

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	▲
Original	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	▲ ● ♥
Original	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	20	300	3	1	▲ ● ♥
Organic Gluten-smart	101	200	9	6	2.5	0	28	470	3	1	▲

PANAGO CLASSIC

Thin	98	190	10	7	3.5	0	20	420	2	2	▲ ●
Original	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	▲
Original	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	▲

DELUXE HAWAIIAN

Thin	100	170	10	5	2.5	0	22	350	5	1	▲ ● ♥
Original	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	▲ ● ♥
Organic Gluten-smart	114	210	9	6	2.5	0	30	490	5	1	▲

DELUXE PEPPERONI

Thin	87	190	10	8	3.5	0	19	390	1	1	▲
Original	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	▲

NEW YORK DELI (RECIPE CONTAINS GLUTEN)

Thin	90	220	13	10	4.5	0	19	500	1	1	▲
Original	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	▲
Original	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	▲

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

SPICY CAPICOLLO

Thin	87	190	11	8	4	0	19	400	1	1	▲
Original	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	▲
Original	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	▲
Original	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	▲
Original	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	▲
Original	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	▲

CHICKEN TAQUERIA

Thin	109	250	10	14	3.5	0.2	22	360	3	2	▲ ●
Original	127	300	11	15	3.5	0.2	31	370	3	2	▲ ●
Multigrain	127	290	12	15	3.5	0.2	29	390	3	3	▲ ●
Multigrain Thin	109	250	10	14	3.5	0.2	21	380	3	2	▲ ●
Organic Gluten-smart	123	290	9	15	3.5	0.2	30	500	3	1	▲

STEAK TAQUERIA

Thin	109	260	9	15	3.5	0.2	22	380	2	2	▲ ●
Original	127	300	10	15	3.5	0.2	31	390	2	2	▲ ●
Multigrain	127	290	11	15	4	0.2	29	410	3	3	▲ ●
Multigrain Thin	109	250	9	15	3.5	0.2	21	400	3	2	▲ ●
Organic Gluten-smart	123	290	8	16	4	0.2	30	520	3	1	▲

PESTO CHICKEN

Thin	83	200	10	10	2.5	0	19	270	1	1	▲
Original	101	240	11	10	2.5	0	28	280	1	2	▲ ●
Multigrain	101	240	12	10	2.5	0	26	300	2	3	▲ ●
Multigrain Thin	83	200	10	10	2.5	0	18	290	2	2	▲ ●
Organic Gluten-smart	97	230	9	11	2.5	0	27	410	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

TROPICAL CHICKEN

Thin	97	190	12	6	3	0	23	280	5	1	▲
Original	115	230	13	6	3	0	31	280	5	1	▲
Multigrain	115	230	13	6	3	0	30	300	5	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	200	2	2	▲ ●
Original	97	230	11	8	2	0	29	190	2	2	▲ ●
Multigrain	97	230	11	9	2.5	0	27	210	2	2	▲ ●
Multigrain Thin	80	190	10	8	2	0	19	200	2	2	▲ ●
Organic Gluten-smart	94	230	9	9	2.5	0	28	330	2	1	▲

Veggie Pizzas

CHEESE

Thin	74	170	10	6	3	0	18	270	1	1	▲
Original	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	▲
Organic Gluten-smart	88	200	10	7	3						



*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

MEAT-FREE PEPPERONI (RECIPE CONTAINS GLUTEN)

Thin	87	160	11	5	2.5	0	19	310	2	1	▲▲♥
Original	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	76	190	7	10	2	0.1	19	230	1	1	▲
Original	94	230	8	10	2.5	0.1	28	240	1	2	▲▲♥
Multigrain	94	230	9	10	2.5	0.1	26	260	2	3	▲▲♥
Multigrain Thin	76	180	7	10	2.5	0.1	18	250	2	2	▲▲♥
Organic Gluten-smart	90	220	6	11	2.5	0.1	27	370	2	1	▲

VEGGIE MEDITERRANEAN

Thin	90	180	8	8	3.5	0.2	21	400	2	1	▲
Original	108	220	10	8	3.5	0.2	29	400	2	2	▲▲♥
Multigrain	108	220	10	8	3.5	0.2	27	420	2	3	▲▲♥
Multigrain Thin	90	180	8	8	3.5	0.2	19	410	2	2	▲▲♥
Organic Gluten-smart	104	210	7	9	3.5	0.2	28	540	2	1	▲

VEGGIE KORMA (RECIPE CONTAINS GLUTEN)

Thin	82	150	6	5	3	0.1	21	230	3	1	▲▲♥
Original	99	190	7	6	3	0.1	30	230	3	2	▲▲♥
Multigrain	99	190	8	6	3	0.1	28	250	3	2	▲▲♥
Multigrain Thin	82	150	6	5	3	0.1	20	240	3	2	▲▲♥
Organic Gluten-smart	95	180	5	6	3	0.1	28	370	3	1	▲

BEYOND TAQUERIA

Thin	109	260	10	15	3.5	0.2	23	430	2	2	▲▲♥
Original	127	300	11	15	3.5	0.2	31	430	2	2	▲▲♥
Multigrain	127	300	11	15	3.5	0.2	31	430	2	2	▲▲♥
Multigrain Thin	109	260	10	15	3.5	0.2	21	440	3	2	▲▲♥
Organic Gluten-smart	123	290	9	16	3.5	0.2	30	570	3	2	▲▲♥

Plant-based Pizzas

PLANT-BASED DELUXE PEPPERONI (RECIPE CONTAINS GLUTEN)

Thin	74	130	4	2	1	0	21	220	1	2	▲▲♥♥
Original	92	170	5	2.5	1	0	30	230	1	2	▲▲♥♥
Multigrain	92	170	6	2.5	1	0	28	250	2	3	▲▲♥♥
Multigrain Thin	74	130	4	2	1	0	20	230	2	2	▲▲♥♥
Organic Gluten-smart	88	160	3	3	1	0	29	360	2	2	▲▲♥♥

PLANT-BASED BEYOND SPICY CALABRESE

Thin	80	140	6	1.5	1	0	22	330	1	2	▲▲♥♥
Original	98	180	8	2	1	0	31	340	1	2	▲▲♥♥
Multigrain	98	180	9	2	1	0	29	360	2	3	▲▲♥♥
Multigrain Thin	80	140	7	2	1	0	21	350	2	2	▲▲♥♥
Organic Gluten-smart	94	170	6	3	1	0	30	470	2	2	▲▲♥♥

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.

Plant-based Pizzas

PLANT-BASED BEYOND SUMMER BBQ

Thin	85	160	7	1.5	1	0	26	310	4	2	▲▲♥♥
Original	102	200	8	2	1	0	35	310	4	2	▲▲♥♥
Multigrain	102	200	8	2	1	0	35	310	4	2	▲▲♥♥
Multigrain Thin	85	150	7	1.5	1	0	25	320	4	2	▲▲♥♥
Organic Gluten-smart	99	190	6	2.5	1	0	34	440	4	2	▲▲♥♥

PLANT-BASED SPICY HAWAIIAN (RECIPE CONTAINS GLUTEN)

Thin	78	130	4	1	1	0	24	290	4	1	▲▲♥
Original	96	170	5	1.5	1	0	33	290	4	1	▲▲♥
Multigrain	96	170	6	1.5	1	0	31	310	4	2	▲▲♥
Multigrain Thin	78	130	4	1	1	0	23	300	4	2	▲▲♥
Organic Gluten-smart	92	160	3	2	1	0	32	430	4	1	▲▲♥

PLANT-BASED MEDITERRANEAN (RECIPE CONTAINS GLUTEN)

Thin	76	140	4	2.5	1	0	22	280	2	2	▲▲♥
Original	94	180	6	3	1	0	31	290	2	2	▲▲♥
Multigrain	94	180	6	3.5	1	0	29	300	2	3	▲▲♥
Multigrain Thin	76	140	4	3	1	0	21	290	2	2	▲▲♥
Organic Gluten-smart	90	170	3	4	1	0	30	420	2	2	▲▲♥

Sides

SALADS

Tuscan Salad	356	380	12	26	7	0.3	28	1520	10	6	▲▲♥
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	120	6	6	3	0.1	11	210	3	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	▲▲♥
Taqueria Salad (includes dressing)	369	360	10	22	6	0.3	31	840	11	6	▲▲♥
Chicken Taqueria Salad (includes dressing)	403	440	34	24	6	0.3	25	1540	10	6	▲▲♥

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	▲

Sides

DIPS + DRESSINGS

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	320	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	44	230	0	25	2	0	0	180	0	0	▲
Sweet Mustard	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	▲
Avocado Cilantro	29	90	0.1	9	1	0	2	170	1	0	▲

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	▲▲♥

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	♥



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.

Fall 2020 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
DOUGH											
Original Crust											
Thin Crust								▲			
Multigrain Crust								▲			
Multigrain Thin Crust								▲			
Organic Gluten-smart Crust								▲			
SAUCES											
Organic Tomato											
Pesto			▲	▲							
Cheezy Cheddar			▲	▲							▲
Jalapeño White			▲	▲							▲
Sweet + Smoky Tropical											
BBQ											▲
Chipotle Cilantro				▲			▲				▲
Coconut Curry			▲					▲			
CHEESES											
Cheddar			▲								
Mozzarella			▲								
Feta			▲								
Parmesan			▲								
Mozzarella/Cheddar Blend			▲								
Goat Cheese			▲								
Dairy-free Daiya™ Cheeze**			▲								
TOPPINGS											
Canadian Ham											
Capicola											
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
TOPPINGS (cont'd)											
Spicy Italian Sausage											
Hot Banana Peppers											▲
Pepperoni											▲
Tomatoes											
Caramelized Onions											▲
Green Peppers											▲
Artichokes											
Black Olives											
Red Onions											
Red Peppers											
Genoa Salami							▲	▲			▲
Pineapple											
Fire-roasted Corn											
Side Bacon											
Grilled Chicken											▲
Steak											▲
Sun-dried Tomatoes											▲
Kalamata Olives											
Shredded Cabbage											
Meat-free Pepperoni							▲	▲			▲
Tex-mex Chicken											▲
Romaine Lettuce											
Beyond Meat® Italian Sausage Crumble**											
WINGS + BITES											
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
SALADS (dressings not included)											
Calabrese Croutons											
Garden Salad											▲
Garden Chicken Salad											▲
Garden Steak Salad											▲
Caesar Salad											▲
Chicken Caesar Salad											▲
Steak Caesar Salad											▲
Mediterranean Salad											
Tuscan Salad											
Taqueria Salad											
Chicken Taqueria Salad											▲
Bacon Caesar Salad											▲
BREADS + DESSERT											
Sweet Cinnamon Breadsticks											▲
Garlic Cheezy Bread											▲
Super Cheezy Bread											▲
Chocolate Chunk Pretzel Cookie											▲
Mini New York Cheesecake											▲
DIPS & DRESSINGS											
Italian Garlic											▲
Italian Tomato											▲
Cheezy Cheddar											▲
Cayenne Hot Sauce											▲
Blue Cheese											▲
Classic Caesar											▲
Jalapeño Ranch											▲
Balsamic Vinaigrette											▲
Chipotle Cilantro											▲
Simple Italian											▲
Sweet Mustard											▲
Sweet Frost Icing											▲
Premium Caramel											▲
Avocado Cilantro											▲
PANAGO CUCINA											
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 2020. 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.