

MANGIA

SINCE 1981

BREAKFAST
LUNCH
& DINNER

MENU



ORDER ONLINE AT

WWW.MANGIA.NYC

JUICE BAR

PRESSED JUICE

16 OZ | 8.95

GREEN GODDESS

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

SKINNY GREENS

kale, spinach, pineapple, mint,
hint of jalapeño

WATERMELON

watermelon, lime, mint

SWEET KRISTINE

carrot, apple, beet, lemon, ginger

IMMUNE BOOSTER

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

SMOOTHIES

16 OZ | 9.95

AÇAÍ

açaí, roasted apples, raspberry,
watermelon, strawberry

MINT

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

WILD BERRY

strawberry, blueberry, raspberry,
frozen coconut purée, watermelon

ALMOND

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

TROPICAL KISS

mango, banana, pineapple, ginger,
passion fruit, papaya, orange juice

MIGHTY QUEEN

banana, kale, spinach, coconut water,
coconut meat

LA COLOMBE COFFEE, TEA & BEVERAGES

12OZ / 16OZ

COFFEE

Espresso	2.75
Double Espresso	3.50
Macchiato	2.75
Cappuccino	3.50 / 4.50
Latte	3.50 / 4.50
Matcha almond milk latte	4.50 / 5.50
Americano	2.75 / 4.25
Drip coffee	2.50 / 2.95
Iced coffee	3.50
Iced latte	4.50

extra espresso shot, add 1.50

HOT TEA

2.50 / 2.95

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

ICED TEA

3.50

black, green lemon ginger,
mixed berry

HOMEMADE LEMONADE

4.50

FRESHLY SQUEEZED ORANGE JUICE

6.95

SAN PELLEGRINO

2.75

aranciata, aranciata rossa,
limonata

SAN PELLEGRINO SPARKLING S/L

3.50 | 7.50

*Assorted soft drinks, waters,
teas & juices available*

BREAKFAST

BAGEL	2.95
choice of butter, cream cheese or jam	
WILD SMOKED SALMON BAGEL	8.95
whipped cream cheese, tomatoes, onions, capers, dill	
EGG SALAD SANDWICH	5.50
cage-free eggs from upstate Maple Meadow Farm on 7-grain bread	
OVER EASY EGG PANINI	5.50
roasted prosciutto, provolone, English muffin	
STRAPAZZATE PANINI	6.50
scrambled eggs, roasted prosciutto, mozzarella on ciabatta	
EGG WRAP	6.50
scrambled eggs, peppers, onions, pepper Jack cheese on Tuscan flat wrap	
EGG WHITE WRAP	6.95
scrambled egg whites, Gruyère cheese on Tuscan flat wrap	
BREAKFAST AMERICANO	5.00
scrambled eggs and roasted potatoes <i>add sausage or bacon 2.50</i>	
MADE TO ORDER OMELET	8.50
choose up to four ingredients:	
Vegetables: tomatoes, spinach, peppers, mushrooms, onions	
Cheese: cheddar, Swiss, goat cheese, feta cheese	
Protein: ham, bacon, prosciutto	
<i>Substitute egg white, add 1.00</i>	
STRAWBERRY-BANANA FRENCH TOAST	7.50
pure dark amber maple syrup, fresh whipped cream	
PANCAKES	7.50
pure dark amber maple syrup, powdered sugar, blueberries	

PASTRIES

MINI BLUEBERRY MUFFIN	1.25
CARROT MUFFIN	2.95
BLUEBERRY SCONE	2.95
MADELEINE	1.25
CROISSANT	2.95

OPEN-FACE TARTINES

7.95 each

AVOCADO AND 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
SWEET AND SALTY TOAST
with Neufchatel cheese, figs, honey, sea salt flakes, on toasted walnut cranberry bread
WILD SMOKED SALMON TOAST
with crème fraîche, cucumber, red radish, chives on toasted 7-grain bread

GRAINS & FRUITS

PARFAIT	5.50
gluten-free granola, Greek yogurt, wild berries	
OATMEAL	5.50
water based, toppings: milk, raisins, brown sugar, berries, banana. <i>Substitute almond or soy milk add 1.00</i>	
CHIA SEED PUDDING	5.50
coconut milk, seasonal fruits	
FRUIT SALAD	5.50

SALADS

CHICKEN OR SHRIMP CAESAR	12.50 / 13.00	CHICKEN COBB	15.00
romaine lettuce, cherry tomatoes, parmigiano, croutons, Caesar dressing		mixed kale blend, grilled chicken, crispy bacon, hard boiled egg, cherry tomatoes, red onion, blue cheese, avocado, balsamic vinaigrette	
TUNA NIÇOISE	15.00	PEAR TRICOLORE	12.00
mesclun, cherry tomatoes, haricots verts, roasted fingerling potatoes, hard boiled egg, black olives, seared tuna, balsamic vinaigrette		radicchio, endive, arugula, sliced pears, lightly crusted goat cheese, caramelized walnuts, focaccia crisps, walnut vinaigrette	
BEET SALAD	12.00		
arugula, roasted beets, quinoa, pecans, goat cheese, Dijon mustard vinaigrette			

CAESAR

Available after 5pm

TUNA NIÇOISE

10.00

PEAR TRICOLORE

15.00

grilled shrimp add 5.50 or breast of chicken add 4.50

12.00

MAKE YOUR OWN

BASE SALAD	6.50	CHEESE	1.50
kale, mesclun, romaine, spinach, arugula quinoa add 1		blue cheese, feta, goat cheese, mozzarella, parmigiano	
VEGETABLES & FRUIT	1.00 - 1.50	PROTEIN	1.50 - 4.00
apple, artichoke hearts, asparagus, beets, bell peppers, broccoli, carrots, celery, cucumber, haricots verts, olives, peas, roasted shiitake mushrooms, white mushrooms, raisins, red onion, roasted peppers, sweet potato, grape tomatoes, Brussels sprouts, dried cranberries, roasted eggplant, sundried tomatoes		hard boiled eggs, egg whites, crispy bacon, grilled chicken, chicken nuggets, grilled tuna, flank steak, shrimp, salmon	
avocado	2.50	DRESSING	
		extra virgin olive oil & balsamic vinegar, balsamic vinaigrette, citrus vinaigrette, herb vinaigrette, creamy Dijon, Caesar, ranch	
NUTS & GRAINS	1.00	Available until 5.30 pm	
almonds, candied walnuts, sunflower seeds, spicy pumpkin seeds, chickpeas, corn, edamame beans, lentils, croutons, quinoa, pecans			

SOUPS

12oz 5.50 | 16oz 6.50

CHICKEN NOODLE

homemade chicken and vegetable soup with noodles

TOMATO

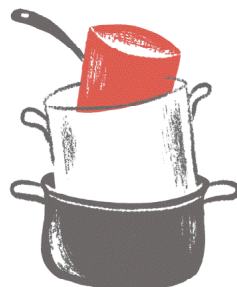
vegetarian tomato soup with roasted eggplant and parmigiano cheese

GAZPACHO

available seasonally

DAILY SOUP

please see our daily specials menu





SANDWICHES



made fresh on local artisan breads

ALL SANDWICHES CAN ALSO BE PREPARED ON OUR HOMEMADE TUSCAN FLAT WRAP OR GLUTEN-FREE BREAD

ROASTED VEGETABLES	9.50	SMOKED TURKEY BREAST	8.95
peppers, eggplant, zucchini, tomato, artichoke hearts, black olive tapenade on homemade Tuscan flat bread		cucumber, watercress, herb mayonnaise on black bread	
EGG SALAD	8.50	WOOD SMOKED HAM & BRIE	8.95
cage-free eggs from upstate Maple Meadow Farm on 7-grain roll		tomatoes, watercress, lemon mayonnaise on black bread	
FRESH MOZZARELLA	8.95	FRENCH HAM & AGED CHEDDAR	8.95
tomatoes, basil, black pepper, olive oil drizzle on ciabatta bread		fresh sliced apple, walnut butter, on grilled country bread	
TUNA SALAD	8.95	PROSCIUTTO & FRESH MOZZARELLA	10.25
albacore tuna, romaine lettuce, tomatoes, watercress on whole wheat sourdough bread		roasted pepper, arugula on country bread	
WILD SMOKED SALMON	12.00	ITALIAN HERO	11.25
wild smoked salmon, cucumber, romaine lettuce, horseradish cream, cream cheese on black bread		sopressata, salami, coppa ham, chipotle aioli, prosciutto, roasted peppers, provolone on a baguette	
HERB ROASTED CHICKEN	8.50	SALTIMBOCCA	9.95
watercress, tomatoes, herb mustard on homemade Tuscan flat bread		grilled chicken breast, prosciutto, fontina, sage, basil pesto on ciabatta bread	
LEMON CHICKEN SALAD	8.50	ROAST BEEF	9.95
tomatoes, chopped romaine lettuce on baguette		lettuce, tomato, onions, mayonnaise, Dijon mustard on multigrain roll	
BASIL PARMIGIANO CHICKEN SALAD	8.50	FILET MIGNON	12.50
roasted chicken, pesto dressing, watercress, tomatoes on baguette		baby arugula, blue cheese aioli, sea salt, black pepper, butter on ciabatta bread	
ROASTED TURKEY BREAST	8.50		
cranberry chutney, romaine lettuce, black pepper mayonnaise on a brioche roll			

Available until 5.30 pm

HOT SANDWICHES

made fresh on local artisan breads

Available until 5.30 pm

TUNA MELT	11.25	CHICKEN PARMESAN	9.95
Swiss cheese, avocado, tomatoes, red onions on toasted whole wheat bread		provolone, tomato sauce on ciabatta bread	
TELERA	11.25	GRILLED FLANK STEAK	11.25
grilled chicken, tomatoes, avocado, pepper Jack cheese, chipotle aioli on telera bread		mozzarella, avocado, tomatoes, red onion, chipotle aioli on rosemary ciabatta	
BUTTERMILK CHICKEN	11.25		
bacon, tomato, lettuce, chipotle aioli on multigrain roll			

After 5 pm

TELERA OR TUNA MELT
with French fries 14.00

PANINI

made fresh on local artisan breads

CAMPO 7.25 with roasted fennel, asparagus, spinach, black pepper mayonnaise, herb mayonnaise on pizza bianca bread	SOPRESSATA 7.25 with smoked mozzarella, grilled eggplant, arugula, balsamic glaze and black pepper mayonnaise on whole wheat pizza bianca bread
CONTADINO 7.25 with fresh mozzarella, sautéed rapine, roasted eggplant, shitake mushrooms, black olive tapenade on whole wheat pizza bianca bread	HARRISA CHICKEN 7.25 with grilled chicken, caramelized onions, romaine, chipotle aioli on walnut raisin bread
CUBANO 7.25 with Cuban style slow roasted pork, ham, Swiss cheese, pickles, romaine, mustard on pizza bianca bread	SALAMI 7.25 with mozzarella, roasted peppers, arugula on a baguette
RUSTICO 7.25 with ham, fontina cheese, tomatoes, mushroom aioli on pizza bianca bread	SMOKED TURKEY 7.25 with cucumber, watercress, herb mayonnaise on a pretzel bun
SOLE 7.25 with mozzarella, sundried tomatoes, basil on pizza bianca bread	CHICKEN CAESAR WRAP 6.95 with grilled chicken, lettuce, tomatoes, parmigiano cheese, Caesar dressing, homemade Tuscan flat bread
FRESH MOZZARELLA 7.25 with tomatoes, basil, olive oil on ciabatta	

Available until 5.30 pm

QUESADILLAS

VEGETARIAN 11 with black beans, corn, tomatoes, white cheddar & pepper Jack cheese
CHICKEN 12 with white cheddar and pepper Jack cheese
SHRIMP 13 with white cheddar and pepper Jack cheese

BRICK OVEN PIZZA

MARGHERITA 10 tomato sauce, mozzarella, basil, shaved parmigiano
PEPPERONI 10 tomato sauce, mozzarella
PARMA 10 prosciutto, arugula, shaved parmigiano
VEGETARIANA 10 tomato sauce, zucchini, mushrooms, eggplant, mozzarella, cherry tomatoes

INDIVIDUAL BOXES

served in a craft paper box or terra cotta box

BREAKFAST BOX 12.50 miniature breakfast pastries, a pot of jam, a wedge of cheese & fresh fruit	DESSERT BOX 16 selection of Mangia's homemade cookies, ask about our holiday themed boxes
LUNCH BOX 16 - full size sandwich, mixed greens, piece of fruit or signature cookie - small sandwich, mixed greens, choice of one side, piece of fruit or signature cookie	CUSTOM PICNIC BOX perfect for travel or for a picnic at the park

HOT LINE

Served with choice of two sides hot or cold

BELL & EVANS CHICKEN BREAST 16

CHICKEN MILANESE 16

GRILLED SALMON 18 **GRILLED BRANZINO** 18

PAN-SEARED BLACK SEA BASS 18

FILET MIGNON with a choice of Gorgonzola butter or balsamic reduction sauce 19

HOT SIDES

Additional side 6.00

BRUSSELS SPROUTS
WHIPPED CAULIFLOWER
SAUTÉED BROCCOLI
MASHED POTATOES
ROASTED FINGERLING POTATOES
STEAMED VEGETABLES
FRENCH FRIES

PASTA

PENNE ALLA VODKA 12
with tomato cream sauce, add chicken 2.50, add shrimp 3.00

ORECCHIETTE SALSICCIA 12
with Italian sweet sausage, broccoli rabe, pecorino, crushed red pepper

FETTUCINE BOLOGNESE 12
with veal bolognese sauce

RIGATONI 12
with saffron cream sauce, sage

SPAGHETTI CACIO E PEPE 12
with heirloom tomatoes, shaved ricotta salata

COLD SIDES

Additional side 6.00

MIXED FIELD GREENS
cherry tomatoes, cucumber,
creamy Dijon vinaigrette

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

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

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

ROASTED VEGETABLES
extra virgin olive oil

QUINOA
seasonal mix of vegetables and herbs

CAPRESE
mozzarella bocconcini, cherry tomatoes, fresh basil

FARFALLE
pesto & pine nuts, parmigiano

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

MEZZE RIGATONI
tomato sauce, ricotta salata, fresh basil

FUSILLI
roasted vegetables, parmesan cheese and extra
virgin olive oil

DESSERTS

baked on premises daily

LARGE COOKIES 2.95 each
dark chocolate chip, oatmeal raisin

FRENCH MACARON 2.50
matcha green tea, pistachio, lemon,
raspberry, coffee

BROWNIES 2.00 / 2.50
classic chocolate, chocolate
cream cheese

SIGNATURE COOKIES 1.95
chocolate macaron, chocolate bomba,
strawberry almond round, raspberry linzer,
apricot triangle, dulce de leche

BISCOTTI 1.95
chocolate hazelnut, vanilla hazelnut

LOAVES 2.95
carrot, chocolate, banana/walnut

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-THURSDAY
STORE 7AM-7PM
DELIVERY 7AM-9PM

FRIDAY
STORE 7AM-7PM
DELIVERY 7AM-6PM

MANGIA 57

50 W 57TH STREET
BETWEEN 5TH & 6TH
212.582.5882

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

FRIDAY
STORE 7AM-7PM
DELIVERY 7AM-6PM

WEEKEND
ADVANCE NOTICE
CATERING **ONLY**

MANGIA FLATIRON

22 W 23RD STREET
BETWEEN 5TH & 6TH
212.647.0200

MONDAY-FRIDAY
STORE 7AM-6PM
DELIVERY 7AM-6PM