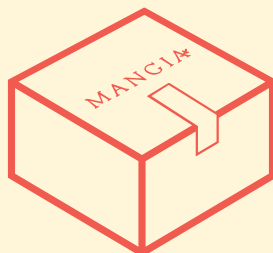


MANGIA 

SINCE 1981


CATERING

BOXED



ORDER ONLINE AT WWW.MANGIA.NYC

(gf) = gluten-free

 = vegan

(veg) = vegetarian

BREAKFAST BOXES

1



+



+



= \$10

BREAKFAST SANDWICH

DRINK

2



+



+



+



= \$10

MINI PASTRY

YOGURT OR
FRUIT SALAD

DRINK

3



+



+



= \$12

TARTINE

DRINK

BREAKFAST SANDWICHES

choose from:

OVER EASY EGG PANINI

EGG WRAP

EGGS ON BRIOCHE

EGG WHITES WRAP

OPEN-FACE TARTINES

choose from:

AVOCADO & CUCUMBER TOAST 🌱

with tahini, lime juice, red pepper flakes on
toasted 7-grain bread

AVOCADO AND EGG TOAST

with hard boiled egg, micro greens, chia seeds,
lemon juice, olive oil on toasted 7-grain bread

AVOCADO EGG SALAD TOAST

with micro greens, sea salt, black pepper
on toasted 7-grain bread

WILD SMOKED SALMON TOAST

with crème fraîche, cucumber, red radish, chives
on toasted 7-grain bread

PRESSED JUICES

choose from:

CLASSIC GREEN

kale, swiss chard, spinach, celery,
apple, lemon, ginger

SKINNY GREENS

kale, spinach, pineapple, mint,
a hint of jalapeno

FRESHLY SQUEEZE ORANGE JUICE

SWEET KRISTINE

carrot, apple, beet, lemon, ginger

YOGURT CUPS

choose from:

LOW-FAT GREEK YOGURT

MATCHA YOGURT

CASHEW YOGURT 🌱

MINI PASTRIES

choose from:

PRETZEL CROISSANT

BLUEBERRY SCONE

APPLE DANISH

LUNCH BOXES



SANDWICHES

choose from:

TUSCAN KALE & AVOCADO
hummus, cucumber, scallions,
on 7-grain bread

SMOKED TURKEY BREAST
cucumber, watercress, herb
mayonnaise, on a pretzel roll

HERB ROASTED CHICKEN
watercress, tomato, herb mustard,
on a baguette

FRESH MOZZARELLA veg
tomatoes, basil, black pepper,
olive oil drizzle, on baguette

**BASIL PARMIGIANO
CHICKEN SALAD**
roasted chicken, pesto dressing,
tomatoes, watercress, on baguette

ITALIAN HERO
sopressata, salami, coppa ham,
prosciutto, roasted peppers,
chipotle aioli, provolone on baguette

HOT SANDWICHES

choose from:

TUNA MELT
Swiss cheese, avocado,
tomatoes, red onions
on toasted whole wheat
sourdough bread

TELERA
grilled chicken, tomatoes,
avocado, pepper jack
cheese, chipotle aioli on
baguette

**BUTTERMILK
CHICKEN**
bacon, tomatoes,
lettuce, chipotle aioli
on a multigrain roll

SIDES

choose from:

MIXED FIELD GREENS ↗
cherry tomatoes, cucumber,
creamy Dijon vinaigrette

CAESAR veg
romaine lettuce, shaved parmigiano,
croutons, homemade Caesar dressing

ROASTED VEGETABLES ↗
extra virgin olive oil

MAC & CHEESE veg
sautéed Tuscan kale, roasted butternut
squash, roasted fennel, Parmigiano, olive oil

KALE veg
butternut squash, dried cranberries,
toasted almonds, parmigiano,
lemon vinaigrette

ENTREES

choose from:

HERB ROASTED CHICKEN

GRILLED SALMON

PENNE ALLA VODKA

DRINKS

choose from:

COCA COLA
SELTZER WATER
DIET COKE

STILL WATER
SAN PELLEGRINO:
Aranciata Rossa,
Limonata, Pompelmo

MARKET BOWLS

choose from:

CHICKEN COBB SALAD BOWL

with kale, roasted chicken, hard-boiled egg, cherry tomatoes, red onions, blue cheese, avocado, fresh herbs. Balsamic vinaigrette on the side.

TUNA NICOISE SALAD BOWL

with mesclun greens, cherry tomatoes, haricots verts, roasted fingerling potatoes, hard-boiled egg, black olives, seared tuna. Olive tapenade dressing on the side.

TERIYAKI SALMON

with kale salad, dried cranberries, parmigiano and almond flakes

BEET SALAD BOWL *(vegetarian and gf)*

with arugula, roasted beets, quinoa, brown rice, goat cheese. Dijon mustard vinaigrette on the side.

PEAR TRICOLORE SALAD BOWL *(vegetarian and gf)*

with radicchio, endive, arugula, sliced pears, lightly crusted goat cheese, focaccia crisps. Balsamic vinaigrette on the side.

HERB ROASTED CHICKEN

with Caesar Salad

TREATS

choose from:

PIECE OF WHOLE FRUIT 🍏

COCONUT MACAROON 🍪

RAW ORGANIC ALMONDS 3 oz

'SKINNY POPCORN' 4.5 oz 🍿

TRAIL MIX WITH NUTS, SEEDS, AND SWEET FRUIT 🍌

DULCE DE LECHE MANGIA COOKIE

MANGIA VEGGIE CHIPS 3 oz 🍟

MANGIA PROTEIN ENERGY BALLS 3 oz 🍪

SNACK BOXES \$10

CRUDITE
WITH DIPS

CHEESE
& FRUIT

TRADITIONAL
ANTIPASTI

COOKIES
& FRUIT

PASSIONATE ABOUT FOOD

In Italian, "mangia" is a simple, loving command that only means one thing: eat! For almost 40 years, Mangia has transformed the way New York eats lunch. In 1981, the family business became one of the first restaurants to focus on fresh, farm-to-table ingredients, crafting a menu of artisanal Italian fare. Today, Mangia instills the same passion into beloved signature favorites and exciting new seasonal dishes. Whether you're sitting down for a quick lunch or catering a large event, our food is always crafted in house, baked fresh daily, and ready to eat. Mangia!

"You are what you Mangia."

A handwritten signature in white ink that reads "Sasha Muniak". The signature is fluid and cursive, with a large loop at the end of the last name.

SASHA MUNIAK, FOUNDER

ALL OFFERINGS ARE SERVED IN ECO-FRIENDLY AND BIODEGRADABLE PACKAGING.
PLEASE RECYCLE AFTER USE.

WE TAKE ANY DIETARY RESTRICTIONS & PREFERENCES INTO SERIOUS CONSIDERATION.
PLEASE LET US KNOW ABOUT ANY ALLERGIES OR ADJUSTMENTS.