

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.

	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
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Meat Pizzas

Brooklyn Pepperoni

Thin	79	200	11	10	4	0.1	18	500	1	1	▲
Original	97	240	12	10	4	0.1	26	560	1	1	▲
Multigrain	97	240	13	10	4.5	0.1	25	420	1	2	▲ ●
Multigrain Thin	79	200	11	9	4	0.1	17	410	1	2	▲ ●
Organic Gluten-smart	93	230	10	11	4.5	0.2	26	540	1	1	▲

Jerk Chicken

Thin	102	200	12	7	3	0.1	22	450	5	2	▲ ●
Original	120	240	13	8	3	0.1	30	510	5	2	▲ ●
Multigrain	120	240	13	7	3	0.1	29	370	5	3	▲ ●
Multigrain Thin	102	200	12	7	3	0.1	21	350	4	2	▲ ●
Organic Gluten-smart	112	230	11	8	3	0.2	29	480	4	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	2	1	▲

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	▲

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	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	▲ ●
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	▲

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	▲

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.

*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
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Meat Pizzas

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	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	▲ ●
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	0.2	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	▲ ●

Hot Honey Brooklyn Pepperoni

Thin	83	210	11	10	4.5	0.1	21	510	5	1	▲
Original	105	260	12	10	4.5	0.1	30	640	6	1	▲
Multigrain	101	250	12	10	4.5	0.2	29	430	5	2	▲ ●
Multigrain Thin	83	210	11	10	4.5	0.2	21	420	5	2	▲ ●
Organic Gluten-smart	97	250	10	11	4.5	0.2	30	550	5	1	▲

Meat Pizzas

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	3	2	▲ ●

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	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	▲ ●
Organic Gluten-smart	94	230	9	9	2.5	0.1	28	320	2	1	▲

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	▲
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	▲

Hot Honey Meat-free Pepperoni (recipe contains gluten)

*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

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	94	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	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	▲♥●
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

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

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	5	4.5	1	0	20	350	2	2	▲♥●
Organic Gluten-smart	90	180	4	6	1	0	30	480	2	2	▲●

Salads

All salads are entrée size

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	▲●
Jerk Chicken Salad (includes dressing)	372	350	29	16	1.5	0	27	870	16	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

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	0.1	17	135	0	1	▲♥
Super Cheesy Bread	51	140	6	5	2	0	17	140	0	1	▲♥
Plant-based Cheesy 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	▲
Apple Pie (per slice)	130	370	3	18	9	0	53	240	23	2	▲●

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	▲
Cheesy 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

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	1	▲
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	▲
Jerk Wings (8 pc)	248	530	54	30	8	0.1	7	1460	0	0	▲
Jerk Wings (16 pc)	496	1050	108	59	16	0.3	15	2920	0	0	▲
Chicken Bites (10 pc)	250	600	35	35	2.5	0	40	1450	0	0	▲
Hot Honey Chicken Bites (10 pc)	310	800	40	45	10	0.0	70	2800	30	10	▲●
Hot Honey Gardein® Tenders (8 pc)	248	560	24	24	8	0.0	64	2240	32	0	▲
Gardein® Breaded Chick'n Tenders - plant-based (8 pc)	193	380	27	16	1.5	0	33	920	3	3	▲●

Cucina Dips

Cheesy 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	♥

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