

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	6.95	STRAPAZZATE PANINI	8.50
<i>add mixed berries</i>	9.95	scrambled eggs, roasted prosciutto, mozzarella on a ciabatta roll	
OATMEAL	6.95		
with banana, raisins and brown sugar		EGG WHITE WRAP	8.50
		scrambled egg whites, Gruyere cheese on Tuscan flatbread	
BREAD PUDDING	4.00		
		SIGNATURE AÇAÍ	12.95
OMELET	10.95	raw organic Brazilian açai with coconut flakes, strawberries, banana, gluten-free granola, chia seeds	
Cheddar, spinach, ham, tomato			
CAGE FREE HARD BOILED EGGS	4.00		
2 pcs			
AVOCADO EGG SALAD TOAST	10.95		
micro greens on a 7-grain bread			
MANGIA YOGURT CUPS	4.95		
natural, low-fat Greek yogurt (peach, strawberry, vanilla, plain)			
<i>add gluten-free granola</i>	1.50		



JUICE BAR

PRESSED JUICES & WELLNESS SHOTS

10OZ \$8.50 | 16OZ \$11.50

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 \$8.50 | 16OZ \$11.50

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

SODAS 1.95
coke, diet coke, sprite, gingerale

POLAND SPRING 1.95

BEAR'S FRUIT
KOMBUCHA 5.50

SALAD BOWLS

CAESAR romaine lettuce, cherry tomatoes, parmigiano, croutons, Caesar dressing <i>add chicken 3.50 add shrimp 4.00</i>	11.00	PEAR TRICOLORE 🌱 radicchio, endive, arugula, sliced pears, fried tofu, roasted walnuts, gluten-free chips, walnut vinaigrette	15.00
CHICKEN COBB mixed kale blend, grilled chicken, crispy bacon, hard boiled egg, cherry tomatoes, red onions, blue cheese, avocado, balsamic vinaigrette	17.50	TUNA NIÇOISE mesclun, cherry tomatoes, haricots verts, boiled fingerling potatoes, hard boiled egg, black olives, seared tuna, black olive tapenade	17.50
ROASTED TERIYAKI SALMON kale, roasted butternut squash, Parmesan cheese, dried cranberries, toasted almonds, citrus vinaigrette	18.00	BUTTERMILK FRIED CHICKEN romaine, avocado, sautéed heirloom tomatoes, red radish, hard boiled egg, honey Dijon vinaigrette	17.50
BEET SALAD arugula, roasted beets, quinoa, roasted pecans, goat cheese, Dijon mustard vinaigrette	15.00	SIDE SALAD farfalle pasta, mixed greens, Caesar, kale, Greek, caprese	7.00
		CUSTOM SALAD romaine, kale, arugula	7.00

SANDWICHES

Also great served hot! Gluten-free flatbread available

HERB ROASTED CHICKEN romaine, tomatoes, herb mustard, on Tuscan flatbread	11.50	TUNA MELT Swiss cheese, avocado, tomatoes, red onions, on toasted whole wheat sourdough bread	12.95	CAMPO PANINO 🌱 roasted asparagus, spinach, vegan mayonnaise, roasted fennel, on pizza Bianca bread	9.50
FILET MIGNON fresh mozzarella, sautéed Tuscan kale, black pepper mayonnaise, on a baguette	14.95	TELERA grilled chicken, tomatoes, avocado, pepper Jack cheese, chipotle aioli, on a baguette	12.95	RUSTICO PANINO ham, Cheddar cheese, tomatoes, mushroom aioli, on pizza Bianca bread	9.50
SMOKED TURKEY BREAST cucumber, watercress, herb mayonnaise, on a baguette	11.50	FRENCH HAM & AGED CHEDDAR cornichons, walnut butter, on a baguette	11.50	BUTTERMILK FRIED CHICKEN bacon, tomato, lettuce, chipotle aioli, on brioche roll	12.95
FRESH MOZZARELLA tomatoes, basil, black pepper, olive oil drizzle, on ciabatta roll	11.50	ITALIAN HERO sopressata, salami, coppa ham, prosciutto, roasted peppers, chipotle aioli, provolone, on ciabatta roll	12.95	TUNA SALAD albacore tuna, romaine, tomatoes, watercress, on whole wheat sourdough bread	11.50
BASIL PARMIGIANO CHICKEN SALAD roasted chicken, pesto dressing, tomatoes, watercress, on baguette	11.50	ROASTED VEGETABLES ROLLATINI sautéed spinach, roasted eggplant, roasted peppers, roasted tomatoes, provolone and goat cheese, sriracha sauce, baby arugula, on Tuscan flatbread	11.50	PROSCIUTTO AND MOZZARELLA roasted peppers, arugula, olive oil, on an olive roll	11.50
OVEN ROASTED CHICKEN fresh mozzarella, roasted peppers, basil, black olive tapenade, on focaccia	12.95			TUSCAN KALE & AVOCADO 🌱 hummus, cucumber, scallions, on 7-grain bread	11.50

HOT LINE

Served with a choice of two sides

CHICKEN MILANESE 20

MANGIA MEATBALLS 19

BELL & EVANS CHICKEN BREAST 20

GRILLED SALMON 22

GRILLED BRANZINO 22

FILET MIGNON 24

SIDES

Additional side 7.00

SAUTÉED BROCCOLI

BRUSSELS SPROUTS

MASHED POTATOES

WHIPPED CAULIFLOWER

MIXED GREENS SALAD

PASTA

PENNE ALLA VODKA 17

ORECCHIETTE SALSICCIA 18

FETTUCCINE BOLOGNESE 18

SPAGHETTI CACIO E PEPE 17

QUESADILLAS

VEGETARIAN 14.00

CHICKEN OR SHRIMP 16.00

ORGANIC SOURDOUGH PIZZA

\$14

MARGARITA

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	3.50	FRENCH MACARONS	3.00
SIGNATURE COOKIES	2.50	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	3.50	ORGANIC ALMONDS	3.50
CHOCOLATE COVERED ESPRESSO BEANS	3.50	LARGE COOKIE oatmeal & raisin, chocolate chip and flourless chocolate chip	4.50
		SLICE OF CAKE	6.00

BOXED CATERING

BREAKFAST BOX SANDWICH 14.00 includes 1 breakfast sandwich and drink of your choice	LUNCH BOX MARKET BOWL 21.00 includes 1 market bowl, treat, and drink of your choice
BREAKFAST BOX MINI PASTY 14.00 includes 1 mini pastry, yogurt or fruit salad, and drink of your choice	LUNCH BOX SANDWICH 17.00 includes 1 sandwich and side of your choice
BREAKFAST BOX TARTINE 14.00 includes 1 tartine sandwich and drink of your choice	SNACK BOX 14.00 - cookies and fruit - cheese and fruit
LUNCH BOX ENTREE 23.00 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-6PM
DELIVERY: 7AM-5PM

MANGIA 57

50 W57TH STREET
BETWEEN 5TH & 6TH
212.582.5882

MONDAY-FRIDAY
STORE: 7AM-6PM
DELIVERY: 7AM-5PM

MANGIA FLATIRON

22 W23RD STREET
BETWEEN 5TH & 6TH
212.647.0200

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

WEEKEND
ADVANCE NOTICE
CATERING **ONLY**