

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	76	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	94	240	11	11	4.5	0.1	26	540	1	1	▲
Multigrain Thin	77	210	10	11	4.5	0.1	19	470	1	1	▲
Gluten-Smart Round Crust	77	210	8	12	5	0.1	19	440	1	1	▲
Brooklyn Pepperoni											
Thin	80	210	11	10	4.5	0.1	18	510	1	1	▲
Original	96	250	12	11	4.5	0.1	25	570	1	1	▲
Multigrain	100	260	13	11	4.5	0.1	27	580	1	1	▲
Multigrain Thin	81	220	11	11	4.5	0.1	19	510	1	1	▲
Gluten-Smart Round Crust	81	220	10	12	5	0.1	19	470	1	1	▲
Panago Classic											
Thin	98	190	10	7	3.5	0.1	20	470	2	2	▲ ●
Original	115	230	12	8	3.5	0.1	28	530	2	2	▲ ●
Multigrain	115	230	12	8	3.5	0.1	29	520	2	3	▲ ●
Multigrain Thin	98	190	11	8	3.5	0.1	21	460	2	2	▲ ●
Gluten-Smart Round Crust	112	230	11	10	4	0.1	24	490	2	2	▲ ●
Tropical Hawaiian											
Thin	92	200	12	8	4	0.2	23	450	5	1	▲
Original	110	240	13	8	4	0.2	30	520	5	2	▲ ●
Multigrain	110	250	13	9	4	0.2	31	510	5	2	▲ ●
Multigrain Thin	92	210	12	8	4	0.2	23	450	5	1	▲
Gluten-Smart Round Crust	108	240	12	10	4.5	0.2	26	510	6	2	▲ ●
Hawaiian											
Thin	98	170	10	5	2.5	0.1	22	400	5	1	▲ ♥
Original	103	190	10	5	2.5	0.1	27	420	5	1	▲ ♥
Multigrain	118	220	12	6	2.5	0.1	31	470	5	1	▲ ♥
Multigrain Thin	99	180	10	5	2.5	0.1	23	400	5	1	▲ ♥
Gluten-Smart Round Crust	101	200	10	7	3	0.1	24	420	4	2	▲ ●
Deluxe (pepperoni)											
Thin	80	170	9	7	3	0.1	19	380	1	1	▲
Original	100	220	11	8	3.5	0.1	26	470	1	1	▲
Multigrain	102	220	13	8	3.5	0.1	27	470	1	1	▲
Multigrain Thin	85	190	10	8	3.5	0.1	19	410	1	1	▲ ●
Gluten-Smart Round Crust	90	200	9	9	4	0.1	20	400	2	2	▲ ●
New York Deli (contains gluten)											
Thin	90	220	13	10	5	0.2	20	520	2	1	▲
Original	108	260	14	11	5	0.2	27	580	2	2	▲ ●
Multigrain	108	260	17	11	5	0.2	28	570	2	2	▲ ●
Multigrain Thin	90	250	12	10	3	0.1	32	300	1	2	▲ ●
Gluten-Smart Round Crust	104	260	13	13	6	0.2	23	540	2	2	▲ ●

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
Philly Steak											
Thin	85	200	9	10	2.5	0.1	20	370	2	1	▲
Original	103	240	11	11	2.5	0.1	27	440	2	1	▲
Multigrain	103	250	11	11	2.5	0.1	27	430	2	1	▲
Multigrain Thin	85	200	9	10	2.5	0.1	20	370	2	1	▲
Gluten-Smart Round Crust	99	240	9	13	3	0.1	23	380	2	2	▲ ●
Spicy Capicollo											
Thin	87	200	11	9	4.5	0.2	19	450	2	1	▲
Original	104	240	12	10	4.5	0.2	27	510	2	2	▲ ●
Multigrain	104	250	12	10	4.5	0.2	27	500	2	2	▲ ●
Multigrain Thin	87	260	11	9	3	0.1	37	250	3	2	▲ ●
Gluten-Smart Round Crust	100	240	11	12	5	0.2	23	470	2	2	▲ ●
True Canadian											
Thin	89	220	12	10	5	0.2	20	460	2	1	▲
Original	107	260	14	11	5	0.2	27	530	2	2	▲ ●
Multigrain	107	260	14	11	5	0.2	27	520	2	2	▲ ●
Multigrain Thin	89	220	12	10	5	0.2	20	460	2	1	▲ ●
Gluten-Smart Round Crust	103	250	12	12	5	0.2	26	560	2	1	▲ ●
Steak Mushroom Melt											
Thin	90	250	15	13	5	0.2	19	490	1	1	▲
Original	108	280	16	13	5	0.2	27	550	1	1	▲
Multigrain	108	290	13	28	4.5	0.2	28	540	1	1	▲ ●
Multigrain Thin	90	250	15	13	4.5	0.1	20	470	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	4	0.2	22	400	3	1	▲
Original	110	250	15	9	4	0.2	29	470	3	2	▲ ●
Multigrain	110	260	15	9	4	0.2	30	460	4	2	▲ ●
Multigrain Thin	92	220	14	8	4	0.2	22	400	3	1	▲
Gluten-Smart Round Crust	106	250	14	11	4.5	0.2	25	410	3	2	▲ ●
Chicken Club											
Thin	94	210	12	10	2.5	0.1	19	460	1	1	▲
Original	112	250	14	11	2.5	0.1	26	530	1	1	▲
Multigrain	112	260	11	2.5	2.5	0.1	27	520	1	1	▲ ●
Multigrain Thin	94	220	12	10	2.5	0.1	19	450	1	1	▲
Gluten-Smart Round Crust	110	260	13	13	3.5	0.1	23	480	2	1	▲
Hot Honey Brooklyn Pepperoni											
Thin	85	230	11	11	5	0.2	18	490	6	1	▲
Original	102	270	12	12	5	0.2	26	550	6	2	▲ ●
Multigrain	102	270	12	12	5	0.2	26	550	6	2	▲ ●
Multigrain Thin	86	240	11	12	5	0.2	19	490	6	1	▲
Gluten-Smart Round Crust	115	330	10	13	2	0.2	19	460	6	2	▲ ●

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
Sweet Cupperoni™ Heat											
Thin	66	130	4	3.5	1	0	20	230	4	1	▲
Original	102	230	10	8	4	0.2	28	410	4	2	▲ ●
Multigrain	106	240	11	9	4	0.2	30	410	4	2	▲ ●
Multigrain Thin	94	200	9	8	4	0.2	23	350	5	1	▲
Gluten-Smart Round Crust	89	200	8	9	4	0.2	22	310	4	2	▲ ●
Tropical Chicken											
Thin	97	200	12	7	3.5	0.2	23	360	5	1	▲
Original	115	240	13	7	3.5	0.2	30	420	5	2	▲ ●
Multigrain	115	240	13	7	3.5	0.2	31	420	5	2	▲ ●
Multigrain Thin	97	200	12	7	3	0.2	24	350	5	1	▲
Gluten-Smart Round Crust	111	230	12	9	4	0.2	27	360	6	2	▲ ●
Chipotle Chicken											
Thin	80	200	9	9	2.5	0.1	20	270	2	1	▲
Original	98	240	11	10	2.5	0.1	27	340	2	2	▲ ●
Multigrain	97	240	11	10	2.5	0.1	28	330	2	2	▲ ●
Multigrain Thin	80	200	8	7	2	0.1	25	210	2	2	▲ ●
Gluten-Smart Round Crust	94	240	9	12	3	0.1	24	270	3	2	▲ ●
Butter Chicken											
Thin	87	200	10	10	2.5	0.1	19	390	2	1	▲
Original	104	240	11	10	2.5	0.1	26	450	2	1	▲
Multigrain	106	250	11	11	2.5	0.1	27	460	2	1	▲
Multigrain Thin	89	210	10	10	2.5	0.1	19	390	2	1	▲ ●
Gluten-Smart Round Crust	89	210	8	11	3	0.1	19	360	2	2	▲ ●
Tuscan Pesto Chicken											
Thin	77	170	10	6	2	0.1	18	290	1	1	▲
Original	94	200	11	7	2	0.1	25	350	1	1	▲
Multigrain	90	210	11	7	2	0.1	26	350	1	1	▲
Multigrain Thin	79	170	10	6	2	0.1	19	290	1	1	▲
Gluten-Smart Round Crust	79	180	8	7	2.5	0.1	19	260	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.

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.

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Veggie 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
Cheese											
Thin	74	170	11	6	3.5	0.1	18	350	1	1	▲
Original	98	220	13	7	3.5	0.2	27	440	1	1	▲
Multigrain	92	210	12	7	3.5	0.1	26	410	1	1	▲
Multigrain Thin	78	170	10	6	3	0.1	19	340	1	1	▲
Gluten-Smart Round Crust	88	210	11	9	4	0.2	22	360	2	1	▲
Garden Veggie											
Thin	92	150	7	4.5	2	0.1	21	310	3	1	▲♥
Original	108	190	8	5	2	0.1	28	370	3	2	▲♥♥
Multigrain	110	200	9	5	2	0.1	29	370	3	2	▲♥♥
Multigrain Thin	95	160	7	4.5	2	0.1	22	310	3	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	10	5	2.5	0.1	20	350	2	1	▲♥
Original	105	210	12	6	2.5	0.1	28	420	2	1	▲
Multigrain	105	210	12	6	2.5	0.1	28	410	2	1	▲
Multigrain Thin	87	170	10	5	2.5	0.1	21	350	1	1	▲
Gluten-Smart Round Crust	101	200	11	7	3.5	0.1	24	370	2	2	▲♥
Hola Elote											
Thin	84	210	7	10	3	0.1	21	400	2	2	▲♥
Original	96	220	9	8	2.5	0.1	28	440	2	2	▲♥
Multigrain	103	250	9	11	3	0.1	30	460	2	2	▲♥
Multigrain Thin	86	210	8	10	3	0.1	22	400	2	2	▲♥
Gluten-Smart Round Crust	86	220	6	11	3	0.1	22	360	2	2	▲♥
Mediterranean Veggie											
Thin	86	170	8	7	3.5	0.2	19	500	2	1	▲
Original	102	210	9	7	3.5	0.2	26	560	2	1	▲
Multigrain	106	230	10	10	3.5	0.2	27	600	2	1	▲
Multigrain Thin	90	180	8	9	3.5	0.2	18	530	1	1	▲
Gluten-Smart Round Crust	92	200	7	10	4	0.2	20	500	2	1	▲
Pesto Garden Medley											
Thin	67	150	7	6	2	0.1	18	250	1	1	▲
Original	83	190	8	6	2	0.1	25	310	1	1	▲
Multigrain	85	200	8	7	2	0.1	27	310	1	1	▲
Multigrain Thin	68	160	7	6	2	0.1	19	250	1	1	▲
Gluten-Smart Round Crust	68	160	5	7	2.5	0.1	19	210	1	1	▲
Hot Honey Meat-free Pepperoni (contains gluten)											
Thin	87	190	11	6	3	0.2	21	360	6	1	▲
Original	99	220	12	6	3	0.2	26	410	6	2	▲♥
Multigrain	101	230	12	7	3	0.2	27	410	6	2	▲♥
Multigrain Thin	87	190	11	6	3	0.2	21	360	6	1	▲
Gluten-Smart Round Crust	74	180	7	7	3.5	0.2	19	240	6	2	▲♥

Plant-based 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
Plant-based Deluxe Pepperoni (contains gluten)											
Thin	75	130	4	4	0.5	0	20	260	1	2	▲♥♥
Original	92	170	5	4.5	0.5	0	28	320	2	2	▲♥♥
Multigrain	94	180	5	5	0.5	0	29	320	2	2	▲♥♥
Multigrain Thin	77	140	4	4	0.5	0	21	260	1	2	▲♥♥
Gluten-Smart Round Crust	77	140	3	5	1	0	21	220	2	2	▲♥♥
Plant-based Spicy Calabrese (contains gluten)											
Thin	75	130	4	3	0.4	0	20	250	1	1	▲♥
Original	92	170	6	3.5	0.5	0	27	310	1	2	▲♥
Multigrain	94	170	6	4	0.5	0	28	310	1	2	▲♥
Multigrain Thin	76	130	4	3.5	0.4	0	21	250	1	1	▲♥
Gluten-Smart Round Crust	77	140	3	4.5	0.5	0	21	210	2	2	▲♥
Plant-based Summer BBQ											
Thin	81	150	4	3	0.3	0	25	220	3	2	▲♥♥
Original	98	180	5	3.5	0.4	0	32	290	4	2	▲♥♥
Multigrain	99	190	5	4	0.4	0	34	290	4	2	▲♥♥
Multigrain Thin	82	150	4	3.5	0.3	0	26	220	3	2	▲♥♥
Gluten-Smart Round Crust	82	160	3	4.5	0.5	0	26	190	4	2	▲♥♥
Plant-based Spicy Hawaiian (contains gluten)											
Thin	81	140	4	3	0.4	0	22	270	3	1	▲♥
Original	97	170	5	3.5	0.4	0	29	330	3	1	▲♥
Multigrain	99	180	6	4	0.5	0	30	330	3	2	▲♥♥
Multigrain Thin	82	140	4	3.5	0.4	0	22	270	3	1	▲♥
Gluten-Smart Round Crust	78	150	3	4	1	0	23	280	3	2	▲♥♥
Plant-based Mediterranean (contains gluten)											
Thin	79	130	4	4	0.5	0	21	360	1	1	▲♥
Original	90	170	5	4.5	0.5	0	27	420	1	1	▲♥
Multigrain	92	180	5	5	0.5	0	28	420	1	1	▲♥
Multigrain Thin	83	140	4	4.5	0.5	0	21	380	2	1	▲♥♥
Gluten-Smart Round Crust	80	140	3	5	0.5	0	21	320	2	2	▲♥♥

Everyday Value Pizzas

Everyday Pep											
Thin	70	170	9	7	3	0.1	18	380	1	1	▲
Original	78	200	10	7	3	0.1	24	410	1	1	▲
Multigrain	88	210	10	8	3	0.1	26	450	1	1	▲
Multigrain Thin	63	170	9	7	3	0.1	18	350	1	1	▲
Gluten-Smart Round Crust	63	170	8	8	3.5	0.1	18	320	1	1	▲
Everyday Hawaiian											
Thin	80	150	9	4.5	2	0.1	20	340	3	1	▲♥
Original	89	190	10	5	2	0.1	27	380	3	1	▲♥
Multigrain	99	200	1	5	2	0.1	28	410	3	1	▲♥♥
Multigrain Thin	79	160	9	4.5	2	0.1	21	350	3	1	▲♥
Gluten-Smart Round Crust	74	160	7	6	2.5	0.1	20	280	3	1	▲
Everyday Meat Trio											
Thin	78	190	10	8	3.5	0.1	19	440	1	1	▲
Original	87	220	11	9	3.5	0.1	25	470	1	1	▲
Multigrain	97	230	12	9	3.5	0.1	27	500	1	1	▲
Multigrain Thin	79	190	10	8	3.5	0.1	19	440	1	1	▲
Gluten-Smart Round Crust	72	190	9	9	3.5	0.1	19	370	1	1	▲
Everyday Chicken Melt											
Thin	83	170	11	5	2	0.1	19	330	2	1	▲♥
Original	99	200	12	6	2.5	0.1	26	390	2	1	▲
Multigrain	101	210	12	6	2.5	0.1	27	390	2	1	▲♥
Multigrain Thin	84	170	11	5	2	0.1	20	320	2	1	▲♥
Gluten-Smart Round Crust	84	180	10	6	2.5	0.1	20	290	2	1	▲
Everyday Veggie											
Thin	81	140	8	4	2	0.1	19	280	2	1	▲♥
Original	97	180	9	4.5	2	0.1	26	340	2	1	▲♥
Multigrain	99	190	9	5	2	0.1	27	340	2	1	▲♥
Multigrain Thin	82	150	8	4.5	2	0.1	20	280	2	1	▲♥
Gluten-Smart Round Crust	82	150	7	6	2.5	0.1	20	240	2	2	▲♥

Pan Pizzas *All Pan Pizzas serving sizes are based upon one square.

Pepperoni	105	280	14	11	4.5	0.1	32	610	1	2	▲♥
Cheese	99	240	13	7	3.5	0.1	32	440	1	1	▲
Veggie	106	230	11	7	3	0.2	32	370	1	2	▲♥

LEGEND

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	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)											
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	▲ ♥
Churro Bites	160	440	8	11	4.5	0.2	77	410	8	1	▲
Dips & Dressings											
Jalapeno 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	0	1	400	1	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	▲
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	▲
Specialty Sides											
Stuffed Gnocchi	320	480	17	10	6	0.3	80	1540	2	5	▲ ♥
Mozzarella Triangles	176	560	24	32	12	0.5	46	1340	0	2	▲ ♥
Mini Panzerotti	170	520	15	22	10	0.1	66	7090	0	6	▲ ♥
Salads (dressing not included)											
Caesar	137	150	7	7	3	0.1	16	260	2	3	▲ ♥
Garden	284	210	11	8	3	0.1	26	320	5	5	▲ ♥
Mediterranean	384	270	1	19	7	0.3	18	1770	7	6	▲ ♥
Southwest	227	190	8	10	5	0.3	16	520	5	5	▲ ♥

	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	▲
Jalapeno 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.