

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
Cupperoni™ Overload											
Thin	74	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	92	240	11	11	4.5	0.1	24	400	1	2	▲ ●
Multigrain Thin	74	200	10	10	4.5	0.1	17	380	1	1	▲
Organic Gluten-smart	88	230	9	11	4.5	0.1	26	510	1	1	▲
Truffleroni											
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	▲
Brooklyn Pepperoni											
Thin	79	210	11	10	4.5	0.1	17	510	1	1	▲
Original	96	250	12	11	4.5	0.1	25	570	1	1	▲
Multigrain	98	240	13	11	4.5	0.1	25	440	1	2	▲ ●
Multigrain Thin	79	200	11	10	4.5	0.1	17	420	1	2	▲ ●
Organic Gluten-smart	94	240	10	11	4.5	0.1	26	550	1	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 (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	▲

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.

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	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	▲
Hot Honey Brooklyn Pepperoni											
Thin	112	310	11	11	5	0.1	18	520	26	1	▲
Original	130	350	12	11	5	0.1	26	580	27	1	▲
Multigrain	130	350	13	11	5	0.1	25	440	26	2	▲ ●
Multigrain Thin	112	310	11	11	5	0.1	17	430	26	2	▲ ●
Organic Gluten-smart	126	340	10	12	5	0.1	26	550	26	1	▲
Sweet Cupperoni™ Heat											
Thin	86	190	20	7	4	0.4	20	380	3	1	▲
Original	104	230	11	8	4	0.1	28	450	4	1	▲
Multigrain	104	230	11	8	4	0.1	28	450	4	1	▲
Multigrain Thin	86	190	10	7	4	0.1	19	290	3	2	▲ ●
Organic Gluten-smart	100	220	9	8	4	0.2	28	420	3	1	▲

*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
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	▲
Butter Chicken											
Thin	91	200	10	10	2.6	0.1	18	410	2	1	▲
Original	109	240	11	10	2.5	0.1	26	470	2	1	▲
Multigrain	109	230	12	10	2.5	0.1	25	330	2	2	▲ ●
Multigrain Thin	91	190	10	9	2.5	0.1	17	320	2	2	▲ ●
Organic Gluten-smart	105	200	10	9	2.5	0.1	23	350	3	2	▲ ●
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	27			

*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

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 Deluxe Pepperoni (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	3	▲	●
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	▲	●

Hola Elote

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	▲	●

Olive the Pantry

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	▲	●

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 Pizzas

Plant-based

Deluxe Pepperoni (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	▲	●

NEW Plant-based Spicy Calabrese

Thin	75	130	5	3.5	1	0	21	370	2	2	▲	●
Original	92	170	6	4	1	0	29	430	2	2	▲	●
Multigrain	92	160	6	3.5	1	0	28	290	2	3	▲	●
Multigrain Thin	75	120	5	3	1	0	20	280	2	2	▲	●
Organic Gluten-smart	101	190	9	6	2.5	0.1	28	460	2	1	▲	●

NEW Plant-based Summer BBQ

Thin	85	150	4	3	1	0	27	400	5	2	▲	●
Original	102	190	5	3.5	1	0	35	460	5	2	▲	●
Multigrain	102	190	6	3.5	1	0	34	320	5	3	▲	●
Multigrain Thin	85	160	7	3.5	1	0	24	390	4	3	▲	●
Organic Gluten-smart	99	180	3	4	1	0	35	430	5	2	▲	●

Plant-based Spicy Hawaiian (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 (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 & Sides

Salads

(All salads are entrée size)

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	▲	●

Breads (per breadstick)

Cinnamon Breadsticks	57	190	5	4.5	2.5	0	33	390	9	1	▲	●
Truffle Cheesy Bread	51	130	6	5	2.5	0.1	16	230	0	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	▲	●

Dessert

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	▲	●
Strawberry Rhubarb Pie (per pie)	75	240	2	13	6	0	28	160	11	1	▲	●

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	▲	●
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	▲	●

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	3								