

MANGIA   
SINCE 1981

BREAKFAST  
LUNCH  
& DINNER

=====  
MENU  
=====



ORDER ONLINE AT

[WWW.MANGIA.NYC](http://WWW.MANGIA.NYC)

(gf) = gluten-free

 = vegan

(veg) = vegetarian

# BREAKFAST

**BAGEL** veg 3.25  
choice of butter, cream cheese or jam

**WILD SMOKED SALMON BAGEL** veg 9.95  
whipped cream cheese,  
onion, capers, dill

**OVER EASY EGG PANINI** 5.95  
roasted prosciutto, provolone,  
English muffin

**STRAPAZZATE PANINI** 6.50  
scrambled eggs, roasted prosciutto,  
mozzarella on ciabatta

**EGG WRAP** veg 6.95  
scrambled eggs, peppers, onions,  
pepper Jack cheese on Tuscan flat wrap

**EGG WHITE WRAP** veg 6.95  
scrambled egg whites, Gruyère  
cheese on Tuscan flat wrap

**BREAKFAST AMERICANO** veg 5.50  
scrambled eggs and roasted potatoes  
*add sausage or bacon 2.75*

**MADE TO ORDER OMELET** 9.50  
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*  
*add smoked salmon 5.50*

**STRAWBERRY-BANANA FRENCH TOAST** veg 9.50  
pure dark amber maple syrup,  
fresh whipped cream

**PANCAKES** veg 9.50  
pure dark amber maple syrup,  
powered sugar, blueberries

# PASTRIES

**CARROT MUFFIN** 3.50  
**PEACH & MASCARPONE CHEESE MUFFIN** veg 3.50  
**BLUEBERRY SCONE** veg 3.50  
**CROISSANT** veg 3.50

*gf available*

## OPEN-FACE TARTINES

*8.95 each*

**AVOCADO & CUCUMBER TOAST**  
with tahini, lime juice, red pepper flakes on  
toasted 7-grain bread (veg, vg, gf available)

**AVOCADO AND EGG TOAST**  
with hard boiled egg, micro greens, chia  
seeds, lemon juice, olive oil on toasted  
7-grain bread (veg, gf)

**AVOCADO EGG SALAD TOAST**  
with micro greens, sea salt, black pepper  
on toasted 7-grain bread (veg)

**WILD SMOKED SALMON TOAST**  
with crème fraîche, cucumber, red radish,  
chives on toasted 7-grain bread (veg)

# FRESH FRUIT & GRAINS

**MATCHA GREEK YOGURT** 5.95  
gluten-free granola, torched bananas,  
coconut yogurt and roasted blueberries (veg, gf)

**OATMEAL** 6.50  
water based toppings: milk, raisins,  
brown sugar, berries, banana (veg, ♯)  
*Substitute almond or soy milk add 1.00*  
*Toppings are only available by request*

**GREEK YOGURT** 5.95  
gluten-free granola and  
macerated cherries (veg, gf)

**FRUIT SALAD** 6.50

# JUICE BAR

## PRESSED JUICE

10OZ \$6.95 | 16OZ \$9.95

all veg, , gf

### 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

### GINGER SHOT

\$4 (2oz)

## SMOOTHIES

10OZ \$6.95 | 16OZ \$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	3.00
Cappuccino	3.75 / 4.75
Latte	3.75 / 4.75
Matcha almond milk latte	4.75 / 5.75
Americano	2.75 / 4.25
Drip coffee	2.50 / 2.95
Iced coffee	3.75
Iced Latte	4.75

*extra espresso shot, add 1.50*

## HOT TEA

2.50 / 2.95

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

## ICED TEA

3.75

black, green lemon ginger,  
mixed berry

## HOMEMADE LEMONADE

4.75

## 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



# SANDWICHES

made fresh on local artisan breads



ALL SANDWICHES CAN ALSO BE SERVED ON GLUTEN-FREE BREAD

<b>ROASTED VEGETABLES</b> 🌱 9.95 peppers, eggplant, zucchini, tomatoes, artichoke hearts, black olive tapenade on homemade Tuscan flat bread	<b>SMOKED TURKEY BREAST</b> 9.95 cucumber, watercress, herb mayonnaise on black bread
<b>FRESH MOZZARELLA</b> veg 9.95 tomatoes, basil, black pepper, olive oil drizzle on ciabatta bread	<b>FRENCH HAM &amp; AGED CHEDDAR</b> 9.95 fresh sliced apple, walnut butter on grilled country bread
<b>TUNA SALAD</b> 9.95 albacore tuna, romaine lettuce, tomatoes, watercress on whole wheat sourdough bread	<b>ITALIAN HERO</b> 11.50 sopressata, salami, coppa ham, chipotle aioli, prosciutto, roasted peppers, provolone on baguette
<b>WILD SMOKED SALMON</b> 13.50 wild smoked salmon, cucumber, romaine lettuce, horseradish cream, cream cheese on black bread	<b>SALTIMBOCCA</b> 11.50 grilled chicken breast, prosciutto, fontina, sage, basil pesto on ciabatta bread
<b>HERB ROASTED CHICKEN</b> 9.95 watercress, tomatoes, herb mustard on homemade Tuscan flat bread	<b>ROAST BEEF</b> 11.50 romaine lettuce, tomatoes, onions, mayonnaise, Dijon mustard on a multigrain roll
<b>BASIL PARMIGIANO CHICKEN SALAD</b> 9.95 roasted chicken, pesto dressing, watercress, tomatoes on baguette	<b>ROASTED TURKEY BREAST</b> 9.95 cranberry chutney, romaine lettuce, black pepper mayonnaise on a brioche roll

Available until 5:30 pm

# WRAPS

all wraps are prepared on our homemade Tuscan flat bread

<b>HARISSA ROASTED CHICKEN</b> 11.50 avocado, shishito peppers, pickled red onions, romaine lettuce, black pepper aioli on Tuscan flat bread	<b>BLACK SESAME TUNA</b> 12.50 juliened cucumber, avocado, micro greens, chipotle aioli on Tuscan flat bread
<b>GREEN TOMATO &amp; MOZZARELLA</b> veg 11.50 cucumber, avocado, pickled red onions, micro greens, lettuce, herb aioli on Tuscan flat bread	<b>FILET MIGNON</b> 12.50 buffalo mozzarella, sautéed Tuscan kale, black pepper aioli on Tuscan flat bread
<b>TUSCAN KALE &amp; AVOCADO</b> 🌱 11.50 hummus, juliened cucumber, scallions on Tuscan flat bread	<b>VEGETABLE ROLLATINI</b> veg 11.50 roasted eggplant, goat cheese, provolone, roasted tomatoes, roasted peppers, roasted onions, sriracha sauce on Tuscan flat bread

# HOT SANDWICHES

made fresh on local artisan breads

Available until 5:30 pm

<b>TUNA MELT</b> 11.50 Swiss cheese, avocado, tomatoes, red onions on toasted whole wheat sourdough bread	<b>CHICKEN PARMIGIANO</b> 10.50 provolone, tomato sauce on ciabatta bread
<b>TELERA</b> 11.50 grilled chicken, tomatoes, avocado, pepper jack cheese, chipotle aioli on telera bread	<b>GRILLED FLANK STEAK</b> 11.50 mozzarella, avocado, tomatoes, red onions, chipotle aioli on ciabatta bread
<b>BUTTERMILK CHICKEN</b> 11.50 bacon, tomatoes, lettuce, chipotle aioli on a multigrain roll	<b>After 5 pm TELERA OR TUNA MELT with a side of your choice 15.00</b>

# SALADS

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

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

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

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

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

*Available after 5pm*

<b>CAESAR</b>	10.00
<b>TUNA NIÇOISE</b>	15.00
<b>PEAR TRICOLORE</b>	12.00
<i>grilled shrimp add 5.50 or breast of chicken add 4.50</i>	

**BASE SALAD** *veg, gf* 7.00  
kale, mesclun, romaine, spinach, arugula  
*quinoa, add 1*

**VEGETABLE & FRUIT** *veg, gf* 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  
onions, Brussels sprouts, dried cranberries,  
roasted eggplant, sundried tomatoes  
avocado 2.50

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

**CHEESE** *veg, gf* 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

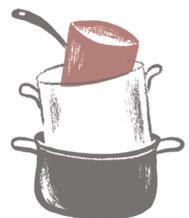
12OZ 5.50 | 16OZ 6.50

**CHICKEN NOODLE**  
homemade chicken  
and vegetable soup  
with noodles

**TOMATO** *veg*  
vegetarian tomato soup  
with roasted eggplant and  
parmigiano cheese

**GAZPACHO** *veg, gf*  
available seasonally

**DAILY SOUP**  
please see our  
daily specials menu



# HOT LINE

Served with choice of two sides hot or cold

- BELL & EVANS CHICKEN BREAST** *gf* 16
- CHICKEN MILANESE** 16
- VEAL MEATBALLS** 16
- GRILLED SALMON** *veg, gf* 18
- GRILLED BRANZINO** *veg, gf* 18
- FILET MIGNON** *gf* 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**
- MASHED SWEET POTATOES**
- ROASTED FINGERLING POTATOES**
- STEAMED VEGETABLES**
- FRENCH FRIES**

## PASTA

- PENNE ALLA VODKA** *veg* 13  
tomato cream sauce, *add chicken* 2.50, *add shrimp* 3.50
- ORECCHIETTE SALSICCIA** 14  
Italian sweet sausage, broccoli rabe, pecorino, crushed red pepper
- FETTUCCINE BOLOGNESE** 14  
veal bolognese sauce
- SPAGHETTI CACIO E PEPE** *veg* 13  
heirloom tomatoes, shaved ricotta salata
- SPAGHETTI ALLA CHITARRA** *veg* 15  
shrimp, zucchini, cherry tomatoes, baby arugula

## COLD SIDES

Additional side 6.00

- MIXED FIELD GREENS** *veg, gf*  
cherry tomatoes, cucumber, creamy Dijon vinaigrette
- CAESAR** *veg*  
romaine lettuce, shaved parmigiano, croutons, homemade Caesar dressing
- KALE** *veg, gf*  
butternut squash, dried cranberries, toasted almonds, parmigiano lemon vinaigrette
- GREEK SALAD** *veg, gf*  
tomatoes, pepper, feta, black olives, red wine vinaigrette
- ROASTED VEGETABLES** *veg, gf*  
extra virgin olive oil
- ORANGE GLAZED CARROTS AND PARSNIPS**
- QUINOA** *veg, gf*  
vegetables and herbs, tomatoes, corn, cucumber
- CAPRESE** *veg, gf*  
mozzarella bocconcini, cherry tomatoes, fresh basil
- FARFALLE** *veg*  
pesto & pine nuts, parmigiano
- ORECCHIETTE**  
shiitake mushrooms, wilted spinach, pecorino, extra virgin olive oil
- MEZZE RIGATONI** *veg*  
tomato sauce, ricotta salata, fresh basil
- BROCCOLI CAESAR** *veg, gf*  
shaved broccoli, green cabbage, parmigiano, Caesar dressing

## DESSERTS

- LARGE COOKIES** *veg* 3.75  
dark chocolate chip or oatmeal raisin
- FRENCH MACARON** *veg, gf* 2.75  
pistachio, raspberry, coffee
- BROWNIES** *veg* 2.50  
classic chocolate, chocolate cream cheese
- SIGNATURE COOKIES** *veg* 2.25  
chocolate macaron, chocolate bomba, strawberry almond round, raspberry linzer, apricot triangle, coconut macaron
- BISCOTTI** *veg* 2.50 (3 pcs)  
chocolate hazelnut, vanilla hazelnut
- LOAVES** *veg* 3.25  
carrot, chocolate, gluten-free pound cake

# PANINI

made fresh on local artisan breads

**CAMPO** veg 7.50  
with roasted fennel, asparagus, spinach, black pepper  
mayonnaise on pizza bianca bread

**CONTADINO** veg 7.50  
with fresh mozzarella, sautéed rapini,  
roasted eggplant, shiitake mushrooms, black olive  
tapenade on whole wheat pizza bianca bread

**CUBANO** 7.50  
with Cuban style slow roasted pork, ham,  
Swiss cheese, pickles, romaine, mustard on  
pizza bianca bread

**RUSTICO** 7.50  
with ham, fontina cheese, tomatoes,  
mushroom aioli on pizza bianca bread

**SOLE** veg 7.50  
with mozzarella, sundried tomatoes,  
basil on pizza bianca bread

**FRESH MOZZARELLA** veg 7.50  
with tomatoes, basil, olive oil on ciabatta

**SOPRESSATA** 7.50  
with smoked mozzarella, grilled eggplant, arugula,  
balsamic glaze and black pepper mayonnaise on  
whole wheat pizza bianca bread

**HARRISA CHICKEN** 7.50  
with grilled chicken, caramelized onions,  
romaine, chipotle aioli on walnut raisin bread

**SALAMI** 7.50  
with mozzarella, roasted peppers, arugula  
on a baguette

**SMOKED TUREY** 7.50  
with cucumber, watercress, herb mayonnaise  
on a pretzel bun

Available until 5:30 pm

## QUESADILLAS

**VEGETARIAN** veg 11  
with black beans, corn, tomatoes,  
white Cheddar & pepper Jack cheese

**CHICKEN** 13  
with white Cheddar and  
pepper Jack cheese

**SHRIMP** veg 13  
with white Cheddar and  
pepper Jack cheese

## BRICK OVEN PIZZA

**MARGHERITA** veg 10  
tomato sauce, mozzarella,  
basil, shaved parmigiano

**PEPPERONI** 10  
tomato sauce, mozzarella

**PARMA** 10  
prosciutto, arugula, shaved parmigiano

**VEGETARIANA** veg 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** 18  
teriyaki salmon or herb roasted chicken  
breast with a choice of side salad

**CUSTOM PICNIC BOX**  
ideal for travel or for  
a picnic at the park

# 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-6PM  
DELIVERY 7AM-9PM

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

WEEKEND  
ADVANCE NOTICE  
CATERING **ONLY**

## **MANGIA FLATIRON**

22 W23RD STREET  
BETWEEN 5TH & 6TH  
212.647.0200

MONDAY-FRIDAY  
STORE 7AM-5PM  
DELIVERY 7AM-5PM