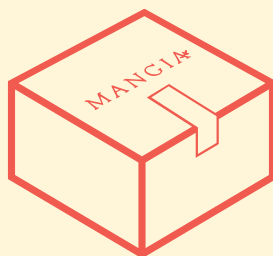


MANGIA

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% Natural

100% Organic

100% Vegan

100% Gluten Free

100% Sugar Free

100% Dairy Free

100% Soy Free

100% Egg Free

100% Nut Free

100% Seed Free

100% Fruit Free

100% Vegetable Free

100% Herb Free

100% Spice Free

100% Acid Free

100% Alkali Free

100% Mineral Free

100% Vitamin Free

100% Enzyme Free

100% Preservative Free

100% Additive Free

100% Contaminant Free

100% Pesticide Free

100% Fertilizer Free

100% Irradiation Free

100% GMO Free

100% Synthetic Free

100% Artificial Free

100% Chemical Free

100% Toxic Free

100% Hazardous Free

100% Corrosive Free

100% Flammable Free

100% Explosive Free

100% Radioactive Free

100% Infectious Free

100% Allergenic Free

100% Pathogenic Free

100% Parasitic Free

100% Fungal Free

100% Bacterial Free

100% Viral Free

100% Prion Free

100% Protein Free

100% Lipid Free

100% Carbohydrate Free

100% Fiber Free

100% Starch Free

100% Sugar Free

HEAVY DUTY

100% Natural

100% Organic

100% Vegan

100% Gluten Free

100% Sugar Free

100% Dairy Free

100% Soy Free

100% Egg Free

100% Nut Free

100% Seed Free

100% Fruit Free

100% Vegetable Free

100% Herb Free

100% Spice Free

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100% Synthetic Free

100% Artificial Free

100% Chemical Free

100% Toxic Free

100% Hazardous Free

100% Corrosive Free

100% Flammable Free

100% Explosive Free

100% Radioactive Free

100% Infectious Free

100% Allergenic Free

100% Pathogenic Free

100% Parasitic Free

100% Fungal Free

100% Bacterial Free

100% Viral Free

100% Prion Free

100% Protein Free

100% Lipid Free

100% Carbohydrate Free

100% Fiber Free

100% Starch Free

100% Sugar Free

Barbi

BREAKFAST BOXES

- ①  +  +  = \$14
BREAKFAST SANDWICH DRINK
- ②  +  +  +  = \$14
MINI PASTRY YOGURT OR FRUIT SALAD DRINK
- ③  +  +  = \$14
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  +  +  = \$18

SANDWICH SIDE

②  +  +  +  = \$24

ENTREE WITH SIDE TREATS DRINK

③  +  +  +  = \$22

MARKET BOWL TREATS DRINK

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 ciabatta roll

TUSCAN KALE ^{veg} & AVOCADO

hummus, cucumber,
scallions, on 7-grain
bread

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

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, grilled chicken, crispy bacon, hard-boiled egg, cherry tomatoes, red onions, blue cheese, avocado. 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, butternut squash, parmigiano and almond flakes, citrus vinaigrette

PEAR TRICOLORE SALAD BOWL 🌱

with radicchio, endive, arugula, sliced pears, fried tofu, roasted walnuts, gluten-free chips, walnut vinaigrette

TREATS

choose from:

FRUIT 🌱

RAW ORGANIC ALMONDS 3 oz

MANGIA COOKIE

SNACK BOXES

\$14

CHEESE & FRUIT

COOKIES & FRUIT



MANGIA

Buon Appetito!
PREPARED WITH
GLOVES AND LOVE

SANPELLEGRINO
SPARKLING WATER
NATURAL MINERAL WATER
ITALY
1.5L (50.7 FL OZ)
8 1551201578

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 Sodium
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
10g Manganese
10g Copper
10g Nickel
10g Boron
10g Vanadium
10g Chromium
10g Molybdenum
10g Cobalt

Salmon
Lemon
Peppers
Cucumbers
Squash
Beans

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 signature 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.