

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.

PANAGO®

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

Meat 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
Cupperoni™ Overload											
Thin	74	200	10	10	4.5	0.1	17	470	1	1	▲
Original	92	240	11	11	4.5	0.1	25	530	1	1	▲
Multigrain	92	240	11	11	4.5	0.1	24	400	1	2	▲ ●
Multigrain Thin	74	200	10	10	4.5	0.1	17	380	1	1	▲
Gluten-Smart Round Crust	77	210	8	12	5	0.1	19	440	1	1	▲
Truffleroni											
Thin	69	180	9	8	4.5	0.2	17	370	1	1	▲
Original	87	220	10	9	4.5	0.2	25	430	1	1	▲
Multigrain	87	220	10	9	4.5	0.2	24	290	2	1	▲
Multigrain Thin	71	190	9	9	4.5	0.2	16	310	1	1	▲
Brooklyn Pepperoni											
Thin	79	210	11	10	4.5	0.1	17	510	1	1	▲
Original	96	250	12	11	4.5	0.1	25	570	1	1	▲
Multigrain	98	240	13	11	4.5	0.1	25	440	1	2	▲ ●
Multigrain Thin	79	200	11	10	4.5	0.1	17	420	1	2	▲ ●
Gluten-Smart Round Crust	81	220	10	12	5	0.1	19	470	1	1	▲
Panago Classic											
Thin	98	180	10	7	3.5	0.1	19	480	2	2	▲ ●
Original	115	220	12	8	3.5	0.1	27	540	2	2	▲ ●
Multigrain	115	220	12	8	3.5	0.1	26	400	2	3	▲ ●
Multigrain Thin	98	180	10	7	3.5	0.1	18	380	2	2	▲ ●
Gluten-Smart Round Crust	112	230	11	10	4	0.1	24	490	2	2	▲ ●
Tropical Hawaiian											
Thin	92	200	12	8	3.5	0.1	21	510	5	1	▲
Original	110	240	14	8	3.5	0.1	29	570	5	1	▲
Multigrain	110	240	14	8	4	0.1	29	430	5	2	▲ ●
Multigrain Thin	92	200	12	8	3.5	0.1	21	420	5	1	▲
Gluten-Smart Round Crust	108	240	12	10	4.5	0.2	26	510	6	2	▲ ●
Hawaiian											
Thin	100	190	11	6	3	0.1	24	480	6	1	▲
Original	118	210	12	6	2.5	0.1	30	490	5	1	▲
Multigrain	118	210	12	5	2.5	0.1	29	360	5	2	▲ ●
Multigrain Thin	100	190	11	6	3	0.1	23	380	5	2	▲ ●
Gluten-Smart Round Crust	101	200	10	7	3	0.1	24	420	4	2	▲ ●
Deluxe (pepperoni)											
Thin	87	180	10	8	3.5	0.1	18	440	1	1	▲
Original	105	220	12	9	3.5	0.1	26	500	2	1	▲
Multigrain	105	220	12	8	3.5	0.1	25	360	1	2	▲ ●
Multigrain Thin	87	180	11	8	3.5	0.1	17	340	1	2	▲ ●
Gluten-Smart Round Crust	90	200	9	9	4	0.1	20	400	2	2	▲ ●
New York Deli (contains gluten)											
Thin	90	220	13	11	4.5	0.2	18	570	1	1	▲
Original	108	260	15	11	4.5	0.2	26	630	2	4	▲ ●
Multigrain	108	260	15	11	5	0.2	25	490	2	2	▲ ●
Multigrain Thin	90	210	14	10	4.5	0.2	17	480	1	2	▲ ●
Gluten-Smart Round Crust	104	260	13	13	6	0.2	23	540	2	2	▲ ●

Meat Pizzas

Philly Steak											
Thin	85	200	9	11	2.5	0.1	18	380	1	1	▲
Original	103	240	10	11	2.5	0.1	26	440	2	1	▲
Multigrain	103	240	11	11	2.5	0.1	25	300	2	2	▲ ●
Multigrain Thin	85	200	9	11	2.5	0.1	17	280	1	1	▲
Gluten-Smart Round Crust	99	240	9	13	3	0.1	23	380	2	2	▲ ●
Spicy Capicollo											
Thin	87	190	11	9	4	0.1	18	480	1	1	▲
Original	104	230	12	9	4	0.1	26	540	1	1	▲
Multigrain	104	230	13	9	4	0.2	25	400	1	2	▲ ●
Multigrain Thin	87	190	11	9	4	0.1	17	390	1	2	▲ ●
Gluten-Smart Round Crust	100	240	11	12	5	0.2	23	470	2	2	▲ ●
True Canadian											
Thin	89	220	13	11	5	0.1	18	530	1	1	▲
Original	107	260	14	11	5	0.1	26	590	2	1	▲
Multigrain	107	260	15	11	5	0.2	25	450	2	2	▲ ●
Multigrain Thin	89	210	13	11	5	0.2	17	440	1	2	▲ ●
Gluten-Smart Round Crust	103	260	12	13	6	0.2	23	490	2	2	▲ ●
Steak Mushroom Melt											
Thin	90	270	13	18	4	0.1	16	560	1	1	▲
Original	108	310	15	18	4.5	0.1	23	630	1	1	▲
Multigrain	108	310	15	18	4.5	0.1	23	500	1	2	▲ ●
Multigrain Thin	90	270	13	17	4.5	0.1	15	480	1	1	▲
Gluten-Smart Round Crust	104	290	15	16	6	0.2	23	500	2	2	▲ ●
BBQ Bacon Chicken											
Thin	92	210	14	8	3.5	0.1	20	470	4	1	▲
Original	110	250	15	8	3.5	0.1	29	530	4	1	▲
Multigrain	110	240	15	8	3.5	0.1	28	390	4	2	▲ ●
Multigrain Thin	92	200	14	8	3.5	0.1	20	380	4	2	▲ ●
Gluten-Smart Round Crust	106	250	14	11	4.5	0.2	25	410	3	2	▲ ●
Chicken Club											
Thin	94	220	13	11	3	0.1	17	480	1	1	▲
Original	112	260	14	12	3	0.1	25	540	2	1	▲
Multigrain	112	250	14	11	3	0.1	24	400	1	2	▲ ●
Multigrain Thin	94	210	13	11	3	0.1	17	390	1	1	▲
Gluten-Smart Round Crust	110	260	13	13	3.5	0.1	23	480	2	1	▲
Hot Honey Brooklyn Pepperoni											
Thin	112	310	11	11	5	0.1	18	520	26	1	▲
Original	130	350	12	11	5	0.1	26	580	27	1	▲
Multigrain	130	350	13	11	5	0.1	25	450	26	2	▲ ●
Multigrain Thin	112	310	11	11	5	0.1	17	430	26	2	▲ ●
Gluten-Smart Round Crust	115	330	10	13	2	0.2	19	460	27	2	▲ ●
Sweet Cupperoni™ Heat											
Thin	86	190	20	7	4	0.4	20	380	3	1	▲
Original	104	230	11	8	4	0.1	28	450	4	1	▲
Multigrain	104	230	11	8	4	0.1	28	450	4	1	▲
Multigrain Thin	86	190	10	7	4	0.1	19	290	3	2	▲ ●
Gluten-Smart Round Crust	89	200	8	9	4	0.2	22	310	4	2	▲ ●

Meat Pizzas

Pesto Chicken											
Thin	83	200	10	10	2.5	0.1	18	380	2	1	▲
Original	101	240	11	10	2.5	0.1	26	440	2	2	▲ ●
Multigrain	101	240	11	10	2.5	0.1	26	300	2	2	▲ ●
Multigrain Thin	83	200	10	10	2.5	0.1	18	290	2	2	▲ ●
Tropical Chicken											
Thin	97	190	12	6	3	0.1	22	380	5	1	▲
Original	115	230	13	7	3	0.1	30	440	5	1	▲
Multigrain	115	230	13	6	3	0.1	29	310	5	2	▲ ●
Multigrain Thin	97	190	12	6	3	0.1	22	290	5	2	▲ ●
Gluten-Smart Round Crust	111	230	12	9	4	0.2	27	360	6	2	▲ ●
Chipotle Chicken											
Thin	80	190	10	8	2	0.1	19	290	2	1	▲
Original	97	230	11	9	2	0.1	27	340	2	1	▲
Multigrain	97	230	11	9	2.5	0.1	27	210	2	2	▲ ●
Multigrain Thin	80	190	10	8	2.5	0.1	19	190	2	2	▲ ●
Gluten-Smart Round Crust	94	240	9	12	3	0.1	24	270	3	2	▲ ●
Butter Chicken											
Thin	91	200	10	10	2.5	0.1	18	410	2	1	▲
Original	109	240	11	10	2.5	0.1	26	470	2	1	▲
Multigrain	109	230	12	10	2.5	0.1	25	330	2	2	▲ ●
Multigrain Thin	91	190	10	9	2.5	0.1	17	320	2	2	▲ ●
Gluten-Smart Round Crust	89	210	8	11	3	0.1	19	360	2	2	▲ ●

Veggie Pizzas

Cheese											
Thin	74	160	10	6	3	0.1	17	350	1	1	▲
Original	92	210	12	7	3.5	0.1	26	410	1	1	▲
Multigrain	92	200	12	6	3.5	0.1	25	270	1	2	▲ ●
Multigrain Thin	74	160	11	6	3.5	0.1	17	260	1	1	▲
Gluten-Smart Round Crust	88	210	11	9	4	0.2	22	360	2	1	▲
Bella Truffle											
Thin	76	170	9	8	3.5	0.1	17	320	1	1	▲
Original	94	210	10	9	3.5	0.1	25	390	1	1	▲
Multigrain	94	210	10	8	4	0.1	24	250	1	2	▲ ●
Multigrain Thin	76	170	9	8	3.5	0.1	16	230	1	1	▲
Hot Honey Meat-free Pepperoni (contains gluten)											
Thin	83	170	11	5	3	0.1	21	310	5	2	▲♥♥
Original	101	220	12	6	3	0.1	30	460	5	1	▲
Multigrain	101	210	13	6	3	0.1	29	320	5	2	▲ ●
Multigrain Thin	83	170	11	5	3	0.1	21	310	5	2	▲♥♥
Gluten-Smart Round Crust	74	180	7	7	3.5	0.2	19	240	6	2	▲ ●

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

Veggie Pizzas

Garden Veggie

	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
Thin	94	160	7	5	2	0.1	21	330	4	2	▲♥●
Original	112	200	8	6	2	0.1	29	390	4	2	▲●●
Multigrain	112	190	9	5	2	0.1	28	250	4	3	▲♥●
Multigrain Thin	94	150	7	5	2	0.1	21	240	4	2	▲♥●
Gluten-Smart Round Crust	93	160	6	6	2	0.1	22	270	3	2	▲●●

Meat-free Deluxe Pepperoni (contains gluten)

Thin	87	160	11	5	2.5	0.1	18	360	1	1	▲♥
Original	105	200	12	5	2.5	0.1	27	420	2	1	▲♥
Multigrain	105	200	12	5	2.5	0.1	26	280	2	2	▲♥●
Multigrain Thin	87	160	11	5	2.5	0.1	18	270	1	2	▲♥●
Gluten-Smart Round Crust	101	200	11	7	3.5	0.1	24	370	2	2	▲●●

Pesto Vegetarian

Thin	76	190	7	10	2.5	0.1	18	340	2	1	▲
Original	94	230	8	10	2.5	0.1	26	400	2	2	▲●●
Multigrain	94	220	8	10	2.5	0.1	26	260	2	3	▲●●
Multigrain Thin	76	180	7	10	2.5	0.1	18	250	2	2	▲●●

Veggie Mediterranean

Thin	90	180	8	8	3.5	0.2	19	530	2	1	▲
Original	107	220	9	8	3.5	0.2	27	590	2	2	▲●●
Multigrain	107	210	10	8	3.5	0.2	27	450	2	3	▲●●
Multigrain Thin	90	170	8	8	3.5	0.2	19	430	2	2	▲●●

Hola Elote

Thin	80	180	7	8	2.5	0.1	21	380	2	2	▲●●
Original	97	220	9	8	2.5	0.1	29	440	2	2	▲●●
Multigrain	97	220	9	8	2.5	0.1	28	300	2	3	▲●●
Multigrain Thin	80	180	8	8	2.5	0.1	21	290	2	2	▲●●
Gluten-Smart Round Crust	86	220	6	11	3	0.1	22	360	2	2	▲●●

Olive the Pantry

Thin	65	160	6	7	3	0.4	18	370	1	1	▲
Original	82	200	8	7	3	0.4	26	430	1	2	▲●●
Multigrain	82	200	8	7	3	0.4	25	290	1	3	▲●●
Multigrain Thin	65	160	6	7	3	0.4	17	280	1	2	▲●●

Plant-based Pizzas

Plant-based Deluxe Pepperoni (contains gluten)

Thin	78	130	4	4	0.5	0	20	270	2	2	▲♥●
Original	96	170	5	4.5	0.5	0	28	330	2	2	▲♥●
Multigrain	96	170	6	4.5	0.5	0	27	200	2	3	▲♥●
Multigrain Thin	74	130	4	4	1	0	20	230	1	2	▲♥●
Gluten-Smart Round Crust	77	140	3	5	1	0	21	220	2	2	▲♥●

NEW Plant-based Spicy Calabrese

Thin	79	130	4	3.5	0.4	0	20	310	2	2	▲♥●
Original	96	170	6	4	0.4	0	28	380	2	2	▲♥●
Multigrain	96	160	6	3.5	0.5	0	28	240	2	3	▲♥●
Multigrain Thin	79	120	5	3	0.4	0	20	220	2	2	▲♥●
Gluten-Smart Round Crust	77	140	3	5	0.5	0	21	210	2	2	▲♥●

NEW Plant-based Summer BBQ

Thin	89	150	4	3	0.3	0	26	350	5	2	▲♥●
Original	106	190	5	3.5	0.4	0	34	410	5	2	▲♥●
Multigrain	106	190	6	3.5	0.4	0	34	270	5	3	▲♥●
Multigrain Thin	89	150	4	3	0.4	0	26	260	5	3	▲♥●
Gluten-Smart Round Crust	82	160	3	5	0.5	0	26	190	4	2	▲♥●

Plant-based Spicy Hawaiian (contains gluten)

Thin	82	130	4	3	0.3	0	23	410	4	1	▲♥
Original	100	170	5	3.5	0.4	0	31	470	5	2	▲♥●
Multigrain	96	170	6	3.5	1	0	31	380	4	3	▲♥●
Multigrain Thin	82	130	4	3	4	0	22	320	4	2	▲♥●
Gluten-Smart Round Crust	78	150	3	4	1	0	23	280	3	2	▲♥●

Plant-based Mediterranean (contains gluten)

Thin	80	140	4	5	0.5	0	21	390	2	2	▲♥●
Original	94	180	6	5	0.5	0	29	450	2	2	▲♥●
Multigrain	98	180	6	5	0.5	0	28	320	2	3	▲♥●
Multigrain Thin	80	140	5	4.5	0.5	0	20	300	2	2	▲♥●
Gluten-Smart Round Crust	80	140	3	5	0.5	0	21	320	2	2	▲♥●

Everyday Value Pizzas

Everyday Pep

Thin	60	160	9	7	3	0.1	16	350	1	1	▲
Original	78	200	10	7	3	0.1	24	410	1	1	▲
Multigrain	78	200	10	7	3	0.1	24	280	1	2	▲●
Multigrain Thin	60	160	9	7	3	0.1	16	260	0	1	▲
Gluten-Smart Round Crust	63	170	8	8	3.5	0.1	18	320	1	1	▲

Everyday Hawaiian

Thin	71	140	8	4.5	2	0.1	18	310	2	1	▲♥
Original	89	190	10	5	2	0.1	27	380	3	1	▲♥
Multigrain	89	180	10	4.5	2	0.1	26	240	3	2	▲♥●
Multigrain Thin	71	140	9	4	2	0.1	18	220	2	1	▲♥
Gluten-Smart Round Crust	74	160	7	6	2.5	0.1	20	280	3	1	▲

Everyday Meat Trio

Thin	69	180	10	8	3.5	0.1	17	410	1	1	▲
Original	87	220	11	9	3.5	0.1	25	470	1	1	▲
Multigrain	87	220	12	8	3.5	0.1	24	330	1	2	▲●
Multigrain Thin	69	170	10	8	3.5	0.1	16	320	1	1	▲
Gluten-Smart Round Crust	72	190	9	9	3.5	0.1	19	370	1	1	▲

Everyday Chicken Melt

Thin	75	160	11	5	2	0.1	18	290	1	1	▲♥
Original	92	200	12	6	2	0.1	26	350	1	2	▲●●
Multigrain	92	200	13	5	2.5	0.1	25	220	1	2	▲♥●
Multigrain Thin	75	160	11	5	2	0.1	17	200	1	2	▲♥●
Gluten-Smart Round Crust	84	180	10	6	2.5	0.1	20	290	2	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.

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.

	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
Sides											
Breads (per breadstick)											
Cinnamon Breadsticks	57	190	5	4.5	2.5	0	33	390	9	1	▲♥
Truffle Cheezy Bread	51	130	6	5	2.5	0.1	16	230	0	1	▲♥
Garlic Cheezy Bread	50	130	6	5	2	0.1	17	135	0	1	▲♥
Super Cheezy Bread	51	140	6	5	2	0	17	140	0	1	▲♥
Plant-based Cheezy Bread	48	110	3	4	0.5	0	17	150	0	1	▲♥
Dessert											
Mini New York Cheesecake	91	320	6	21	13	0.5	26	250	22	0	▲
Triple Chocolate Brownie	140	610	8	25	6	0.4	89	340	62	6	▲●
Dips & Dressings											
Jalapeño Ranch	44	180	1	18	1	0	3	320	2	0	▲
Cayenne Hot Sauce	44	0	0	0	0	0	0	2020	0	0	♥
Italian Garlic	44	190	1	19	2	0	3	90	0	0	▲
Cheezy Cheddar	44	170	1	17	1	0	3	400	0	0	▲
Italian Tomato	44	20	1	0.5	0	0	4	190	3	1	♥
Chipotle Cilantro	44	180	0	19	1	0	3	260	0	0	▲
Classic Caesar	44	180	1	19	1	0	3	320	1	0	▲
Balsamic Vinaigrette	44	110	1	9	1	0	4	220	3	0	▲
Blue Cheese	44	200	0	20	2	0	3	260	1	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	▲♥
Avocado Cilantro	29	90	0.1	9	1	0	2	170	1	0	
BBQ	44	60	0.4	0	0	0	14	450	10	1	♥
Sriracha Ranch	44	190	1	19	1.5	0	3	270	0	0	▲

	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
Sides											
Wings & Bites											
Deliciously Simple Wings (8 pc)	248	540	55	30	8	0.1	8	900	0	0	▲
Deliciously Simple Wings (16 pc)	496	1080	111	61	17	0.3	15	1800	0	0	▲
Hot & Spicy Wings (8 pc)	248	570	54	34	12	0.2	8	1180	0	1	▲
Hot & Spicy Wings (16 pc)	496	1140	108	68	24	0.4	17	2350	0	1	▲
Salt & Pepper Wings (8 pc)	248	560	54	32	11	0.2	10	1330	0	0	▲
Salt & Pepper Wings (16 pc)	496	1120	108	65	21	0.3	19	2660	0	1	▲
Honey Garlic Wings (8 pc)	248	560	54	31	10	0.2	11	1120	2	0	▲
Honey Garlic Wings (16 pc)	496	1120	108	63	19	0.3	23	2230	5	0	▲
Chicken Bites (10 pc)	250	600	35	35	2.5	0	40	1450	0	5	▲●
Hot Honey Chicken Bites (10 pc)	310	800	40	45	10	0	70	2800	30	10	▲●
BBQ Chicken Bites (10 pc)	281	640	36	35	2.5	0	48	1850	6	6	▲●
Impossible Nuggets (10 pc)	200	460	26	20	3	0	44	920	2	6	▲●
Hot Honey Impossible Nuggets (10 pc)	200	520	21	22	7	0.1	62	1770	24	6	▲●
BBQ Impossible Nuggets (10 pc)	231	500	27	20	3	0	52	1320	8	7	▲●
Panago Dip Jars (per 50ml serving)											
Cheezy Cheddar	50	190	1	20	2	0	2	400	1	0	▲
Jalapeño Ranch	50	200	1	20	2	0	3	360	2	0	▲
Italian Garlic	50	210	1	22	2	0	2	100	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.

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.