

MANGIA

SINCE 1981

BREAKFAST  
LUNCH  
DINNER  
BOXED CATERING

---

M E N U



ORDER ONLINE AT

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

(gf) = gluten-free

☯ = vegan

(veg) = vegetarian

# BREAKFAST

*\*Substitute any items with egg whites, almond or oatmilk*

<b>BLUEBERRY SCONE</b>	4.00	<b>WILD SMOKED SALMON TARTINE</b>	10.95
		crème fraîche, tomatoes, onions, capers, dill on 7-grain bread	
<b>PRETZEL OR BUTTER CROISSANT</b>	4.00		
<b>FRUIT SALAD</b>	6.50	<b>STRAPAZZATE PANINI</b>	7.50
<i>add mixed berries</i>	3.00	with scrambled eggs, roasted prosciutto, mozzarella on a brioche roll	
<b>OATMEAL</b>	6.50		
with blueberries, banana, raisins and brown sugar		<b>EGG WHITE WRAP</b>	7.50
		scrambled egg whites, Gruyere cheese on Tuscan flatbread	
<b>BREAD PUDDING</b>	4.00		
<b>OMELET</b>	10.50	<b>SIGNATURE AÇAÍ</b>	12.95
Cheddar, spinach, ham, tomato		raw organic Brazilian açai with coconut flakes, strawberries, banana, gluten-free granola, chia seeds	
<b>CAGE FREE HARD BOILED EGGS</b>	5.00		
2 pcs			
<b>AVOCADO EGG SALAD TOAST</b>	8.95		
micro greens on a 7-grain bread			
<b>GREEK YOGURT</b>	5.95		
gluten-free granola and macerated cherries			



# JUICE BAR

## PRESSED JUICES & WELLNESS SHOTS

10OZ \$7.95 | 16OZ \$10.95

### GREEN GODDESS

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

### FRESHLY SQUEEZED ORANGE JUICE

### SKINNY GREENS

kale, spinach, pineapple,  
mint, hint of jalapeño

### GINGER SHOT \$5

### HOT SHOT \$5

orange, turmeric, cayenne

### DETOX SHOT \$5

lemon, ginger, cayenne

## SUPERFOOD SMOOTHIES

10OZ \$7.95 | 16OZ \$10.95

### ALMOND

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

### KETO LOVER

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

### BLUE POWER

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

# COFFEE & BEVERAGES

**ESPRESSO** 3.00

**DOUBLE ESPRESSO** 3.75

**MACCHIATO** 3.25

**CAPPUCCINO** 4.00 | 5.00

**LATTE** 4.00 | 5.00

**CHAI LATTE** 4.25 | 5.25

**MATCHA ALMOND  
MILK LATTE** 5.00 | 6.00

**AMERICANO** 3.00 | 4.50

**DRIP COFFEE** 2.75 | 3.25

**ICED COFFEE** 4.00

**ICED LATTE** 5.00

**HOT TEA** 2.75/3.25

**ICED TEA** *mixed berries/black* 4.00

**SAN PELLEGRINO** 3.00  
*aranciata, rossa & limonata*

**FIJI** *small/large* 3.00 | 4.50

**LA COLOMBE COLD  
PRESSED COFFEE** 4.00

**HOMEMADE LEMONADE** 5.00

**SNAPPLE** 2.50  
*peach, diet peach, raspberry,  
diet raspberry, lemon, diet lemon*

**SODAS** 1.75  
*coke, diet coke, sprite, gingerale*

**POLAND SPRING** 1.75

**BEAR'S FRUIT KOMBUCHA** 5.50

# SALAD BOWLS

<b>CAESAR</b>	10.00	<b>PEAR TRICOLORE</b>	13.00
romaine lettuce, cherry tomatoes, parmigiano, croutons, Caesar dressing <i>add chicken 3.00 add shrimps 4.00</i>		radicchio, endive, arugula, sliced pears, fried goat cheese, roasted walnuts, focaccia crisps, walnut vinaigrette	
<b>CHICKEN COBB</b>	15.00	<b>TUNA NIÇOISE</b>	15.00
mixed kale blend, grilled chicken, crispy bacon, hard boiled egg, cherry tomatoes, red onions, blue cheese, avocado, balsamic vinaigrette		mesclun, cherry tomatoes, haricots verts, boiled fingerling potatoes, hard boiled egg, black olives, seared tuna, black olive tapanade	
<b>ROASTED TERIYAKI SALMON</b>	16.00	<b>BUTTERMILK FRIED CHICKEN</b>	15.00
kale, roasted butternut squash, Parmesan cheese, dried cranberries, toasted almonds, citrus vinaigrette		romaine, avocado, sautéed heirloom tomatoes, red radish, hard boiled egg, honey Dijon vinaigrette	
<b>BEET SALAD</b>	13.00	<b>SIDE SALAD</b>	7.00
arugula, roasted beets, quinoa, roasted pecans, goat cheese, Dijon mustard vinaigrette		farfalle pasta, caprese, mixed greens, Caesar, kale, Greek, spinach and apple	
		<b>CUSTOM SALAD</b>	7.00
		romaine, kale, arugula	

# SANDWICHES

*Also great served hot! Gluten-free flatbread available*

<b>HERB ROASTED CHICKEN</b>	9.95	<b>TUNA MELT</b>	11.50	<b>RUSTICO PANINO</b>	8.50
romaine, tomatoes, herb mustard on Tuscan flatbread		Swiss cheese, avocado, tomatoes, red onions on toasted whole wheat sourdough bread		ham, Cheddar cheese, tomatoes, mushroom aioli on pizza bianca bread	
<b>FILET MIGNON</b>	12.50	<b>TELERA</b>	11.50	<b>BUTTERMILK FRIED CHICKEN</b>	11.50
fresh mozzarella, sautéed Tuscan kale, black pepper mayonnaise on a baguette		grilled chicken, tomatoes, avocado, pepper Jack cheese, chipotle aioli on a baguette		bacon, tomato, lettuce, chipotle aioli on brioche roll	
<b>SMOKED TURKEY BREAST</b>	9.95	<b>FRESH MOZZARELLA</b>	9.95	<b>ROASTED VEGETABLES ROLLATINI</b>	9.95
cucumber, watercress, herb mayonnaise on a baguette		tomatoes, basil, black pepper, olive oil drizzle on a baguette		sautéed spinach, roasted eggplant, roasted peppers, roasted tomatoes, provolone and goat cheese, sriracha sauce, baby arugula on Tuscan flatbread	
<b>ITALIAN HERO</b>	11.50	<b>FRENCH HAM &amp; AGED CHEDDAR</b>	9.95	<b>TUNA SALAD</b>	9.95
sopressata, salami, coppa ham, prosciutto, roasted peppers, chipotle aioli, provolone on baguette		cornichons, walnut butter on a baguette		albacore tuna, romaine, tomatoes, watercress on whole wheat sourdough bread	
<b>BASIL PARMIGIANO CHICKEN SALAD</b>	9.95	<b>CAMPO PANINO</b>	8.50	<b>PROSCIUTTO AND MOZZARELLA</b>	9.95
roasted chicken, pesto dressing, tomatoes, watercress on baguette		roasted asparagus, spinach, black pepper and herb mayonnaise, roasted fennel, on pizza Bianca bread		roasted peppers, arugula, olive oil on an olive roll	

# HOT LINE

Served with a choice of two sides

**CHICKEN MILANESE** 16

**MANGIA MEATBALLS** 16

**BELL & EVANS CHICKEN BREAST** 16

**GRILLED SALMON** 18

**GRILLED BRANZINO** 18

**FILET MIGNON** 19

## PASTA

**PENNE ALLA VODKA** 14

**ORECCHIETTE SALSICCIA** 15

**FETTUCCINE BOLOGNESE** 15

**SPAGHETTI CACIO E PEPE** 14

## SIDES

*Additional side 6.00*

SAUTÉED BROCCOLI

BRUSSELS SPROUTS

MASHED POTATOES

WHIPPED CAULIFLOWER

FRENCH FRIES

SAUTÉED VEGETABLES

MIXED GREENS SALAD

GREEK SALAD

## QUESADILLAS

**VEGETARIAN** 12.00

**CHICKEN OR SHRIMP** 14.00

## ORGANIC SOURDOUGH PIZZA

\$14

### MARGARITA

fresh mozzarella, Parmigiano-Reggiano, tomato sauce, basil

### VEGETARIANA

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

### BOSCAIOLA PIZZA

porcini mushrooms, fresh mozzarella, truffle pecorino, pesto sauce

### PARMA

prosciutto, Parmigiano-Reggiano, fresh mozzarella, arugula

### TOSCANO

salami, mozzarella, tomato sauce, onions, jalapeño, olives

## SOUPS

12OZ 5.75 | 16OZ 6.75

SOUP OF THE DAY



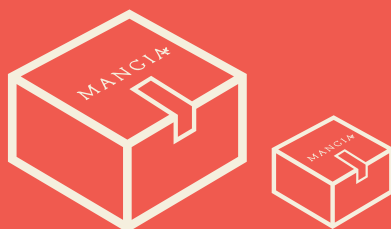
# SNACKS & DESSERTS

*Cakes & pies are baked fresh daily at Mangia Bakery. Please contact our catering department for details.*

<b>POTATO CHIPS</b>	2.75	<b>MILK OR DARK CHOCOLATE BAR</b>	3.00
<b>BROWNIES</b> chocolate, cream cheese	2.50	<b>FRENCH MACARONS</b>	3.00
<b>SIGNATURE COOKIES</b>	2.25	<b>LOAVES</b> carrot, chocolate	3.25
<b>ORGANIC ALMONDS</b>	3.50	<b>FRUIT</b> apple, banana, pear	1.50
<b>TRAIL MIX</b>	2.00	<b>LARGE COOKIE</b> oatmeal & raisin, chocolate chip and flourless chocolate chip	4.00
<b>MILK OR DARK CHOCOLATE BARK</b>	4.50		
<b>SKINNY POPCORN</b>	1.95		

## BOXED CATERING

<b>BREAKFAST BOX: SANDWICH</b> includes 1 breakfast sandwich and drink of your choice	12.00	<b>LUNCH BOX: MARKET BOWL</b> includes 1 market bowl, treat, and drink of your choice	20.00
<b>BREAKFAST BOX: MINI PASTRY</b> includes 1 mini pastry, yogurt or fruit salad, and drink of your choice	10.00	<b>LUNCH BOX: SANDWICH</b> includes 1 sandwich and side of your choice	15.00
<b>BREAKFAST BOX: TARTINE</b> includes 1 tartine sandwich and drink of your choice	12.00	<b>SNACK BOX:</b> - crudite with dips - cookies and fruit - cheese and fruit - traditional antipasti	10.00
<b>LUNCH BOX: ENTREE</b> includes 1 entree, side, treat, and drink of your choice	22.00		



# WHERE TO FIND US

## 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

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