

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

## Dips + Shakers

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

## Salads + Dressings

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

## Breads, Desserts, Wings, Bites + Tenders

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 \_\_\_\_\_ Gardein® Breaded Chick'n Tenders (plant-based) \_\_\_\_\_

## 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 Organic 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 organic 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 organic 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

### PEPPERONI

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	▲ ● ●
Organic Gluten-smart	89	210	9	9	3.5	0	26	500	1	1	▲

### HAM + PINEAPPLE

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	▲ ● ●
Organic Gluten-smart	101	200	9	6	2.5	0	28	470	3	1	▲

### THE BEEF MEDITERRANEAN

Thin	107	220	13	10	5	0.4	20	400	2	1	▲
Hand-tossed	125	260	14	10	5	0.4	28	410	2	2	▲ ●
Multigrain	125	260	15	11	5	0.4	26	430	2	2	▲ ● ●
Multigrain Thin	107	210	13	10	5	0.4	18	420	2	2	▲ ● ●
Organic Gluten-smart	121	250	12	11	5	0.4	27	540	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	▲ ● ● ●
Organic Gluten-smart	112	220	10	9	3.5	0	28	560	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	▲
Organic Gluten-smart	108	240	11	9	4	0	30	560	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	▲ ● ●
Organic Gluten-smart	120	210	8	9	3	0.3	27	370	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	▲ ● ●
Organic Gluten-smart	108	250	13	12	5	0.3	27	520	2	1	▲

### DELUXE HAWAIIAN

Thin	100	170	10	5	2.5	0	22	350	5	1	▲ ●
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	9	6	2.5	0	30	490	5	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	▲ ● ●
Organic Gluten-smart	101	220	10	9	3.5	0	27	530	1	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	▲ ● ●
Organic Gluten-smart	104	250	12	12	5	0	27	640	1	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	1	▲
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	▲
Organic Gluten-smart	99	240	8	12	2.5	0	27	450	1	1	▲

### SPICY CAPICOLLO

Thin	87	190	11	8	4	0	19	400	1	1	▲
Hand-tossed	104	240	12	9	4	0	27	400	1	1	▲
Multigrain	104	230	13	9	4	0	25	420	1	2	▲ ●
Multigrain Thin	87	190	11	9	4	0	17	410	1	2	▲ ●
Organic Gluten-smart	100	230	10	10	4	0	26	540	1	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	▲ ● ●
Organic Gluten-smart	103	250	12	12	5	0	27	630	1	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	▲
Organic Gluten-smart	104	290	13	16	4.5	0	26	600	1	1	▲

### BBQ BACON CHICKEN

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	▲
Organic Gluten-smart	106	240	12	9	3.5	0	29	500	4	1	▲

### CHICKEN CLUB

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	▲
Organic Gluten-smart	110	250	11	12	3	0	26	540	1	1	▲

### THE FAJITA

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	▲ ● ●
Organic Gluten-smart	104	200	11	6	3	0	26	410	1	1	▲

### CHICKEN TACO

Thin	106	170	9	7	2.5	0	19	240	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	▲
Organic Gluten-smart	120	200	9	7	2	0	27	360	2	1	▲

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

### PESTO CHICKEN

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	▲
Organic Gluten-smart	99	230	9	10	2.5	0	27	410	1	1	▲

### TROPICAL CHICKEN

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	▲
Organic Gluten-smart	111	220	11	7	3	0	31	420	5	1	▲

### CHIPOTLE CHICKEN

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	▲ ● ●
Organic Gluten-smart	94	220	9	9	2.5	0	28	410	2	1	▲

## Veggie Pizzas

### CHEESE

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			

\*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

## Veggie Pizzas

### QUATTRO FORMAGGIO

Thin	63	140	7	5	2.5	0	18	200	1	1	▲	♥
Hand-tossed	81	190	9	5	3	0	27	210	1	1	▲	♥
Multigrain	81	180	9	6	3	0	25	230	1	2	▲	♥
Multigrain Thin	63	140	8	5	3	0	17	220	1	1	▲	♥
Organic Gluten-smart	77	180	6	6	3	0	26	340	1	1	▲	

### MEAT-FREE PEPPERONI (RECIPE CONTAINS GLUTEN)

Thin	87	160	11	5	2.5	0	19	310	2	1	▲	♥
Hand-tossed	105	210	12	5	2.5	0	28	310	2	2	▲	♥
Multigrain	105	200	12	6	2.5	0	26	330	2	2	▲	♥
Multigrain Thin	87	160	11	5	2.5	0	18	320	2	2	▲	♥
Organic Gluten-smart	101	200	10	6	2.5	0	27	450	2	1	▲	

### PESTO VEGETARIAN

Thin	78	180	7	9	2	0	19	220	1	1	▲	
Hand-tossed	96	220	8	9	2	0	27	230	1	2	▲	●
Multigrain	96	220	8	9	2	0	26	250	1	2	▲	●
Multigrain Thin	78	180	7	9	2	0	18	230	1	2	▲	●
Organic Gluten-smart	92	210	6	10	2.5	0	27	370	1	1	▲	

### VEGGIE MEDITERRANEAN

Thin	103	200	11	9	4.5	0	20	460	2	1	▲	
Hand-tossed	120	240	12	9	4.5	0	29	470	2	2	▲	●
Multigrain	120	240	13	9	4.5	0	27	490	2	2	▲	●
Multigrain Thin	103	200	11	9	4.5	0	19	470	2	2	▲	●
Organic Gluten-smart	117	230	10	10	4.5	0	28	600	2	1	▲	

### VEGGIE KORMA (RECIPE CONTAINS GLUTEN)

Thin	83	160	6	5	3	0	22	230	3	2	▲	♥
Hand-tossed	101	200	8	6	3	0	30	240	3	2	▲	♥
Multigrain	101	190	8	6	3	0	29	260	3	3	▲	♥
Multigrain Thin	83	150	6	5	3	0	21	240	3	2	▲	♥
Organic Gluten-smart	97	190	5	6	3	0	30	370	3	1	▲	

## Plant-based Pizzas

### PLANT-BASED DELUXE PEPPERONI (RECIPE CONTAINS GLUTEN)

Thin	87	170	5	6	2	0	24	370	1	2	▲	●
Hand-tossed	105	220	6	7	2	0	32	370	1	3	▲	●
Multigrain	105	210	6	7	2	0	31	390	2	3	▲	●
Multigrain Thin	87	170	5	6	2	0	23	380	2	3	▲	●
Organic Gluten-smart	101	210	4	8	2	0	32	510	2	2	▲	●

### PLANT-BASED BEYOND SPICY CALABRESE

Thin	96	170	7	5	1.5	0	24	460	2	2	▲	♥
Hand-tossed	114	220	8	6	1.5	0	33	470	2	3	▲	♥
Multigrain	114	210	9	6	1.5	0	31	490	2	4	▲	♥
Multigrain Thin	96	170	7	5	1.5	0	23	470	2	3	▲	♥
Organic Gluten-smart	110	210	6	7	1.5	0	32	600	2	2	▲	●

## Plant-based Pizzas

### PLANT-BASED BEYOND SUMMER BBQ

Thin	95	190	7	5	1.5	0	27	480	4	2	▲	♥
Hand-tossed	113	230	8	6	1.5	0	36	480	4	2	▲	♥
Multigrain	113	230	8	6	1.5	0	36	480	4	2	▲	♥
Multigrain Thin	95	180	7	5	1.5	0	26	490	4	3	▲	♥
Organic Gluten-smart	109	220	6	6	1.5	0	35	620	4	2	▲	●

### PLANT-BASED SPICY HAWAIIAN (RECIPE CONTAINS GLUTEN)

Thin	87	160	4	4.5	1.5	0	26	390	4	2	▲	♥
Hand-tossed	105	210	6	5	1.5	0	35	400	4	2	▲	♥
Multigrain	105	210	6	5	1.5	0	35	400	4	2	▲	♥
Multigrain Thin	87	160	5	4.5	1.5	0	25	400	4	2	▲	♥
Organic Gluten-smart	101	200	4	6	1.5	0	34	530	4	2	▲	●

### PLANT-BASED MEDITERRANEAN (RECIPE CONTAINS GLUTEN)

Thin	87	160	5	6	1.5	0	24	380	1	2	▲	●
Hand-tossed	105	210	6	6	1.5	0	33	390	1	2	▲	●
Multigrain	105	200	6	6	1.5	0	31	400	2	3	▲	●
Multigrain Thin	87	160	5	6	1.5	0	23	390	2	3	▲	●
Organic Gluten-smart	101	200	4	7	1.5	0	32	520	2	2	▲	●

## Sides

### SALADS

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	▲	●
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	▲	●

### BREADS (PER BREADSTICK)

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	▲	♥

### DESSERT

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	▲	
Mini Raspberry Swirl Cheesecake	91	290	5	18	11	0.5	27	210	18	1	▲	

## Sides

### SHAKERS

Formaggio	9	40	3	2.5	1	0	1	190	0	0	▲	♥
Italiano	5	10	1	0	0	0	3	450	0	1	▲	♥
Chilli	4	10	1	0	0	0	2	0	0	2	▲	♥

### DIPS

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	24	3.5	0	2	230	1	0	▲	
Classic Caesar	44	190	1	21	2	0	1	320	0	0	▲	
Balsamic Vinaigrette	44	100	0	10	0.5	0	3	220	3	0	▲	
Blue Cheese	44	230	1	25	3	0	1	340	1	0	▲	
Simple Italian (Vegan)	44	230	0	25	2	0	0	180	0	0	▲	
Sweet Mustard (Vegan)	44	160	0.4	14	1	0.3	9	280	9	0	▲	
Sweet Frost Icing	44	160	0	0	0	0	34	50	40	0	▲	♥
Caramel	44	160	1	1.5	0.5	0	37	75	29	1	▲	♥

### WINGS + BITES (PER 10 PC/PACK, PER 8 PC PACK FOR CHICK'N TENDERS)

Deliciously Simple	333	730	74	41	11	0	10	1210	0	0	▲	
Hot + Spicy	348	830	75	51	19	0.3	12	1880	0	1	▲	
Salt + Pepper	348	800	75	47	17	0.3	15	2220	0	1	▲	
Honey Garlic	348	800	74	45	15	0	19	1750	6	0	▲	
Chicken Bites	250	600	35	35	2.5	0	40	1450	0	0	▲	
Gardein® Breaded Chick'n Tenders (plant-based)	193	380	27	16	1.5	0	33	920	3	3	▲	
Chicken Bites	250	600	35	35	2.5	0	40	1450	0	0	▲	

### CUCINA DIPS

Cheezy Formaggio	28	130	0	14	1	0	1	260	1	0	▲	
Creamy Ranch Jalapeño	28	120	0	13	1	0	1	200	1	0	▲	
Italiano Garlic	30	150	1	16	1.5	0	1	190	1	0	▲	
Cayenne Hot Sauce	5	0	0	0	0	0	0	240	0	0	▲	♥



## 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.

Although the organic gluten-smart crust is entirely gluten-free, the nature of our operations and open-concept kitchens present inevitable flour cross-contamination and therefore gluten exposure. This crust is NOT recommended for celiac disease sufferers or those customers with a moderate to high gluten intolerance or sensitivity. Nutrition information for all Panago Pizza menu items is based on Panago standard recipes. Due to the handcrafted nature of these products, nutrient values may vary from those published here. New product introduction, ingredient changes or recipe changes during the life of this publication may cause this information to be incomplete. Panago nutritional values are generated through a standardized database. For the most up to date nutritional information please visit panago.com.

# 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								▲			
Organic Gluten-smart Crust								▲			
<b>SAUCES</b>											
Organic Tomato											
Pesto		▲	▲								
Cheezy Cheddar		▲	▲								▲
Jalapeño White		▲	▲								▲
Sweet + Smoky Tropical											
Fresh Salsa											
BBQ											▲
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							▲	▲			▲
Ground Beef											
Side Bacon											
Grilled Chicken											▲
Steak							▲				
Grilled Veggies											
Kalamata Olives											
Fire-roasted Tomatoes											
Meat-free Pepperoni							▲	▲			▲
Sour Cream				▲							
Roasted Corn Medley											
Tex-mex Chicken											▲
Iceberg Lettuce											
Romaine Lettuce											
Beyond Meat® Italian Sausage Crumble**											
<b>WINGS + BITES</b>											
Deliciously Simple											
Salt + Pepper											
Hot + Spicy											
Honey Garlic				▲							▲
Chicken Bites				▲	▲		▲	▲			
Gardein® Breaded Chick'n Tenders**							▲	▲			

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 Steak Salad				▲				▲			▲
Caesar Salad				▲				▲			▲
Chicken 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				▲	▲			▲	▲		
Mini Raspberry Swirl 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 Mustard Dip (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 as of the time of publication, July 2019. 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.  
 \*\*Peas are legumes. People with severe allergies to legumes, like peanuts, should be cautious when introducing pea protein into their diet because of the possibility of a pea allergy. Contains no peanuts or tree nuts.