

# 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

### 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	▲

\*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

### 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	20	7	4	0.1	19	290	3	2	▲ ●
Organic Gluten-smart	100	220	9	8	4	0.2	28	420	3	1	▲

## Meat Pizzas

### 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	2.5	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	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	▲

### Bella Truffle

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										

\*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	▲●●

### 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	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	▲

### Hola Elope

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	▲

## 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	▲●●

### 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

(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	▲●●

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	▲●
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	▲
Triple Chocolate Brownie	140	610	8	25	6	0.4	89	340	62	6	▲●

### Dips & Dressings

Jalapeño Ranch	44	180	1	18	1	0	3	320	2	0	▲
Cayenne Hot Sauce	44	0	0	0	0	0	0	2020	0	0	●
Italian Garlic	44	190	1	19	2	0	3	90	0	0	▲
Cheesy Cheddar	44	170	1	17	1	0	3	400	0	0	▲
Italian Tomato	44	20	1	0.5	0	0	4	190	3	1	●
Chipotle Cilantro	44	180	0	19	1	0	3	260	0	0	▲
Classic Caesar	44	180	1	19	1	0	3	320	1	0	▲
Balsamic Vinaigrette	44	110	1	9	1	0	4	220	3	0	▲
Blue Cheese	44	200	0	20	2	0	3	260	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	32	11	0.2	10	1350	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	8	7	▲●

### Panago Dip Jars (per 50ml serving)

Cheesy Cheddar	50	190	1	20	2	0	2	400	1	0	▲
Jalapeño Ranch	50	200	1	20	2	0	3	360	2	0	▲
Italian Garlic	50	210	1	22	2	0	2	100	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.