

MANGIA 
MCMLXXXI

BREAKFAST &
LUNCH
MENU



ORDER ONLINE AT WWW.MANGIA.NYC

DESSERTS

baked fresh daily

LARGE COOKIES 2.75
dark chocolate chip, peanut butter,
oatmeal raisin

FRENCH MACARON 2.50
lemon, vanilla, pistachio, matcha, raspberry,
cappuccino

SIGNATURE COOKIES 1.95
chocolate bomba, chocolate macaron,
apricot almond triangle, strawberry almond
rounds, chocolate shortbread, dulce de
leche, raspberry linzer, peanut butter domes

BROWNIES 3.00
classic chocolate, chocolate cream cheese

BISCOTTI 1.95
almond, cappuccino, chocolate pistachio

ASSORTMENT OF CAKES, TARTS & PIES
varies daily



LA COLOMBE COFFEE

10 OZ 16 OZ 20 OZ

ESPRESSO 2.50

MACCHIATO 2.50

CAPPUCCINO 3.50 4.00 4.50

LATTE 3.50 4.00 4.50

**MATCHA ALMOND
MILK LATTE** 4.50 5.00 5.50

AMERICANO 2.50 3.00 4.25

DRIP COFFEE 2.00 2.25 2.50

COLD BREW 4.25 4.50

ICED COFFEE 2.50 3.00

ICED LATTE 3.50 4.00

extra espresso shot, add 1.50

non-dairy soy or almond milk, add 1

CAKES, TARTS & PIES

baked fresh daily

CAKES

7" \$38 | 10" \$48

STRAWBERRY SHORTCAKE

RED VELVET CAKE

FLOURLESS CHOCOLATE CAKE

LEMON MERINGUE

**WHITE CHOCOLATE
GOAT CHEESE CAKE**

CRÊPE CAKE

COCONUT CREME CAKE

TIRAMISU CAKE

TARTS & PIES

11" \$42

APRICOT FRANGIPANE TART

FIG & MASCARPONE TART

PEACH TART

RASPBERRY SABLE TART

RUSTIC PEAR TART

PECAN PIE

APPLE PIE

PUMPKIN PIE

CHERRY PIE

*For custom orders we require
24 hrs advance notice.*

Complimentary inscription available on cakes.

TEA & DRINKS

10 OZ 12 OZ 16 OZ

HOT TEA 2.00 2.25 2.50

Earl Grey, English Breakfast, herbal lemon,
green, chamomile, mint

ICED TEA 3.00

black, lemon ginger, green tea,
raspberry zinger

HOMEMADE LEMONADE 4.00

FRESH SQUEEZED ORANGE JUICE 6.50

BREAKFAST

BAGEL 2.50
choice of butter, cream cheese or jam

SMOKED SALMON BAGEL 6.95
cream cheese, red onion, dill, capers

PALEO BARS 4.50
almond butter, almonds, walnuts,
shaved coconut, dried blueberries

SEASONAL QUICHE 5.95
farm-fresh eggs, market vegetables

FRITTATA 5.00
farm-fresh eggs, market vegetables

OVER EASY EGG PANINI 5.50
prosciutto, provolone, english muffin

STRAPAZZATE PANINI 6.50
scrambled eggs, prosciutto, mozzarella,
rosetta roll

**MAKE YOUR OWN
BREAKFAST SANDWICH** 6.50
*choice of egg, cheese, protein,
tuscan flat bread or brioche roll
substitute egg white, add 1*

BREAKFAST AMERICANO 5.00
scrambled eggs and roasted potatoes
add sausage or bacon, 2.50

MADE TO ORDER OMELET 8.50
*choose up to four ingredients
Vegetables: tomatoes, spinach, peppers,
mushrooms, onion. Cheese: cheddar, swiss, goat
cheese, feta cheese. Protein: ham,
bacon, prosciutto. Substitute egg white, add 1*

GRAINS & FRUITS

GRANOLA 5.50
gluten-free granola, Greek yogurt, wild berries

OATMEAL 4.50
milk, raisins, brown sugar.
substitute almond or soy milk, add 1

CHIA SEED PUDDING 5.50
coconut milk, seasonal fruit

CHIA SEED PARFAIT 5.50
almond milk, gluten-free granola, banana

FRUIT SALAD 1/4 LB 5.50

MIXED BERRIES 1/4 LB 9.50

PASTRIES

BLUEBERRY MUFFIN 2.50

CARROT MUFFIN 2.50

BLUEBERRY SCONE 2.50

BUTTERMILK SCONE 2.50

CROISSANT 2.50

JUICE BAR

16 OZ | 8.95

PRESSED JUICE

CLASSIC GREEN

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

SWEET GREEN

kale, spinach, pineapple, mint, hint of jalapeño

WATERMELON

watermelon, lime, mint

CARROT COCONUT

carrot, coconut H₂O, coconut meat, lime, ginger

BEET

carrot, apple, beet, lemon, ginger

CITRUS

grapefruit, orange, lemon, ginger, cayenne pepper

SMOOTHIES

IMMUNE BOOSTER

carrot, beet, banana, ginger, garlic, bee pollen

MINT

spinach, mint, banana, almond milk,
almond butter, vanilla coconut protein powder,
coconut oil

BERRY

choice of vanilla or chocolate protein powder,
strawberries, blueberries, coconut oil, cinnamon

ALMOND

almond milk, banana, almond butter, chocolate
coconut protein powder, agave, cinnamon

CILANTRO

pineapple, banana, lime, ginger, cilantro

SPINACH

spinach, vanilla coconut protein
powder, ice water

SALADS

KALE CAESAR	14	CHICKEN COBB	15
baby kale, shaved parmigiano, sliced almonds, homemade caesar dressing, grilled chicken or shrimp		mixed kale blend, grilled chicken, crisp bacon, hard boiled egg, grape tomatoes, corn, red onion, blue cheese, avocado, fresh herbs, balsamic vinaigrette	
TUNA NIÇOISE	15	GRAIN BOWL	12
mesclun, grape tomatoes, haricots verts, red skin potato, hard boiled egg, black olives, seared tuna, balsamic vinaigrette		red quinoa, wild rice, sweet potato, corn, asparagus, brussels sprouts, fresh herbs, carrot ginger dressing	
BEEF SALAD	12		
arugula, roasted beets, red quinoa, roasted pecans, goat cheese, dijon mustard vinaigrette			

MAKE YOUR OWN

BASE SALAD	6.25	HERBS	.75
mixed kale, mesclun, romaine, spinach, arugula <i>quinoa, add 1</i>		basil, cilantro, mint	
VEGETABLE & FRUIT	from 1.00 – 1.75	CHEESE	1.50
apple, artichoke hearts, asparagus, avocado, beets, bell peppers, broccoli, carrots, celery, dried cranberry, cucumber, grapes, haricots verts, jalapeños, olives, orange, mushrooms, raisins, red onion, roasted peppers, sweet potato, strawberry, grape tomatoes		blue cheese, brie, cheddar, feta, goat cheese, mozzarella, parmigiano	
NUTS & GRAINS	1.00	PROTEIN	from 1.50 – 4.00
almonds, spiced walnuts, sunflower seeds, spicy pumpkin seeds, quinoa, chickpeas, corn, fava beans, lentils, croutons		grilled chicken, panko fried chicken, roasted turkey, steak, crisp bacon, grilled salmon, shrimp, seared tuna, calamari, grilled tofu	
		DRESSING	
		extra virgin olive oil & balsamic vinegar, balsamic vinaigrette, citrus vinaigrette, herb vinaigrette, carrot ginger, creamy dijon, tzatziki, caesar, ranch	

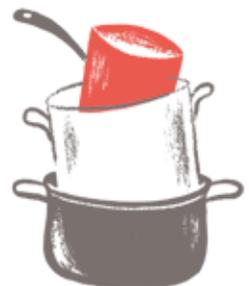
SOUPS

12OZ \$5 | 16OZ \$6

CHICKEN ORZO
homemade chicken and vegetable soup with orzo

TOMATO
vegetarian tomato soup with roasted eggplant and parmigiano cheese

DAILY SOUP
please see our daily specials menu



SANDWICHES

made fresh on local artisan breads

ANTIPASTO ON FOCACCIA 9.50

roasted vegetables, artichoke hearts, olive tapenade

SIMPLY GREENS 8.50

lettuce, cucumber, avocado, alfalfa sprouts, herb yogurt, 7 grain bread

FRESH MOZZARELLA 8.50

tomatoes, basil, black pepper, olive oil drizzle, ciabatta bread

VEGETABLE ROLLATINI 9.50

grilled eggplant, spinach, roasted tomatoes, goat cheese, provolone, chili spread, Tuscan flat bread

SMOKED SALMON 11.00

Norwegian smoked salmon, cucumber, romaine, horseradish cream, cream cheese, black bread

ALBACORE TUNA SALAD 8.50

albacore tuna, romaine lettuce, tomatoes, watercress, whole wheat sourdough bread

ROASTED TURKEY BREAST 8.50

cranberry chutney, romaine lettuce, black pepper mayonnaise, brioche roll

SMOKED TURKEY BREAST 8.50

cucumber, watercress, herb mayonnaise, black bread

SALTIMBOCCA 9.50

grilled chicken breast, prosciutto, fontina, sage, basil pesto, ciabatta

HERB ROASTED CHICKEN 8.50

watercress, tomatoes, herb mustard, Tuscan flat bread

BASIL PARMIGIANO CHICKEN SALAD 8.50

roasted chicken, basil parmigiano dressing, watercress, tomatoes, baguette



LEMON CHICKEN SALAD 8.50

tomatoes, chopped romaine, Tuscan flat bread

PROSCIUTTO & FRESH MOZZARELLA 10.00

roasted pepper, arugula, country bread

PARMA COTTO 8.50

prosciutto, brie, tomatoes, mayonnaise, rosetta roll

WOOD SMOKED HAM & BRIE 8.50

tomatoes, watercress, lemon mayonnaise, baguette

FRENCH HAM & AGED CHEDDAR 8.50

fresh sliced apple, walnut butter, country bread

ITALIAN TRUFFLE HAM 9.00

shiitake mushrooms, fontina, watercress, truffle mayonnaise, rosetta roll

ITALIAN HERO 11.00

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

FILET MIGNON 11.50

caramelized onion, roasted tomatoes, black pepper mayonnaise, baguette

HOT SANDWICHES

made fresh on local artisan breads

TUNA MELT albacore tuna salad, gruyère, avocado, tomatoes, red onion, rye bread	10.95	STRADA smoked ham, swiss cheese, arugula, pizza bianca bread	6.95
GRILLED CHICKEN TELERA tomatoes, avocado, pepper jack cheese, chipotle aioli, telera bread	10.95	RUSTICO ham, fontina, tomatoes, mushrooms spread, pizza bianca bread	6.95
CHICKEN PESTO roasted tomatoes, pesto, parmigiano, rosemary focaccia	9.95	BRIE prosciutto, brie, arugula, balsamic glaze, pizza bianca bread	6.95
CHICKEN PARMIGIANO provolone, tomato sauce, ciabatta	9.95	SOPRESSATA sopressata, smoked mozzarella, grilled eggplant, arugula, balsamic glaze, pizza bianca bread	7.95
CHICKEN MILANESE roasted tomatoes, roasted peppers, arugula, black pepper mayonnaise, balsamic glaze, rosetta roll	8.95	SOLE sundried tomatoes, fresh mozzarella, pizza bianca bread	6.95
GRILLED FLANK STEAK mozzarella, avocado, tomatoes, red onion, chipotle aioli, rosemary ciabatta	10.95		

HOT LINE

grilled to order & served with a choice of one side

MAINS

BRANZINO 17

SALMON 17

CHICKEN BREAST 14

CHICKEN MILANESE 15

MEATBALLS 12

FILET MIGNON 18

SIDES

GRILLED ASPARAGUS

SAUTÉED BROCCOLI

**SAUTÉED BRUSSELS
SPROUTS**

WHIPPED CAULIFLOWER

SWEET POTATOES

MASHED POTATOES

BLACK WILD RICE

MIXED VEGETABLES

GREEK SALAD

additional sides 5 each

VEGETABLES & GRAINS

side dishes

MIXED GREENS 5

mixed field greens, cherry tomatoes, cucumber, creamy dijon vinaigrette

CAESAR 5

romaine lettuce, shaved parmigiano, croutons, homemade caesar dressing

KALE 6

kale, roasted pumpkin, dried cranberries, toasted almonds, parmigiano, lemon vinaigrette

GREEK SALAD 5

romaine, tomatoes, peppers, feta, black olives, red wine vinaigrette

ASPARAGUS 7

grilled asparagus, lemon zest, extra virgin olive oil

SHAVED BRUSSELS SPROUTS 7

brussels sprouts, Granny Smith apples, watermelon radish, pecorino, lemon vinaigrette

ROASTED VEGETABLES 6

roasted seasonal vegetables, extra virgin olive oil

CAPRESE 6

mozzarella bocconcini, cherry tomatoes, fresh basil

QUINOA 6

seasonal mix of vegetables and herbs

FARFALLE 6

pesto & pine nuts, parmigiano

MEZZE RIGATONI 6

tomato sauce, ricotta salata, fresh basil

ORECCHIETTE 6

shiitake mushrooms, wilted spinach, pecorino, extra virgin olive oil

FUSILLI 6

roasted vegetables, parmigiano

PASTA

SPAGHETTI ARRABIATA 12

spicy tomato sauce, parmigiano

PENNE ALLA VODKA 12

mushrooms, asparagus, broccoli, vodka sauce

ORECCHIETTE SALSICCIA 12

sweet italian sausage, broccoli, pecorino, crushed red pepper

FETTUCCINE BOLOGNESE 12

beef bolognese sauce



BRICK OVEN PIZZA

MARGHERITA 12

tomato sauce, mozzarella, basil, shaved parmigiano

PEPPERONI 13

tomato sauce, mozzarella

PARMA 15

tomato sauce, prosciutto, arugula, shaved parmigiano

ROMANA BIANCA 15

mozzarella, smoked turkey, artichokes, truffle ricotta

VEGETARIANA 13

zucchini, eggplant, cherry tomatoes, mushrooms

GAMBERI 13

tomato sauce, shrimp, asparagus, tomatoes, red chili flakes

PUGLIESE 12

sweet Italian sausage, broccoli, mozzarella

PASSIONATE ABOUT FOOD

A family business opened in 1981, Mangia transformed the New York lunch scene by being one of the first to offer fresh, artisanal ingredients and a farm-to-table menu comprised of rustic, delicious Italian fare. Today we continue with the same passion for gourmet food, artfully presented, by preserving our beloved Mangia classics as well as creating exciting, new seasonal recipes. Most of all, we take great pride that whether you're joining us for a quick lunch or catering a large event, our food is always crafted in house and our bread is baked fresh daily.

"You are what you Mangia."



SASHA MUNIAK, FOUNDER

MANGIA MADISON

422 MADISON AVENUE
BETWEEN 48TH & 49TH
212.644.0422

MONDAY-FRIDAY
STORE 7AM-8PM
DELIVERY 7AM-9PM

MANGIA 57

50 W57TH STREET
BETWEEN 5TH & 6TH
212.582.5882

MONDAY-FRIDAY
STORE 7AM-7PM
DELIVERY 7AM-9PM

SATURDAY
STORE 7AM-4PM
DELIVERY 8AM-4PM

MANGIA FLATIRON

22 W23RD STREET
BETWEEN 5TH & 6TH
212.647.0200

MONDAY-FRIDAY
STORE 7AM-5:30PM
DELIVERY 7AM-9PM

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.