

# 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>Truffleroni</b>											
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	▲
Organic Gluten-smart	83	210	8	9	4.5	0.2	25	400	1	1	▲
<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	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 (pepperoni)</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 (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	4	▲●
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
<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	▲
<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	1	▲
<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>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	▲

## 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>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	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	▲
<b>Bella Truffle</b>											
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	▲
Organic Gluten-smart	90	210	8	9	3.5	0.2	25	360	1	1	▲
<b>Hot Honey Meat-free Pepperoni (contains gluten)</b>											
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	▲●●
Organic Gluten-smart	87	200	8	6	3	0.2	30	360	5	1	▲
<b>Garden Veggie</b>											
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	▲●

### LEGEND

\*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
<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 Deluxe Pepperoni (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>Hola Elote</b>											
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	▲ ●
Organic Gluten-smart	89	210	6	9	2.5	0.1	27	400	2	2	▲ ●
<b>Olive the Pantry</b>											
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	▲ ●
Organic Gluten-smart	73	180	5	8	3	0.4	24	390	1	1	▲

## 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 (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 (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 (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

All salads are entrée size	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
Tuscan Salad	356	390	15	28	17	3.5	22	1200	10	7	▲ ●
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	▲ ●
Southwest Salad	255	200	9	10	5	0.3	18	650	6	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	▲ ●
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	120	3	2	1.5	0	19	130	0	1	▲ ●
Gluten-smart Cheezy Bread	83	200	10	8	4.5	0.2	23	300	1	2	▲ ●
<b>Dessert</b>											
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 &amp; 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	▲
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	▲
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	▲
<b>Wings &amp; 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	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</			