

# 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
<b>Brooklyn Pepperoni</b>											
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	2	▲
<b>Jerk Chicken</b>											
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	▲
<b>Panago Classic</b>											
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	▲
<b>Tropical Hawaiian</b>											
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	▲
<b>Hawaiian</b>											
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	▲
<b>Deluxe</b>											
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	▲ ●
<b>New York Deli (recipe contains gluten)</b>											
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	▲
<b>Philly Steak</b>											
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.

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

	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
<b>Spicy Capicollo</b>											
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	2	▲
<b>True Canadian</b>											
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	▲
<b>Steak Mushroom Melt</b>											
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	▲
<b>BBQ Bacon Chicken</b>											
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	▲
<b>Chicken Club</b>											
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	▲
<b>Chicken Taqueria</b>											
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	▲ ●
<b>Hot Honey Brooklyn Pepperoni</b>											
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	▲
<b>Spicy Ranch Pepperoni</b>											
Thin	80	190	8	10	3	0.1	18	450	1	1	▲
Original	98	230	9	11	3	0.1	26	510	1	2	▲ ●
Multigrain	98	230	10	10	3	0.1	26	370	1	3	▲ ●
Multigrain Thin	80	190	8	10	3	0.1	18	350	1	2	▲ ●
Organic Gluten-smart	94	200	8	10	3	0.1	24	380	1	3	▲ ●

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

	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
<b>Steak Taqueria</b>											
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	▲ ●
<b>Pesto Chicken</b>											
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	▲
<b>Tropical Chicken</b>											
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	▲
<b>Chipotle Chicken</b>											
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	▲
<b>Veggie Pizzas</b>											
<b>Cheese</b>											
Thin	74	160	10	6	3	0.1	17	350	1	1	▲
Original	92	210	12	7							

\*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

	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
<b>Beyond Spicy Calabrese</b>											
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	▲ ●
<b>Beyond Summer BBQ</b>											
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	▲ ●
<b>Meat-Free Pepperoni (recipe contains gluten)</b>											
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	▲
<b>Pesto Vegetarian</b>											
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	▲
<b>Veggie Mediterranean</b>											
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	▲
<b>Veggie Korma</b>											
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	▲
<b>Beyond Taqueria</b>											
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
<b>Plant-based Spicy Ranch Pepperoni (recipe contains gluten)</b>											
Thin	74	160	5	7	1	0	20	380	1	1	▲
Original	92	200	6	8	1	0	28	440	1	2	▲ ●
Multigrain	92	200	6	7	1	0	28	300	1	3	▲ ●
Multigrain Thin	74	160	5	7	1	0	20	290	1	2	▲ ●
Organic Gluten-smart	91	170	5	7	1	0	27	320	1	3	▲ ●

## 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
<b>Plant-based Deluxe Pepperoni (recipe contains gluten)</b>											
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	▲ ●
<b>Plant-based Beyond Spicy Calabrese</b>											
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	▲ ●
<b>Plant-based Beyond Summer BBQ</b>											
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	▲ ●
<b>Plant-based Spicy Hawaiian (recipe contains gluten)</b>											
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	▲ ●
<b>Plant-based Mediterranean (recipe contains gluten)</b>											
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

	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
<b>All salads are entrée size</b>											
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	▲ ●

## 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
<b>Breads (per breadstick)</b>											
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	▲ ●
Gluten-smart Cheesy Bread	83	200	10	8	4.5	0.2	23	300	1	2	▲ ●
<b>Dessert</b>											
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	▲ ●
<b>Dips + Dressings</b>											
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	▲
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	▲
<b>Wings + Bites</b>											
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				