

MANGIA 
SINCE 1981

BREAKFAST
LUNCH
& DINNER

=====
MENU
=====



ORDER ONLINE AT

WWW.MANGIA.NYC

JUICE BAR

PRESSED JUICE

16 OZ | 8.95

CLASSIC GREEN

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
Macciato	2.75
Cappucino	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, aranchiata 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, onion, 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 chiabatta

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

BREACKFAST 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 1.00

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

CROSSANT 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

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

OATMEAL 5.50
water based toppings: milk, raisins, brown sugar, berries, banana.
Substitute almond or soy milk add 1.00

GREEK YOGURT 5.50
gluten-free granola and macerated cherries

FRUIT SALAD 5.50

SALADS

CHICKEN OR SHRIMP CAESAR 12.50 / 13.00
romaine lettuce, cherry tomatoes,
parmigiano, croutons, Caesar dressing

TUNA NIÇOISE 15.00
mesclun, cherry tomatoes, haricots verts,
roasted fingerling potatoes, hard boiled egg,
black olives, seared tuna, balsamic vinaigrette

BEET SALAD 12.00
arugula, roasted beets, quinoa, pecans, goat
cheese, Dijon mustard vinaigrette

CHICKEN COBB 15.00
mixed kale blend, grilled chicken, crispy bacon,
hard boiled egg, cherry tomatoes, red onion,
blue cheese, avocado, fresh herbs, balsamic
vinaigrette

PEAR TRICOLORE 12.00
radicchio, endive, arugula, sliced pears,
lightly crusted goat cheese,
caramelized walnuts, focaccia crisps,
walnut vinaigrette

Available after 5pm

CAESAR 10.00
TUNA NIÇOISE 15.00
PEAR TRICOLORE 12.00
grilled shrimp add 5.50 or breast of chicken add 4.50

BASE SALAD 6.50
kale, mesclun, romaine, spinach, arugula
quinoa, add 1

VEGETABLE & FRUIT from 1.00 – 1.50
apple, artichoke hearts, asparagus, beets,
bell peppers, broccoli, carrots, celery, cucumber,
haricots verts, olives, peas, roasted shiitake
mushrooms, white mushrooms, raisins, red
onion, Brussels sprouts, dried cranberries,
roasted eggplant, sundried tomatoes
avocado 2.50

NUTS & GRAINS 1.00
almonds, candied walnuts, sunflower seeds, spicy
pumpkin seeds, chickpeas, corn, edamame beans,
lentils, croutons, quinoa, pecans

CHEESE 1.50
blue cheese, feta, goat cheese mozzarella
parmigiano

PROTEIN from 1.50 – 4.00
hard boiled eggs, egg whites, crispy bacon,
grilled chicken, chicken nuggets, grilled tuna,
flank steak, shrimp, salmon

DRESSING
extra virgin olive oil & balsamic vinegar, balsamic
vinaigrette, citrus vinaigrette, herb vinaigrette,
creamy Dijon, Caesar, ranch

Available until 5:30 pm

SOUPS

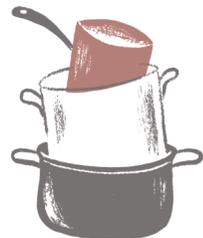
12OZ 5 | 16OZ 6.50

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

Available until 5:30 pm

HOT SANDWICHES

made fresh on local artisan breads

Available until 5:30 pm

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

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 on pizza bianca bread

CONTADINO

7.25

with fresh mozzarella, sautéed rapine, roasted eggplant, shiitake mushrooms, black olive tapenade on whole wheat pizza bianca bread

CUBANO

7.25

with Cuban style slow roasted pork, ham, Swiss cheese, pickles, romanie, mustard on pizza bianca bread

RUSTICO

7.25

with ham, fontina cheese, tomatoes, mushroom aioli on pizza bianca bread

SOLE

7.25

with mozzarella, sundried tomatoes, basil on pizza bianca bread

FRESH MOZZARELLA

7.25

with tomatoes, basil, olive oil on chiabatta

SOPRESSATA

7.25

with smoked mozzarella, grilled eggplant, arugula, balsamic glaze and black pepper mayonnaise on whole wheat pizza bianca bread

HARRISA CHICKEN

7.25

with grilled chicken, caramelized onions, romanie, chipotle aioli on walnut raisin bread

SALAMI

7.25

with mozzarella, roasted peppers, arugula on a baguette

SMOKED TUREY

7.25

with cucumber, watercress, herb mayonnaise on pretzel bun

CHICKEN CAESAR WRAP

6.95

with grilled chicken lettuce, tomatoes, parmigiano cheese Caesar dressing, homemade Tuscan flat bread

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

LUNCH BOXES

SANDWICH BOX 16

sandwich of your choice with salad

HALF SANDWICH BOX 14

half sandwich of your choice with salad

PROTEIN BOX 17.50

grilled salmon or herb roasted chicken breast with salad

CUSTOM PICNIC BOX

ideal 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** 19

with a choice of Gorgonzola butter or balsamic reduction sauce

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
- FETTUCCINE BOLOGNESE** 12
with veal bolognese sauce
- RIGATOI** 12
with saffron cream sauce, sage
- SPAGETTI CACIO E PEPE** 12
with heirloom tomatoes, shaved ricotta salata
- SPAGHETTI ALLA CHITARRA** 13
shrimps, zucchini, cherry tomatoes, baby arugula

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, pepper, 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
- FUSILI**
roasted vegetables, parmesan cheese and extra virgin oil

DESSERTS

- LARGE COOKIES** 2.95
dark chocolate chip, peanut butter, oatmeal raisin
- FRENCH MACARON** 2.50
matcha green tea, pistacio, 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 W57TH 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 W23RD STREET
BETWEEN 5TH & 6TH
212.647.0200

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