

SINCE 1981





ORDER ONLINE AT WWW.MANGIA.NYC

(gf) = gluten-free 🌱 = vegan (veg) = vegetarian



BREAKFAST BOXES (1)= \$12 BREAKFAST SANDWICH DRINK (2)\$10 MINI PASTRY YOGURT OR DRINK (3) = \$12 TARTINE DRINK BREAKFAST SANDWICHES choose from: **STRAPAZZATE PANINI** EGG WRAP EGGS ON BRIOCHE EGG WHITE WRAP

OPEN-FACE TARTINES

choose from:

AVOCADO & CUCUMBER TOAST 🌱 with tahini, lime juice, red pepper flakes on toasted 7-grain bread

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

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

YOGURT CUPS

GREEK YOGURT

with gluten-free granola and macerated cherries

DRINKS

choose from:

GREEN GODDESS kale, swiss chard, spinach, celery, apple, lemon, ginger

SKINNY GREENS kale, spinach, pineapple, mint, a hint of jalapeno

FRESHLY SQUEEZE ORANGE JUICE

BOXED WATER

MINI PASTRIES

choose from:

PRETZEL CROISSANT BLUEBERRY SCONE APPLE DANISH







MARKET BOWLS

choose from:

CHICKEN COBB SALAD BOWL

with kale, roasted turkey, hard-boiled egg, cherry tomatoes, red onions, blue cheese, avocado, fresh herbs. Balsamic vinaigrette on the side

TUNA NICOISE SALAD BOWL

with mesclun greens, cherry tomatoes, haricots verts, roasted fingerling potatoes, hard-boiled egg, black olives, seared tuna. Olive tapenade dressing on the side

TERIYAKI SALMON

with kale salad, dried cranberries, parmigiano and almond flakes

BEET SALAD BOWL (vegetarian and gf) with arugula, roasted beets, quinoa, brown rice, goat cheese. Dijon mustard vinaigrette on the side

PEAR TRICOLORE SALAD BOWL (vegetarian and gf)

with radicchio, endive, arugula, sliced pears, lightly crusted goat cheese, focaccia crisps Balsamic vinaigrette on the side

TREATS

choose from:

PIECE OF WHOLE FRUIT 😙

TRAIL MIX WITH NUTS, SEEDS, AND SWEET FRUIT \mathcal{T}

COCONUT MACAROON 😙

DULCE DE LECHE MANGIA COOKIE

'SKINNY POPCORN' 4.5 oz 🌱

RAW ORGANIC ALMONDS 3 07

MANGIA VEGGIE CHIPS 3 oz 😙

SNACK BOXES \$10

CRUDITE WITH DIPS CHEESE & FRUIT TRADITIONAL ANTIPASTI COOKIES & FRUIT



PASSIONATE ABOUT FOOD

In Italian, "mangia" is a simple, loving command that only means one thing: eat! For almost 40 years, Mangia has transformed the way New York eats lunch. In 1981, the family business became one of the first restaurants to focus on fresh, farm-to-table ingredients, crafting a menu of artisanal Italian fare. Today, Mangia instills the same passion into beloved signature favorites and exciting new seasonal dishes. Whether you're sitting down for a quick lunch or catering a large event, our food is always crafted in house, baked fresh daily, and ready to eat. Mangia!

'You are what you Mangia."

efter Munich

SASHA MUNIAK, FOUNDER

ALL OFFERINGS ARE SERVED IN ECO-FRIENDLY AND BIODEGRADABLE PACKAGING. PLEASE RECYCLE AFTER USE.

WE TAKE ANY DIETARY RESTRICTIONS & PREFERENCES INTO SERIOUS CONSIDERATION. PLEASE LET US KNOW ABOUT ANY ALLERGIES OR ADJUSTMENTS.