

MANGIA

SINCE 1981

BREAKFAST
LUNCH
DINNER
BOXED CATERING

M E N U



ORDER ONLINE AT

WWW.MANGIA.NYC

(gf) = gluten-free

☯ = vegan

(veg) = vegetarian

ALL DAY BREAKFAST

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

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



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
*pomegranate & black currant or
lemon & raspberry*

Fiji *small/large* 3.00 | 4.50

**LA COLOMBE COLD
PRESSED COFFEE** 4.00

HOMEMADE LEMONADE 5.00

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

SODAS 1.75
coke, diet coke, sprite, gingerale

POLAND SPRING 1.75

BEAR'S FRUIT KOMBUCHA 5.50

SALAD BOWLS

CAESAR	10.00	PEAR TRICOLORE	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	
CHICKEN COBB	15.00	TUNA NIÇOISE	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	
ROASTED TERIYAKI SALMON	17.00	BUTTERMILK FRIED CHICKEN	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	
BEET SALAD	13.00	SIDE SALAD	7.00
arugula, roasted beets, quinoa, roasted pecans, goat cheese, Dijon mustard vinaigrette		farfalle pasta, caprese, mixed greens, Caesar, kale, Greek, spinach and apple	
		CUSTOM SALAD	7.00
		romaine, kale, arugula	

SANDWICHES

Also great served hot! Gluten-free flatbread available

HERB ROASTED CHICKEN	9.95	TUNA MELT	11.50	RUSTICO PANINO	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	
FILET MIGNON	12.50	TELERA	11.50	BUTTERMILK FRIED CHICKEN	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	
SMOKED TURKEY BREAST	9.95	FRESH MOZZARELLA	9.95	ROASTED VEGETABLES ROLLATINI	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	
ITALIAN HERO	11.50	FRENCH HAM & AGED CHEDDAR	9.95	TUNA SALAD	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	
BASIL PARMIGIANO CHICKEN SALAD	9.95	CAMPO PANINO	8.50	PROSCIUTTO AND MOZZARELLA	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 19

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

MARGHERITA

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



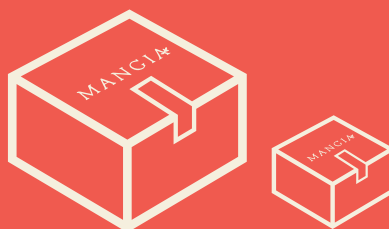
SNACKS & DESSERTS

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

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

BOXED CATERING

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