	2	▲ ●
Gluten-smart	104	260	13	12	4.5	0	27	640	2	1	▲

Philly Steak											
Thin	85	210	9	11	2.5	0	19	300	1	1	▲
Hand-tossed	103	250	11	11	2.5	0	27	300	1	2	▲ ●
Multigrain	103	250	11	11	2.5	0	25	320	2	2	▲ ●
Multigrain Thin	85	210	10	11	2.5	0	17	310	2	1	▲
Gluten-smart	99	250	9	12	2.5	0	27	440	2	1	▲

Primo Capicollo											
Thin	87	190	11	8	4	0	19	370	1	1	▲
Hand-tossed	104	240	12	9	4	0	27	370	1	1	▲
Multigrain	104	230	13	9	4	0	25	390	2	2	▲ ●
Multigrain Thin	87	190	11	9	4	0	18	380	2	1	▲
Gluten-smart	100	240	10	10	4	0	27	510	2	1	▲

True Canadian											
Thin	89	220	12	11	4.5	0	19	490	1	1	▲
Hand-tossed	107	260	14	11	5	0	27	500	1	2	▲ ●
Multigrain	107	260	14	11	5	0	25	520	2	2	▲ ●
Multigrain Thin	89	220	13	11	5	0	18	500	2	2	▲ ●
Gluten-smart	103	260	12	12	5	0	27	640	2	1	▲

Steak Mushroom Melt											
Thin	90	260	14	15	4.5	0	18	450	1	1	▲
Hand-tossed	108	300	15	15	4.5	0	26	450	1	1	▲
Multigrain	108	300	16	15	4.5	0	25	470	1	2	▲ ●
Multigrain Thin	90	250	14	15	4.5	0	17	460	1	1	▲
Gluten-smart	104	300	14	16	4.5	0	26	590	1	1	▲

Italian Deli (recipe contains gluten)											
Thin	96	220	14	10	4.5	0	18	450	1	1	▲
Hand-tossed	114	270	15	11	4.5	0	27	460	1	1	▲
Multigrain	114	260	16	11	4.5	0	25	470	2	2	▲ ●
Multigrain Thin	96	220	14	10	4.5	0	17	460	2	1	▲
Gluten-smart	110	270	14	12	4.5	0	27	600	2	1	▲

Ultimate Canadian											
Thin	98	220	14	10	4.5	0	19	520	1	1	▲
Hand-tossed	116	260	16	10	4.5	0	27	530	1	1	▲
Multigrain	116	260	16	10	4.5	0	25	550	2	2	▲ ●
Multigrain Thin	98	220	15	10	4.5	0	18	530	2	2	▲ ●
Gluten-smart	112	260	14	11	4.5	0	27	670	2	1	▲

Tripple Pepperoni (recipe contains gluten)											
Thin	99	240	14	12	5	0	19	590	1	1	▲
Hand-tossed	116	280	15	13	5	0	28	600	1	1	▲
Multigrain	116	280	16	13	6	0	26	610	2	2	▲ ●
Multigrain Thin	99	240	14	12	5	0	18	600	2	2	▲ ●
Gluten-smart	112	280	14	13	5	0	28	730	2	0	▲

BBQ Pulled Pork											
Thin	96	180	11	6	3	0	21	380	4	1	▲
Hand-tossed	113	220	12	7	3	0	29	390	4	1	▲
Multigrain	113	230	13	7	3	0	28	410	4	2	▲ ●
Multigrain Thin	96	180	11	6	3	0	20	410	4	2	▲ ●
Gluten-smart	110	220	11	8	3	0	29	530	4	0	▲

Carnitas Pork Taco											
Thin	117	200	9	9	5	0	19	250	1	1	▲
Hand-tossed	135	240	11	10	5	0	28	250	1	1	▲
Multigrain	135	230	11	10	5	0	26	270	2	2	▲ ●
Multigrain Thin	117	190	10	9	5	0	18	260	2	1	▲
Gluten-smart	131	240	9	11	5	0	28	390	2	0	



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

Serving Size (g)\*  
Calories (kcal)  
Protein (g)  
Total Fat (g)  
Saturated Fat (g)  
Trans Fat (g)  
Carbohydrates (g)  
Sodium (mg)  
Sugars (g)  
Dietary Fibre (g)  
Legend

### CHICKEN PIZZAS

	Serving Size (g)*	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Sugars (g)	Dietary Fibre (g)	Legend
<b>Buffalo Chicken</b>											
Thin	94	160	12	7	3	0	17	600	1	1	▲
Hand-tossed	112	210	13	7	3	0	27	600	1	1	▲
Multigrain	112	210	13	7	3	0	25	620	2	2	▲
Multigrain Thin	94	160	12	7	3	0	17	600	1	1	▲
Gluten-smart	108	210	11	8	3	0	27	740	1	0	▲
<b>BBQ Chicken</b>											
Thin	92	210	13	8	3.5	0	21	360	4	1	▲
Hand-tossed	110	250	15	8	3.5	0	30	370	4	1	▲
Multigrain	110	240	15	8	3.5	0	28	390	4	2	▲
Multigrain Thin	92	200	13	8	3.5	0	20	380	4	1	▲
Gluten-smart	106	250	13	9	3.5	0	30	510	4	0	▲
<b>Chicken Club</b>											
Thin	94	220	12	11	3	0	18	380	1	1	▲
Hand-tossed	112	260	13	11	3	0	26	390	1	1	▲
Multigrain	112	250	14	12	3	0	24	410	2	2	▲
Multigrain Thin	94	210	12	11	3	0	17	390	1	1	▲
Gluten-smart	110	260	12	13	3	0	26	550	2	0	▲
<b>The Fajita</b>											
Thin	90	170	12	5	2.5	0	18	270	1	1	▲
Hand-tossed	108	210	13	6	3	0	27	280	1	1	▲
Multigrain	108	200	13	6	3	0	25	300	2	2	▲
Multigrain Thin	90	160	12	5	2.5	0	17	290	1	1	▲
Gluten-smart	104	210	11	7	2.5	0	27	420	2	0	▲
<b>Chicken Taco</b>											
Thin	106	160	10	6	2	0	19	220	1	1	▲
Hand-tossed	124	210	11	6	2	0	28	230	1	1	▲
Multigrain	124	200	11	6	2	0	26	240	2	2	▲
Multigrain Thin	106	160	10	6	2	0	18	230	2	1	▲
Gluten-smart	120	210	9	7	2	0	28	360	2	0	▲
<b>Pesto Chicken</b>											
Thin	86	190	10	9	2	0	19	270	1	1	▲
Hand-tossed	103	240	11	9	2.5	0	27	280	1	1	▲
Multigrain	103	230	11	9	2.5	0	26	300	2	2	▲
Multigrain Thin	86	190	10	9	2	0	18	280	1	1	▲
Gluten-smart	99	230	9	10	2.5	0	27	420	2	0	▲
<b>Tropical Chicken</b>											
Thin	97	190	12	6	3	0	23	280	5	1	▲
Hand-tossed	115	230	13	6	3	0	31	280	5	1	▲
Multigrain	115	230	13	6	3	0	30	300	6	2	▲
Multigrain Thin	97	190	12	6	3	0	22	290	5	1	▲
Gluten-smart	111	230	11	7	3	0	31	420	6	0	▲
<b>Chipotle Chicken</b>											
Thin	80	190	10	8	2	0	19	280	2	2	▲
Hand-tossed	97	230	11	9	2	0	28	280	2	2	▲
Multigrain	97	230	11	9	2	0	27	300	2	2	▲
Multigrain Thin	80	190	10	8	2	0	19	280	2	2	▲
Gluten-smart	94	230	9	9	2	0	28	420	2	1	▲

### BASIC PIZZAS

	Serving Size (g)*	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Sugars (g)	Dietary Fibre (g)	Legend
<b>Pepperoni</b>											
Thin	75	180	10	8	3.5	0	18	360	1	1	▲
Hand-tossed	93	220	12	8	3.5	0	27	360	1	1	▲
Multigrain	93	220	12	8	3.5	0	25	380	2	2	▲
Multigrain Thin	75	180	10	8	3.5	0	17	370	1	2	▲
Gluten-smart	89	220	10	9	3.5	0	27	500	2	1	▲
<b>Cheese</b>											
Thin	74	170	10	6	3	0	18	270	1	1	▲
Hand-tossed	92	210	12	6	3.5	0	27	270	1	1	▲
Multigrain	92	200	12	6	3.5	0	25	290	2	2	▲
Multigrain Thin	74	160	11	6	3.5	0	17	280	2	1	▲
Gluten-smart	88	210	10	7	3.5	0	27	410	2	1	▲
<b>Ham + Pineapple</b>											
Thin	85	160	10	5	2.5	0	20	300	3	1	▲
Hand-tossed	103	200	11	5	2.5	0	29	310	3	1	▲
Multigrain	103	200	11	5	2.5	0	27	330	4	2	▲
Multigrain Thin	85	160	10	5	2.5	0	19	310	3	1	▲
Gluten-smart	101	200	9	6	2.5	0	29	470	4	1	▲

### SHRIMP PIZZAS

	Serving Size (g)*	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Sugars (g)	Dietary Fibre (g)	Legend
<b>Primo Shrimp</b>											
Thin	92	140	8	3	1.5	0	22	180	5	1	▲
Hand-tossed	110	190	9	3	1.5	0	30	190	5	1	▲
Multigrain	110	180	10	3.5	1.5	0	29	210	5	2	▲
Multigrain Thin	92	140	8	3	1.5	0	21	190	5	2	▲
Gluten-smart	106	190	8	4	1.5	0	30	330	5	1	▲
<b>Pesto Shrimp</b>											
Thin	91	210	11	10	3	0	18	350	1	1	▲
Hand-tossed	109	250	13	11	3.5	0	27	360	1	2	▲
Multigrain	109	250	13	11	3.5	0	25	380	1	2	▲
Multigrain Thin	91	210	11	10	3.5	0	17	360	1	2	▲
Gluten-smart	105	250	11	12	3.5	0	27	500	1	1	▲
<b>Shrimp Club</b>											
Thin	94	210	10	11	3	0	18	300	1	1	▲
Hand-tossed	112	250	12	11	3	0	26	310	1	1	▲
Multigrain	112	250	12	11	3	0	25	330	2	2	▲
Multigrain Thin	94	210	11	11	3	0	17	310	2	1	▲
Gluten-smart	108	250	10	12	3	0	27	450	2	1	▲

### SIDES

	Serving Size (g)*	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Sugars (g)	Dietary Fibre (g)	Legend
<b>Salads</b>											
Antipasto Salad	356	240	7	17	5	0	15	1330	6	5	▲
Chicken Caesar Salad	222	220	31	6	2.5	0	11	610	2	2	▲
Chicken Garden Salad	369	260	32	7	3	0	18	630	6	4	▲
Mediterranean Salad	384	220	9	14	5	0	18	900	8	6	▲
Caesar Salad	137	110	6	4.5	2	0	11	200	2	2	▲
Caesar Salad w/Bacon	165	230	15	15	6	0	11	560	2	2	▲
Garden Salad	284	150	8	6	3	0	18	290	6	4	▲
Shrimp Caesar Salad	179	150	15	5	2.5	0	11	300	2	2	▲
Shrimp Garden Salad	327	190	17	6	3.5	0	18	390	6	4	▲
Steak Caesar Salad	222	280	27	13	4.5	0	12	600	2	2	▲
Steak Garden Salad	369	320	28	14	5	0	19	690	6	4	▲
Taco Salad (includes sour cream & salsa)	389	360	32	17	5	0	18	1680	6	5	▲
<b>Breads (per breadstick)</b>											
Cinnamon Breadsticks	57	190	5	4.5	2.5	0	33	390	9	1	▲
Garlic Cheezy Bread	50	130	6	5	2	0	17	125	0	1	▲
Super Cheezy Bread	51	140	6	5	2	0	17	140	0	1	▲

### SIDES

	Serving Size (g)*	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sodium (mg)	Sugars (g)	Dietary Fibre (g)	Legend
<b>Dessert (per piece)</b>											
Chocolate Chunk											
Pretzel Cookie	64	280	4	14	8	0	37	430	19	1	▲
Mini New York Cheesecake	91	320	6	21	13	0.5	26	250	22	0	▲
<b>Shakers</b>											
Formaggio Italiano	9	40	3	2.5	1	0	1	190	0	0	♥
Chilli	5	10	1	0	0	0	3	450	0	1	♥
<b>Dips</b>											
Jalapeño Ranch	44	180	1	19	1.5	0	1	310	1	0	▲
Cayenne Hot Sauce	44	0	0	0	0	0	0	2020	0	0	▲
Italian Garlic	44	210	1	22	2	0	1	260	1	0	▲
Cheezy Cheddar	44	190	0	21	1.5	0	1	400	1	0	▲
Italian Tomato	44	20	1	0.5	0	0	4	190	3	1	♥
Chipotle Cilantro	44	230	0								

# 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	Mustard Seeds
<b>Dough</b>											
Original Hand-tossed Crust									▲		
Italian Thin Crust									▲		
Multigrain Crust									▲		
Multigrain Thin Crust									▲		
Gluten-smart Crust									▲		
<b>Sauces</b>											
Organic Italian Tomato											
Passata Tomato											
Pesto		▲	▲								
Cheezy Cheddar		▲	▲								▲
Jalapeño White		▲	▲								▲
Sweet + Smoky Tropical											
Fresh Salsa											
BBQ											▲
Hot Buffalo											
Chipotle Cilantro			▲								▲
Coconut Curry		▲									▲
<b>Cheeses</b>											
Cheddar		▲									
Formaggio Blend		▲									
(asiago, romano + parmesan)		▲									
Mozzarella		▲									
Feta		▲									
Parmesan		▲									
Mozzarella/Cheddar Blend		▲									
Goat Cheese		▲									
Dairy-free Daiya™ Cheeze		▲									
<b>Toppings</b>											
Canadian Ham											
Capicollo											
Sautéed Mushrooms											
Jalapeño Peppers											
Green Olives											
Baby Spinach Leaves											

ALLERGENS	Peanuts*	Tree Nuts*	Milk & Milk Products	Eggs	Fish	Shellfish	Soy & Soy Products	Wheat & Gluten	Sesame Seeds	Naturally Occurring Sulphites	Mustard Seeds
<b>Toppings (cont'd)</b>											
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											
Grilled Chicken											▲
Steak							▲				
Wild Pink Shrimp						▲					
Grilled Veggies											
Kalamata Olives											
Fire-roasted Tomatoes											
Meat-free Pepperoni							▲	▲			▲
Sour Cream			▲								
Roasted Corn Medley											
Tex-mex Chicken											▲
Canadian Back Bacon											
Pulled Pork											
Double Smoked Pepperoni							▲	▲			
Deli-style Pepperoni							▲	▲			
Iceberg Lettuce											
Romaine Lettuce											
<b>Wings + Bites</b>											
Deliciously Simple											
Salt + Pepper											
Hot + Spicy											
Honey Garlic		▲									▲
Chicken Bites	▲	▲					▲	▲			

ALLERGENS	Peanuts*	Tree Nuts*	Milk & Milk Products	Eggs	Fish	Shellfish	Soy & Soy Products	Wheat & Gluten	Sesame Seeds	Naturally Occurring Sulphites	Mustard Seeds
<b>Salads (dressings not included)</b>											
Calabrese Croutons											
Garden Salad											▲
Garden Chicken Salad											▲
Garden Shrimp Salad						▲					
Garden Steak Salad											▲
Caesar Salad											
Chicken Caesar Salad											▲
Shrimp Caesar Salad						▲					
Steak Caesar Salad											▲
Mediterranean Salad											
Antipasto Salad											
Chicken Taco Salad											▲
Bacon Caesar Salad											▲
<b>Shakers</b>											
Chilli											
Italiano											
Formaggio				▲							
<b>Breads + Dessert</b>											
Sweet Cinnamon Breadsticks		▲									▲
Garlic Cheezy Bread		▲									▲
Super Cheezy Bread		▲	▲								▲
Chocolate Chunk Pretzel Cookie		▲	▲								▲
Mini New York Cheesecake		▲	▲								▲
<b>Dips &amp; Dressings</b>											
Italian Garlic		▲	▲								▲
Italian Tomato		▲	▲								▲
Cheezy Cheddar		▲	▲								▲
Cayenne Hot Sauce		▲	▲								▲
Blue Cheese		▲	▲								▲
Classic Caesar		▲	▲	▲							▲
Jalapeño Ranch		▲	▲								▲
Balsamic Vinaigrette		▲									▲
Chipotle Cilantro						▲					▲
Simple Italian (Vegan)											▲
Sweet Frost Icing											
Premium Caramel				▲							
<b>Panago Cucina</b>											
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 2018. New product introduction, ingredient and/or recipe changes may cause this chart to become obsolete – please continue to check for updates or contact customercare@panago.com.