

MANGIA

SINCE 1981

BREAKFAST
LUNCH
DINNER
BOXED CATERING

M E N U



ORDER ONLINE AT

WWW.MANGIA.NYC

(gf) = gluten-free

 = vegan

(veg) = vegetarian

BREAKFAST

SERVED UNTIL 10:30AM

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

BLUEBERRY SCONE	4.00	WILD SMOKED SALMON TARTINE	10.95
		crème fraîche, tomatoes, onions, capers, dill on 7-grain bread	
BUTTER CROISSANT	4.00		
FRUIT SALAD	6.50	STRAPAZZATE PANINI	7.50
<i>add mixed berries</i>	3.00	scrambled eggs, roasted prosciutto, mozzarella on a brioche roll	
OATMEAL	6.50		
with blueberries, banana, raisins and brown sugar		EGG WHITE WRAP	7.50
		scrambled egg whites, Gruyere cheese on Tuscan flatbread	
BREAD PUDDING	4.00		
CROSTATATA	4.50	SIGNATURE AÇAÍ	12.95
		raw organic Brazilian açai with coconut flakes, strawberries, banana, gluten-free granola, chia seeds	
OMELET	10.50		
Cheddar, spinach, ham, tomato			
CAGE FREE HARD BOILED EGGS	5.00		
2 pcs			
AVOCADO EGG SALAD TOAST	8.95		
micro greens on a 7-grain bread			
GREEK YOGURT	6.95		
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 4.50 | 5.50

LATTE 4.50 | 5.50

CHAI LATTE 4.75 | 5.75

**MATCHA ALMOND
MILK LATTE** 5.50 | 6.50

AMERICANO 3.50 | 4.50

DRIP COFFEE 3.00 | 3.50

ICED COFFEE 4.50

ICED LATTE 5.50

HOT TEA 3.00/3.50

ICED TEA *mixed berries/black* 5.50

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,
lemon, diet lemon*

SODAS 1.95
coke, diet coke, sprite, gingerale

POLAND SPRING 1.95

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 tapenade	
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, mixed greens, Caesar, kale, Greek	
		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	CAMPO PANINO 🌱	8.50
romaine, tomatoes, herb mustard, on Tuscan flatbread		Swiss cheese, avocado, tomatoes, red onions, on toasted whole wheat sourdough bread		roasted asparagus, spinach, vegan mayonnaise, roasted fennel, on pizza Bianca bread	
FILET MIGNON	12.50	TELERA	11.50	RUSTICO PANINO	8.50
fresh mozzarella, sautéed Tuscan kale, black pepper mayonnaise, on a baguette		grilled chicken, tomatoes, avocado, pepper Jack cheese, chipotle aioli, on a baguette		ham, Cheddar cheese, tomatoes, mushroom aioli, on pizza Bianca bread	
SMOKED TURKEY BREAST	9.95	FRESH MOZZARELLA	9.95	BUTTERMILK FRIED CHICKEN	11.50
cucumber, watercress, herb mayonnaise, on a baguette		tomatoes, basil, black pepper, olive oil drizzle, on a baguette		bacon, tomato, lettuce, chipotle aioli, on brioche roll	
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	ROASTED VEGETABLES ROLLATINI	9.95	PROSCIUTTO AND MOZZARELLA	9.95
roasted chicken, pesto dressing, tomatoes, watercress, on baguette		sautéed spinach, roasted eggplant, roasted peppers, roasted tomatoes, provolone and goat cheese, sriracha sauce, baby arugula, on Tuscan flatbread		roasted peppers, arugula, olive oil, on an olive roll	
				TUSCAN KALE & AVOCADO 🌱	9.95
				hummus, cucumber, scallions, on 7-grain bread	

HOT LINE

Served with a choice of two sides

CHICKEN MILANESE 18

MANGIA MEATBALLS 17

BELL & EVANS CHICKEN BREAST 18

GRILLED SALMON 20

GRILLED BRANZINO 20

FILET MIGNON 21

SIDES

Additional side 6.00

SAUTÉED BROCCOLI

BRUSSELS SPROUTS

MASHED POTATOES

WHIPPED CAULIFLOWER

MIXED GREENS SALAD

PASTA

PENNE ALLA VODKA 14

ORECCHIETTE SALSICCIA 16

FETTUCCINE BOLOGNESE 16

SPAGHETTI CACIO E PEPE 14

QUESADILLAS

VEGETARIAN 12.00

CHICKEN OR SHRIMP 14.00

ORGANIC SOURDOUGH PIZZA

\$14

MARGHERITA

fresh mozzarella, Parmigiano-Reggiano, tomato sauce, basil

VEGETERIANA

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	CHOCOLATE COVERED ESPRESSO BEANS	3.50
SIGNATURE COOKIES	2.25	FRENCH MACARONS	3.00
ORGANIC ALMONDS	3.50	COCONUT MACARON 🌱	4.00
MILK OR DARK CHOCOLATE BARK	4.50	LOAVES carrot, chocolate	3.50
CRANBERRY ORANGE BUNDT CAKE	3.75	FRUIT apple, banana, pear	1.50
SICILIAN ORANGE POUND CAKE	3.25	LARGE COOKIE oatmeal & raisin, chocolate chip and flourless chocolate chip	4.50

BOXED CATERING

BREAKFAST BOX SANDWICH 13.00 includes 1 breakfast sandwich and drink of your choice	LUNCH BOX MARKET BOWL 20.00 includes 1 market bowl, treat, and drink of your choice
BREAKFAST BOX MINI PASTY 13.00 includes 1 mini pastry, yogurt or fruit salad, and drink of your choice	LUNCH BOX SANDWICH 16.00 includes 1 sandwich and side of your choice
BREAKFAST BOX TARTINE 13.00 includes 1 tartine sandwich and drink of your choice	SNACK BOX 14.00 - crudite with dips - cookies and fruit - cheese and fruit - traditional antipasti
LUNCH BOX ENTREE 22.00 includes 1 entree, side, treat, and drink of your choice	

WHERE TO FIND US

MANGIA MADISON

422 MADISON AVENUE
BETWEEN 48TH & 49TH
212.644.0422

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

MANGIA 57

50 W57TH STREET
BETWEEN 5TH & 6TH
212.582.5882

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

MANGIA FLATIRON

22 W23RD STREET
BETWEEN 5TH & 6TH
212.647.0200

MONDAY-FRIDAY
STORE 8AM-4PM
DELIVERY 7AM-5PM

WEEKEND
ADVANCE NOTICE
CATERING **ONLY**