





\*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 Cheesy Bread	50	130	6	5	2	0	17	125	0	1	▲▲♥
Super Cheesy 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	1	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			▲	▲							▲
Italiano 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 [customer-care@panago.com](mailto:customer-care@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.