Allergens list



Daily Calorie Requirements:

On average, adults and youth (ages 13 and older) need 2,000 calories a day, and children (ages 4 to 12) need 1,500 calories a day. (source www.ontario.ca)

NOTE: We put Sesame Seeds as a topping on outer ring of crust on all our pizza types. Please contact restaurant to remove when ordering by phone or unselect sesame seeds while ordering online.

The nutrition information is generated in partnership with a professional nutrition services firm. The ingredient listings are provided by ingredient manufacturers as well as nutrition standard data available for certain products. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, product substitution, differences in product assembly per restaurant and other factors. Red Swan Pizza Restaurants, Swan Pizza Limited and its franchisees do not assume responsibility for sensitivity or allergic reactions to any food provided at its restaurants. If you have any questions about special dietary needs you should consult your doctor or a licensed registered Dietitian. Menu items and hours of availability may vary at participating locations. Except for limited time offerings or test market items, menu product included in the brochure are based on current formulations and product suppliers as of date of publication. Substitution of ingredients may alter nutritional values. If you have any questions about Red Swan Pizza and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at info@redswanpizza.com or visit us on the web at www.redswanpizza.ca. Updated: June, 2021.

Food Allergen & Sensitivity

Customers with allergies and allergy-related questions can contact the restaurant manager at info@redswanpizza.com.

Please be aware that Red Swan Pizza products may have come into contact with nuts, peanuts and other possible allergens. All our crust includes Sesame Seeds as topping on the outer crust (Cornicione). Red Swan Pizza is serving foods that are not in sealed packages and come from various vendors, we unfortunately cannot guarantee a 100% allergy-free environment. People with severe allergies and sensitivities should be cautious when introducing Red Swan Pizza products into their diet and should do so at their own risk. Red Swan Pizza, Swan Pizza Limited, it's directors, shareholders, franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food provided in our restaurants.

NOTE: We put Sesame Seeds as a topping on the outer ring of crust on all our pizza types.

	C = Contains MC = May Contain	RED SWAN PIZZA ALLERGENS INFORMATION											
ON	Item	Peanuts	Tree Nuts	Sesame*	Milk & Milk Products	Eggs	Rye	Fish/Shellfish	Soy	Wheat	Mustard	Sulphites	Gluten

^{*}NOTE: We put Sesame Seeds as a topping on the outer ring of crust on all of our pizza types. Please contact restaurant to remove when ordering by phone or unselect sesame seeds while ordering online.

	TRADITIONAL & GOURMET PIZZA													
1	DOUBLE CHEESE PIZZA		С	С					С			С		
2	THREE CHEESE PIZZA		С	С					С			С		
3	PEPPERONI MUSHROOM PIZZA		С	С					С			С		
4	PEPPERONI BACON MUSHROOM PIZZA		С	С					С			С		
5	PEPPERONI PIZZA		С	С					С			С		
6	HAWAIIAN PIZZA		С	С					С			С		
7	BEEF & BACON PIZZA		С	С				С	С			С		
8	BBQ SHRIMP PIZZA		С	С		С	С		С	С		С		
9	HONEY GARLIC CHICKEN PIZZA		С	С	МС			С	С			С		
10	CLASSIC ROMAN PIZZA		С	С					С			С		
11	CANADIAN CLASSIC PIZZA		С	С					С			С		
12	LEMON GARLIC SHRIMP PIZZA		С	С			С	С	С		С	С		
13	PHILLY'S BEEF PIZZA		С	С	С			С	С			С		
14	VEGGIE FANS PIZZA		С	С					С		С	С		
15	BBQ CHICKEN PIZZA		С	С	МС	С			С	С		С		
16	THREE CHEESE SPINACH PIZZA		С	С					С			С		
17	TUSCAN PIZZA		С	С	МС			С	С			С		
18	TERIYAKI CHICKEN PIZZA		С	С	МС			С	С			С		
19	CHICKEN BACON RANCH PIZZA		С	С	С			С	С			С		
20	ALFREDO CHICKEN BACON PIZZA		С	С	MC				С			С		
21	CREAMY AVOCADO PIZZA		С	С					С		С	С		
22	SPICY PEROGY PIZZA		С	С				С	С		С	С		
23	SPICY CHICKEN PIZZA		С	С	С			С	С		С	С		
24	CHICKEN SUPREME PIZZA		С	С	MC				С			С		
25	PICANTE PIZZA		С	С				С	С			С		
26	ALL MEAT PIZZA		С	С				С	С			С		
27	ALL DRESSED PIZZA		С	С				С	С			С		
28	ITALIAN SUPREME PIZZA		С	С					С			С		
29	MEAT FANS PIZZA		С	С				С	С			С		
30 (A)	BEEF TACO PIZZA		С	С				С	С			С		
30 (B)	CHICKEN TACO PIZZA		С	С	MC				С			С		
31	PESTO CHICKEN PIZZA	MC	С	С	MC			MC	С		MC	С		
32	SPICY PANEER PIZZA		С	С	С			С	С	С		С		
33	SWEET & SPICY LOVERS PIZZA		С	С	С			С	С		С	С		
34	EXOTIC LOVERS PIZZA		С	С	С			С	С		С	С		
35	BUTTER CHICKEN PIZZA		С	С	MC			С	С			С		
36	CILANTRO CHILLI CHICKEN PIZZA		С	С	MC				С			С		
37	TANDOORI CHICKEN PIZZA		С	С	MC			С	С		С	С		
38	GREEK PIZZA		С	С					С			С		
39	SPICY GINGER & CILANTRO PIZZA		С	С					С			С		
40	BUTTER PANEER PIZZA		С	С				С	С			С		
41	PANEER TIKKA PIZZA	MC	С	С					С	MC	С	С		

	C = Contains		F	RED SI	MΔN	PIZZA	ΔΙΙΕ	RGFN	IS INF	ORM	ΔΤΙΩΙ	u	
	MC = May Contain			I I		1227	ALLL	INGLI	13 IIVI	Citivi	ATIO		
o N	ltem	Peanuts	Tree Nuts	Sesame*	Milk & Milk Products	Eggs	Rye	Fish/Shellfish	Soy	Wheat	Mustard	Sulphites	Gluten
*NO	ГЕ: We put Sesame Seeds as a topp					of our piz eeds whil			ontact re	staurant	to remov	e when o	ordering
				SI	PECIALTY	PIZZA							
	CAULIFLOWER CRUST PEPPERONI PIZZA	1		С	С	С			MC	С		С	С
	KETO UNCRUST PEPPERONI PIZZA		С	С	С	MC			MC	С			С
	VEGAN VEGGIE FEAST PIZZA			С						С			С
	EXTRAS												
1	NACHOS				С	МС		МС	MC	МС	MC	С	МС
2	DRY RIBS						С		С	С	С	С	С
3	BONELESS CHICKEN BITES												
	Hot								С	С			С
	Teriyaki								С	С			С
	Honey Garlic								С	С			С
	BBQ						С		С	С	С		С
	Thai Chilli Buffalo				С	С			C	C			C
	Ancho Chipotle				c	С			С	С	С		С
	No Dip								С	c			c
4	CHICKEN WINGS (Breaded)												
	Hot					МС			МС	С			С
	Teriyaki					MC			С	С			С
	Honey Garlic					MC			С	С			С
	BBQ					MC	С		MC	С	С		С
	Thai Chilli					MC C			MC C	C			C
	Buffalo Ancho Chipotle				C	С			MC	С	С		С
	No Dip					MC			MC	С	C		c
5	POTATO WEDGES								MC	c			c
6	GARLIC BREAD STICKS				С				С	С			С
7	GARLIC CHEESE STICKS				С				С	С			С
8	CINNAMON STICKS				MC				С	С			С
9	VEGGIE RANCH STICKS				С	С			С	С		С	С
10	BACON RANCH STICKS				С	С			С	С		С	С
11	CAESAR SALAD				С	С		С	С	С			С
12	GREEK SALAD CHICKEN TACO SALAD				С	MC			С	MC		С	MC
15	CHICKEN TACO SALAD				DIPS					IVIC			IVIC
1	RANCH DIP 44ml				С	С			С		С		
2	CREAMY GARLIC DIP 44ml				c	С			С		С		
3	CHEDDAR CHIPOTLE DIP 44ml				С	С			С		С		
4	BARBECUE DIP 44ML										С		
5	SPICY BUFFALO DIP 44ML								С				
					DESSEI	RTS							
1	TIRAMISU CHEESECAKE SLICE	MC	MC		С	С			С	С			С
2	CHOCOLATE CHIP CHEESECAKE SLICE	MC	MC		С	С			С	С			С
3	STRAWBERY CHEESECAKE SLICE	MC	MC	D.C.	С	С			С	С			С
4	CHOCOLATE LAVA CAKE SLICE		MC	MC	С	С			С	С			С

	C = Contains												
	MC = May Contain		F	RED S	WAN	PIZZA	ALLE	RGEN	IS INF	ORM	ATIO	V	
ON	Item	Peanuts	Tree Nuts	Sesame*	Milk & Milk Products	Eggs	Rye	Fish/Shellfish	Soy	Wheat	Mustard	Sulphites	Gluten
*NOT	TE: We put Sesame Seeds as a topp			ring of cru unselect s						staurant	to remov	e when c	ordering
					CRUST	ГS							
	Traditional Crust			С						С			С
	Thin Crust			С						С			С
	Cauliflower Crust			С	С	С			МС			С	
	Keto Uncrust		С	С	мс	МС			МС				
	Gluten Free Crust			С		МС			МС			С	
					BASE SAI	ICES							
	Alfredo sauce				C	JC23							
					С	-			-				
	Ancho Sauce BBQ Sauce					С	С		С		C		С
	Butter Sauce				С				С				C
					L L				_				
	Honey Garlic Sauce		240						C	C		240	C
	Pesto Sauce		MC		С				MC	MC		MC	MC
	Pizza Sauce												
	Pizza Sauce - No added sugar												
	Ranch Sauce				С	С			С				
	Salsa Sauce												
	Sour Cream Sauce 5%				С								
	Teriyaki Sauce								С	С			С
				N	IEAT TOP	PINGS							
	Alfredo chicken				С	МС				MC			MC
	Bacon												
	BBQ chicken					МС	С			МС	С		С
	BBQ Shrimp						С	С			С		С
	Beef								С				
	Butter chicken				С	МС			С	МС			МС
	Chicken					МС				МС			МС
	Chipotle Chicken (Marinated)					MC				MC			MC
	Chorizo Sausage												
	Ham												
	Honey Garlic Chicken					МС			С	С			С
	Hot Capicollo				С	С			С	С			С
	Hot Chicken					MC				MC			МС
	Italian sausage												
	Lean Beef								С				
	Lemon Shrimp							С				С	
	Pepperoni									С			С
	Pesto chicken		MC		С	МС			МС	MC		MC	MC
	Philly Beef								С				
	Ranch Chicken				С	С			С	МС			МС
	Salami								С				
	Shrimp Cooked							С					
	Spicy Chicken				С	С			С	С			С
	Spicy Italian Sausage				MC				С				MC
	Tandoori chicken				C	MC			С	MC		С	MC
	Teriyaki Chicken					MC			С	C			C
						IVIL							

	C = Contains													
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No	Item	Peanuts	Tree Nuts	Sesame*	Milk & Milk Products	Eggs	Rye	Fish/Shellfish	Soy	Wheat	Mustard	Sulphites	Gluten	
*NO	*NOTE: We put Sesame Seeds as a topping on the outer ring of crust on all of our pizza types. Please contact restaurant to remove when ordering by phone or unselect sesame seeds while ordering online. VEGGIE TOPPINGS													
	Avocados, raw, Florida													
	Banana Peppers											С		
	Black olives													
	Chilli Flakes													
	Cilantro (coriander), raw													
	Garlic (raw)								С					
	Ginger Root, raw													
	Green Pepper (bell, raw)													
	Jalapeno Peppers													
	Lettuce iceberg (includes crisphead types), raw													
	Mushrooms (Fresh)													
	Onions, red, raw													
	Pineapple													
	Potato Wedges (Roasted)								С	С			С	
	Red Peppers (bell, raw)													
	Romaine, raw													
	Spinach (raw)													
	Tomato, raw													
				Cŀ	IEESE TO	PPINGS								
	Mozzarella Cheese 20%				С									
	Mozzarella Cheese 28%				С									
	Butter Paneer				С				С					
	Cheddar Cheese				С									
	Parmesan Cheese, grated				С									

С

С

С

С

С

МС

С

С

С

МС

Feta Cheese

Paneer Tikka

Vegan cheese

Parmesan Cheese (grated)

Spicy Paneer (Spicy Cottage Cheese)

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No	Item	Peanuts	Tree Nuts	Sesame*	Milk & Milk Products	Eggs	Rye	Fish/Shellfish	Soy	Wheat	Mustard	Sulphites	Gluten

^{*}NOTE: We put Sesame Seeds as a topping on the outer ring of crust on all of our pizza types. Please contact restaurant to remove when ordering by phone or unselect sesame seeds while ordering online.

OTHER Buffalo Sauce С С С С С С **Butter Spices** Cajun Sauce Cajun spice Canola Oil Creamy Caesar Dressing C С C С C C Croutons С С С С Flour С С Garlic spread С Ginger Garlic Paste **Greek Feta Dressing** С С Honey Hot Cayenne Pepper Sauce (Franks) Lemon Juice (raw) С Pork Bites С С С Salt, seasoned МС С Sesame Seeds С С Sour Cream Sauce 14% Sugar, white, granulated **Tandoori Spices** С Thai Chili sauce MC С С MC С MC С Tikka Spices MC MC MC MC MC MC Tortilla Chips MC Vanilla Frosting С Water С Whip Cream Yogurt 1%