

MANGIA 
SINCE 1981

BREAKFAST
LUNCH
& DINNER

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MENU
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ORDER ONLINE AT

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

MUFFIN 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 YOGURT 5.95
gluten-free granola, torched banana
slices, roasted blueberries (veg, gf)

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

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

BLUE SPIRULINA YOGURT 5.95

COCONUT YOGURT 5.95
gluten-free granola, macerated cherries

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

CITRUS DETOX

orange, lemon, turmeric, green apple, pineapple

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

BLUE POWDER

blue spirulina, banana, blueberry, almond milk, vanilla protein powder

KETO BOMB

spinach, almond milk, vanilla protein powder, parsley, raspberries, almond butter

CHOCO MAGIC

coffee, banana, almond milk, chocolate protein powder

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

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

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 *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

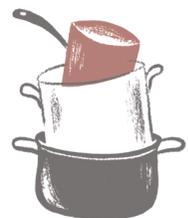
12OZ 5.50 | 16OZ 6.50

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





SANDWICHES

made fresh on local artisan breads



ALL SANDWICHES CAN ALSO BE SERVED ON GLUTEN-FREE BREAD

ROASTED VEGETABLES *veg* 9.95
sauteed spinach, roasted eggplant, roasted peppers, roasted tomatoes, goat cheese, provolone cheese, sriracha sauce on baguette

TUSCAN KALE & AVOCADO *veg* 9.95
hummus, cucumber, scallions, on 7-grain bread

FRESH MOZZARELLA *veg* 9.95
tomatoes, basil, black pepper, olive oil drizzle, on baguette

SMOKED SALMON 13.50
cucumber, romaine lettuce, horseradish cream, cream cheese, on 7-grain bread

GREEN TOMATO & MOZZARELLA *veg* 9.95
cucumber, avocado, pickled red onions, microgreens, romaine lettuce, herb mayonnaise, on a black olive bread

ROASTED TURKEY BREAST 9.95
cucumber, watercress, herb mayonnaise, on a brioche roll

BASIL PARMIGIANO CHICKEN SALAD 9.95
roasted chicken, pesto dressing, tomatoes, watercress, on baguette

SMOKED TURKEY BREAST 9.95
cucumber, watercress, herb mayonnaise, on a pretzel roll

TUNA SALAD 9.95
Albacore tuna, romaine lettuce, tomatoes, watercress, on whole wheat sourdough bread

HERB ROASTED CHICKEN 9.95
watercress, tomato, herb mustard, on a baguette

SALTIMBOCCA 11.50
grilled chicken breast, roasted prosciutto, fontina, basil pesto on baguette

ITALIAN HERO 11.50
sopressata, salami, coppa ham, prosciutto, roasted peppers, chipotle aioli, provolone on baguette

FRENCH HAM & CHEDDAR 9.95
fresh sliced apples, walnut butter, on a grilled whole wheat sourdough bread

FILET MIGNON 12.50
Buffalo mozzarella, sauteed Tuscan kale, black pepper mayonnaise, on baguette

Available until 5:30 pm

Flat flour tortilla and flat gluten-free wrap are available for substitution. We are not producing Tuscan flat bread.

HOT SANDWICHES

made fresh on local artisan breads

TUNA MELT 11.50
Swiss cheese, avocado, tomatoes, red onions on toasted whole wheat sourdough bread

TELERA 11.50
grilled chicken, tomatoes, avocado, pepper jack cheese, chipotle aioli on telera bread

BUTTERMILK CHICKEN 11.50
bacon, tomatoes, lettuce, chipotle aioli on a multigrain roll

CHICKEN PARMIGIANO 10.50
provolone, tomato sauce on ciabatta bread

GRILLED FLANK STEAK 11.50
mozzarella, avocado, tomatoes, red onions, chipotle aioli on ciabatta bread

Available until 5:30 pm

After 5 pm
TELERA OR TUNA MELT
with a side of your choice
15.00

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 - All dressings are served on the side

- MIXED FIELD GREENS** *gf*
cherry tomatoes, cucumber, creamy Dijon vinaigrette
- CAESAR** *veg*
romaine lettuce, shaved parmigiano, croutons, homemade Caesar dressing
- CAPRESE** *veg*
mozzarella bocconcini, cherry tomatoes, fresh basil
- GREEK SALAD** *veg*
tomatoes, pepper, feta, black olives, red wine vinaigrette
- ROASTED VEGETABLES** *gf*
extra virgin olive oil
- ORANGE GLAZED CARROTS & PARSNIPS** *gf*
- ELBOW PASTA** *veg*
sautéed Tuscan kale, roasted butternut squash, roasted fennel, Parmigiano, olive oil
- DITALINI PASTA** *veg*
sautéed heirloom cherry tomatoes, edamame beans, kalamata olives, Parmigiano, basil, olive oil
- KALE** *veg*
butternut squash, dried cranberries, toasted almonds, parmigiano, lemon vinaigrette
- ROASTED SWEET POTATO** *veg*
honey glaze, dried currants
- ROASTED BUTTERNUT SQUASH** *gf*
celery, endive, sweet chili sauce

DESSERTS

- LARGE COOKIES** *veg* 3.75
dark chocolate chip or oatmeal raisin
- FRENCH MACARON** *veg, gf* 2.75
pistachio, raspberry, coffee, champagne
- 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

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

SOLE veg 7.50
with mozzarella, 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 TURKEY 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

ORGANIC SOURDOUGH PIZZA

\$12

MARGHERITA
fresh mozzarella, Parmigiano-Reggiano,
tomato sauce, fresh basil

PARMA
prosciutto, arugula, shaved parmigiano

BOSCAIOLA
Porcini mushrooms, fresh mozzarella,
Parmigiano-Reggiano, pesto sauce

VEGETERIANA
Sicilian eggplant, tomato sauce, fresh &
smoked mozzarella, Kalamata olives, oregano

TOSCANO
salami, fresh mozzarella, tomato sauce,
red onions, jalapeño, Castelvetrano olives

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-7PM

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-7PM

WEEKEND
ADVANCE NOTICE
CATERING **ONLY**

MANGIA FLATIRON

22 W23RD STREET
BETWEEN 5TH & 6TH
212.647.0200

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