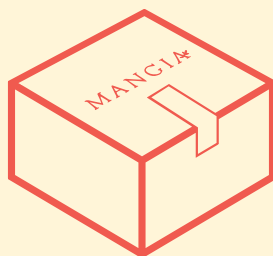


MANGIA

SINCE 1981

CATERING

BOXED



ORDER ONLINE AT WWW.MANGIA.NYC

(gf) = gluten-free



= vegan

(veg) = vegetarian

MANGIA

Buon Appetito!
PREPARED WITH
GLOVES AND LOVE

INGREDIENTS

100% Tiramisu

100% Gelato

100% Biscuits

100% Cream

100% Sugar

100% Eggs

100% Coffee

100% Chocolate

100% Vanilla

100% Liqueur

100% Alcohol

100% Butter

100% Milk

100% Fruit

100% Nuts

100% Seeds

100% Spices

100% Herbs

100% Flowers

100% Leaves

100% Roots

100% Stems

100% Seeds

100% Fruits

100% Vegetables

100% Grains

100% Legumes

100% Nuts

100% Seeds

100% Spices

100% Herbs

100% Flowers

100% Leaves

100% Roots

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100% Nuts

100% Seeds

100% Spices

100% Herbs

100% Flowers

100% Leaves

100% Roots

100% Stems

100% Seeds

100% Fruits

PREPARED BY

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BREAKFAST BOXES

- 1  +  +  = \$13
BREAKFAST SANDWICH DRINK
- 2  +  +  +  = \$13
MINI PASTRY YOGURT OR FRUIT SALAD DRINK
- 3  +  +  = \$13
TARTINE DRINK

BREAKFAST SANDWICHES

choose from:

STRAPAZZATE PANINI

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

DRINKS

choose from:

GREEN GODDESS

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

FRESHLY SQUEEZED ORANGE JUICE

BOXED WATER

CUPS

GREEK YOGURT

with gluten-free granola
and roasted blueberries

FRUIT CUP

MINI PASTRIES

choose from:

CROISSANT

BLUEBERRY SCONE

MANGIA

Buongiorno!
PREPARED WITH
GLOVES AND LOVE



LUNCH BOXES

1



+



SANDWICH

+



SIDE

= \$16

2



+



ENTREE WITH SIDE

+



TREATS



DRINK

= \$22

3



+



MARKET BOWL

+



TREATS

+



DRINK

= \$20

SANDWICHES

choose from:

SMOKED TURKEY BREAST

cucumber, watercress,
herb mayonnaise,
on a baguette

HERB ROASTED CHICKEN

watercress, tomato,
herb mustard, on
Tuscan flatbread

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

TUSCAN KALE ^{veg} & AVOCADO

hummus, cucumber,
scallions, on 7-grain
bread

**FRESH
MOZZARELLA** ^{veg}
tomatoes, basil, black
pepper, olive oil drizzle,
on a baguette

TUNA SALAD
albacore tuna, romaine,
tomatoes, watercress,
on whole wheat
sourdough bread

SIDES

choose from:

MIXED FIELD GREENS ^{veg}

cherry tomatoes, cucumber,
olive oil & balsamic vinegar

CAESAR ^{veg}
romaine lettuce, shaved
parmigiano, croutons,
homemade Caesar dressing

KALE ^{veg}
butternut squash, dried
cranberries, toasted almonds,
parmigiano, lemon vinaigrette

ENTREES

choose from:

HERB ROASTED CHICKEN
GRILLED SALMON
PENNE ALLA VODKA

DRINKS

choose from:

COCA COLA
SPARKLING WATER (Pellegrino)
BOXED WATER
DIET COKE

MANGIA

Buongiorno!
PREPARED WITH
GLOVES AND LOVE



MARKET BOWLS

choose from:

CHICKEN COBB SALAD BOWL

with kale, roasted chicken, 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

PEAR TRICOLORE SALAD BOWL *(vegetarian)*

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

TREATS

choose from:

FRUIT 🍏

RAW ORGANIC ALMONDS 3 oz

MANGIA COOKIE

SNACK BOXES \$14

CRUDITE
WITH DIP

CHEESE
& FRUIT

TRADITIONAL
ANTIPASTI

COOKIES
& FRUIT



MANGIA

Buon Appetito!
PREPARED WITH
GLOVES AND LOVE



MANGIA
PROTEIN
ENERGY BITES
Plant-based Protein
10g Protein
10g Carbs
10g Fiber
10g Fat
10g Sugar
10g Salt
10g Calcium
10g Iron
10g Zinc
10g Magnesium
10g Potassium
10g Phosphorus
10g Selenium
10g Manganese
10g Copper
10g Nickel
10g Boron
10g Vanadium
10g Chromium
10g Molybdenum
10g Cobalt
10g Manganese
10g Copper
10g Nickel
10g Boron
10g Vanadium
10g Chromium
10g Molybdenum
10g Cobalt



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."

A handwritten signature in white ink, reading "Sasha Muniak". The script is fluid and cursive, with a large, sweeping initial 'S'.

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.