Fall 2021 Allergen Chart

PANAGO

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											
Capicollo											
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											
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			▲					▲			
Caesar Salad			▲					▲			
Mediterranean Salad			▲								
Tuscan Salad			▲								
Taqueria Salad			▲								
Chicken Taqueria Salad			▲							▲	
Breads + Dessert											
Sweet Cinnamon Breadsticks			▲				▲	▲		▲	
Garlic Cheezy Bread			▲				▲	▲			
Super Cheezy Bread			▲	▲				▲			▲
Plant-based 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, November 2021. 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.

Panago's Commitment to Health & Nutrition

PANAGO

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.

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
Pepperoni											
Thin	75	180	10	8	3.5	0.1	17	430	1	1	▲
Original	93	220	11	9	3.5	0.1	26	500	1	1	▲
Multigrain	93	220	12	8	3.5	0.1	25	360	1	2	▲ ●
Multigrain Thin	75	180	10	8	3.5	0.1	17	340	1	2	▲ ●
Organic Gluten-smart	89	220	9	9	3.5	0.1	26	470	1	1	▲
Ham + Pineapple											
Thin	85	160	10	5	2.5	0.1	19	390	3	1	▲❤
Original	103	200	11	6	2.5	0.1	28	450	3	1	▲
Multigrain	103	200	11	5	2.5	0.1	27	310	3	2	▲❤●
Multigrain Thin	85	160	10	5	2.5	0.1	19	300	3	2	▲❤●
Organic Gluten-smart	101	200	9	6	2.5	0.1	28	450	3	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	▲ ●
Organic Gluten-smart	112	220	9	8	3.5	0.1	27	510	1	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	▲
Organic Gluten-smart	108	240	12	9	4	0.2	30	570	5	1	▲
Deluxe 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	▲ ●
Organic Gluten-smart	114	210	9	6	2.5	0.1	30	470	5	1	▲
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	2	▲ ●
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	▲ ●
Organic Gluten-smart	101	220	10	9	3.5	0.1	27	470	1	4	▲ ●
New York Deli (recipe 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	▲ ●
Organic Gluten-smart	104	250	13	12	4.5	0.2	27	610	1	1	▲

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	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	▲
Organic Gluten-smart	99	240	8	12	2.5	0.1	26	410	1	1	▲
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	▲ ●
Organic Gluten-smart	100	230	10	10	4	0.2	26	510	1	1	▲
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	2	▲ ●
Multigrain	107	260	14	11	5	0.2	25	450	2	2	▲ ●
Multigrain Thin	89	210	15	11	5	0.2	17	440	1	2	▲ ●
Organic Gluten-smart	103	250	12	12	5	0.2	26	560	1	1	▲
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	▲
Organic Gluten-smart	104	300	13	19	4.5	0.1	26	600	1	1	▲
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	▲ ●
Organic Gluten-smart	106	240	13	9	3.5	0.1	29	500	4	1	▲
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	▲
Organic Gluten-smart	110	250	12	12	3	0.1	26	540	1	1	▲
Chicken Taqueria											
Thin	109	250	10	14	3.5	0.2	21	470	3	2	▲ ●
Original	127	290	11	15	3.5	0.2	29	530	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	370	3	2	▲ ●
Organic Gluten-smart	123	290	9	15	3.5	0.2	30	500	3	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
Steak Taqueria											
Thin	109	250	9	15	3.5	0.2	21	480	3	2	▲ ●
Original	127	300	10	16	4	0.2	29	540	3	2	▲ ●
Multigrain	127	290	11	15	4	0.2	29	400	3	3	▲ ●
Multigrain Thin	109	250	9	15	4	0.2	21	390	3	2	▲ ●
Organic Gluten-smart	123	290	8	16	4	0.2	30	520	2	1	▲
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	▲ ●
Organic Gluten-smart	97	230	9	11	2.5	0.1	27	410	2	1	▲
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	▲ ●
Organic Gluten-smart	111	220	11	7	3	0.2	31	420	5	1	▲
Chipotle Chicken											
Thin	80	190	10	8	2	0.1	19	290	2	2	▲ ●
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	▲ ●
Organic Gluten-smart	94	230	9	9	2.5	0.1	28	320	2	1	▲
Chicken Spinach Dip											
Thin	85	190	9	10	2	0.1	18	370	1	1	▲
Original	103	240	10	10	2	0.1	26	430	2	1	▲
Multigrain	103	230	11	10	2	0.1	26	290	2	2	▲ ●
Multigrain Thin	86	190	9	10	2	0.1	18	280	1	1	▲
Organic Gluten-smart	99	230	8	11	2	0.1	27	400	1	1	▲

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	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	▲
Organic Gluten-smart	88	200	10	7	3.5	0.2	26	390	1	1	▲
Artichoke + Goat Cheese											
Thin	85	160	8	6	3	0.2	20	330	2	1	▲
Original	103	210	10	7	3	0.2	28	390	3	2	▲ ●
Multigrain	103	200	10	7	3	0.2	27	250	2	2	▲ ●
Multigrain Thin	85	160	9	6	3	0.2	19	240	2	2	▲ ●
Organic Gluten-smart	95	200	8	7	3	0.2	28	370	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.

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.

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

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
Garden Veggie											
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	96	150	7	5	2	0.1	21	240	4	2	▲❤●
Organic Gluten-smart	108	190	6	6	2	0.1	30	370	4	2	▲ ●
Beyond Spicy Calabrese											
Thin	93	170	12	6	2.5	0.1	19	490	2	2	▲ ●
Original	111	220	13	6	2.5	0.1	27	550	2	2	▲ ●
Multigrain	111	210	14	6	2.5	0.1	27	420	2	3	▲ ●
Multigrain Thin	93	170	12	5	2.5	0.1	19	400	2	2	▲❤●
Organic Gluten-smart	107	210	11	7	2.5	0.1	28	530	2	2	▲ ●
Beyond Summer BBQ											
Thin	97	190	12	5	2.5	0.1	23	530	4	2	▲❤●
Original	115	230	14	6	2.5	0.1	31	600	4	2	▲ ●
Multigrain	115	230	14	6	2.5	0.1	31	460	4	3	▲ ●
Multigrain Thin	97	190	13	5	2.5	0.1	23	440	4	2	▲❤●
Organic Gluten-smart	111	230	12	6	2.5	0.1	32	570	4	2	▲ ●
Meat-Free Pepperoni (recipe 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	2	▲❤●
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	▲❤●
Organic Gluten-smart	101	190	10	6	2.5	0.1	27	400	1	1	▲
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	▲ ●
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	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	▲ ●
Organic Gluten-smart	103	210	7	9	3.5	0.2	28	560	2	1	▲
Veggie Korma (recipe contains gluten)											
Thin	82	150	6	5	3	0.1	20	260	3	1	▲❤
Original	99	190	7	6	3	0.1	28	330	3	2	▲ ●
Multigrain	99	190	8	6	3	0.1	27	190	3	3	▲ ●
Multigrain Thin	82	150	6	5	3	0.1	19	170	3	2	▲❤●
Organic Gluten-smart	95	180	5	6	3	0.1	28	300	3	1	▲
Beyond Taqueria											
Thin	109	260	10	15	3.5	0.2	22	530	3	2	▲ ●
Original	127	300	11	15	3.5	0.2	30	590	3	2	▲ ●
Multigrain	127	300	12	15	3.5	0.2	29	450	3	3	▲ ●
Multigrain Thin	109	260	10	15	3.5	0.2	21	440	3	3	▲ ●
Organic Gluten-smart	123	290	9	16	3.5	0.2	30	570	3	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 (recipe contains gluten)											
Thin	74	130	4	4	1	0	20	320	2	2	▲❤●
Original	92	170	5	4.5	1	0	28	390	2	2	▲❤●
Multigrain	92	170	6	4	1	0	28	250	2	3	▲❤●
Multigrain Thin	74	130	4	4	1	0	20	230	1	2	▲❤●
Organic Gluten-smart	88	170	3	5	1	0	29	360	1	2	▲❤●
Plant-based Beyond Spicy Calabrese											
Thin	80	140	7	4	1	0	21	440	2	2	▲❤●
Original	98	180	8	4.5	1	0	29	500	2	2	▲❤●
Multigrain	98	180	8	4	1	0	28	360	2	3	▲❤●
Multigrain Thin	80	140	7	3.5	1	0	20	350	2	3	▲❤●
Organic Gluten-smart	94	180	6	5	1	0	29	470	2	2	▲❤●
Plant-based Beyond Summer BBQ											
Thin	85	160	7	3.5	1	0	25	480	4	2	▲❤●
Original	102	200	8	4	1	0	33	540	4	2	▲❤●
Multigrain	102	200	9	4	1	0	32	400	4	3	▲❤●
Multigrain Thin	85	160	7	3.5	1	0	24	390	4	3	▲❤●
Organic Gluten-smart	99	190	6	4.5	1	0	33	510	4	2	▲❤●
Plant-based Spicy Hawaiian (recipe contains gluten)											
Thin	78	130	4	3	1	0	23	460	4	1	▲❤
Original	96	180	5	3.5	1	0	31	520	5	2	▲❤●
Multigrain	96	170	6	3.5	1	0	31	380	4	3	▲❤●
Multigrain Thin	78	130	4	3	1	0	23	370	4	2	▲❤●
Organic Gluten-smart	92	170	3	4	1	0	32	500	4	2	▲❤●
Plant-based Mediterranean (recipe contains gluten)											
Thin	76	140	4	4.5	1	0	21	440	2	2	▲❤●
Original	94	180	6	5	1	0	29	510	2	2	▲❤●
Multigrain	94	180	6	5	1	0	28	370	2	3	▲❤●
Multigrain Thin	76	140	4	4.5	1	0	20	350	2	2	▲❤●
Organic Gluten-smart	90	180	4	6	1	0	30	480	2	2	▲ ●

Sides

	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
Salads											
Tuscan Salad	356	380	12	26	7	0.3	28	1520	10	6	▲ ●
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	▲ ●
Garden Salad	284	150	8	6	3	0	18	290	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	▲ ●

Sides

	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
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	0.1	17	135	0	1	▲❤
Super Cheezy Bread	51	140	6	5	2	0	17	140	0	1	▲❤
Plant-based Cheezy Bread	48	120	3	2	1.5	0	19	130	0	1	▲❤
Dessert											
Chocolate Chunk Pretzel Cookie (per pc)	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	▲
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	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	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	❤

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.

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