

MANGIA

SINCE 1981

BREAKFAST  
LUNCH  
DINNER  
BOXED CATERING

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M E N U



ORDER ONLINE AT

[WWW.MANGIA.NYC](http://WWW.MANGIA.NYC)

(gf) = gluten-free

 = vegan

(veg) = vegetarian

# BREAKFAST

SERVED UNTIL 10:30AM

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

<b>SCONE</b>	4.50	<b>WILD SMOKED SALMON TARTINE</b>	10.95
<b>CROISSANT</b>	4.50	crème fraîche, tomatoes, onions, capers, dill on 7-grain bread	
<b>MINI BRIOCHE</b>	4.50	<b>STRAPAZZATE PANINI</b>	8.50
<b>FRUIT SALAD</b>	7.50	scrambled eggs, roasted prosciutto, mozzarella on a ciabatta roll	
<i>add mixed berries</i>	9.95		
<b>OATMEAL</b>	6.95	<b>EGG WHITE WRAP</b>	8.50
with banana, raisins and brown sugar		scrambled egg whites, Gruyere cheese on Tuscan flatbread	
<b>BREAD PUDDING</b>	4.00	<b>SIGNATURE AÇAÍ</b>	12.95
<b>OMELET</b>	11.95	raw organic Brazilian açai with coconut flakes, strawberries, banana, gluten-free granola, chia seeds	
Cheddar, spinach, ham, tomato			
<b>CAGE FREE HARD BOILED EGGS</b>	4.00	<b>HOMEMADE OVERNIGHT OATS</b>	5.00
2 pcs		<i>6oz gluten-free</i>	
<b>AVOCADO EGG SALAD TOAST</b>	10.95	strawberry, blueberry, chocolate peanut butter, or mango	
micro greens on a 7-grain bread			
<b>WHITE MOUSTACHE YOGURT CUPS</b>	6.40		
(Greek, Kiss, Sour Cherry)			



# 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

### SWEET KRISTINE

carrot, apple, beet,  
lemon, ginger

### 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 3.50

DOUBLE ESPRESSO 4.50

MACCHIATO 3.75

CAPPUCCINO 4.95 | 5.95

LATTE 4.95 | 5.95

CHAI LATTE 5.25 | 5.95

MATCHA ALMOND 5.50 | 6.50

### MILK LATTE

AMERICANO 4.00 | 5.00

DRIP COFFEE 3.50 | 4.00

COLD BREW 5.50

ICED COFFEE 5.00

ICED LATTE 5.95

HOT TEA 4.00 | 4.50

ICED TEA *mixed berries/black* 4.50

SAN PELLEGRINO 3.25

*aranciata, rossa, limonata, pompelmo*

FIJI *small/large* 3.00 | 5.00

HOMEMADE LEMONADE 5.50

SODAS 2.50

*coke, diet coke, sprite, ginger ale*

POLAND SPRING 1.95

### BEAR'S FRUIT

KOMBUCHA 5.50

# SALAD BOWLS

<b>CAESAR</b>	12.00	<b>PEAR TRICOLORE</b> 🌱	15.00
romaine lettuce, cherry tomatoes, parmigiano, croutons, Caesar dressing <i>add chicken 3.50 add shrimp 4.00</i>		radicchio, endive, arugula, sliced pears, fried tofu, roasted walnuts, gluten-free chips, walnut vinaigrette	
<b>CHICKEN COBB</b>	18.00	<b>TUNA NIÇOISE</b>	18.00
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	
<b>ROASTED TERIYAKI SALMON</b>	19.00	<b>BUTTERMILK FRIED CHICKEN</b>	18.00
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	
<b>BEET SALAD</b>	15.00	<b>SIDE SALAD</b>	7.00
arugula, roasted beets, quinoa, roasted pecans, goat cheese, Dijon mustard vinaigrette		farfalle pasta, mixed greens, Caesar, kale, Greek, caprese	
		<b>CUSTOM SALAD</b>	7.50
		romaine, kale, arugula	

# SANDWICHES

*Also great served hot! Gluten-free flatbread available*

<b>HERB ROASTED CHICKEN</b>	11.50	<b>TUNA MELT</b>	13.95	<b>CAMPO PANINO</b> 🌱	9.50
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	
<b>FILET MIGNON</b>	14.95	<b>TELERA</b>	13.95	<b>RUSTICO PANINO</b>	9.50
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	
<b>SMOKED TURKEY BREAST</b>	11.95	<b>FRENCH HAM &amp; AGED CHEDDAR</b>	11.95	<b>BUTTERMILK FRIED CHICKEN</b>	13.95
cucumber, watercress, herb mayonnaise, on a baguette		cornichons, walnut butter, on a baguette		bacon, tomato, lettuce, chipotle aioli, on brioche roll	
<b>FRESH MOZZARELLA</b>	11.95	<b>ITALIAN HERO</b>	13.50	<b>TUNA SALAD</b>	11.95
tomatoes, basil, black pepper, olive oil drizzle, on ciabatta roll		sopressata, salami, coppa ham, prosciutto, roasted peppers, chipotle aioli, provolone, on ciabatta roll		albacore tuna, romaine, tomatoes, watercress, on whole wheat sourdough bread	
<b>BASIL PARMIGIANO CHICKEN SALAD</b>	11.95	<b>ROASTED VEGETABLES ROLLATINI</b>	11.50	<b>PROSCIUTTO AND MOZZARELLA</b>	12.50
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	
<b>OVEN ROASTED CHICKEN</b>	13.95			<b>TUSCAN KALE &amp; AVOCADO</b> 🌱	11.50
fresh mozzarella, roasted peppers, basil, black olive tapenade, on focaccia				hummus, cucumber, scallions, on 7-grain bread	

# HOT LINE

proteins served with a choice of two sides

**CHICKEN MILANESE** 22

**MANGIA MEATBALLS** 19

**BELL & EVANS CHICKEN BREAST** 22

**GRILLED SALMON** 23

**GRILLED BRANZINO** 24

**FILET MIGNON** 25

## SIDES

*Additional side 7.50*

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** 15.00

**CHICKEN OR SHRIMP** 17.00

## ORGANIC SOURDOUGH PIZZA \$15

*GLUTEN-FREE with cauliflower crust \$17*

### MARGHERITA

fresh mozzarella, Parmigiano-Reggiano, tomato sauce, basil

### VEGETERIANA

Sicilian eggplant, tomato sauce, fresh & smoked mozzarella, Kalamata olives, oregano

### BOSCAIOLA PIZZA

wild 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

<b>POTATO CHIPS</b>	3.50	<b>FRENCH MACARONS</b>	3.00
<b>BROWNIES</b> chocolate, cream cheese	3.50	<b>COCONUT MACAROON</b> 🌱	4.00
<b>SIGNATURE COOKIES</b>	2.50	<b>SLICED LOAVES</b>	3.50
<b>BUNDT CAKE</b>	4.00	<b>FRUIT</b> apple, banana, pear	1.50
<b>SICILIAN ORANGE POUND CAKE</b>	3.50	<b>ORGANIC ALMONDS</b>	4.00
<b>CHOCOLATE COVERED ESPRESSO BEANS</b>	4.00	<b>LARGE COOKIE</b> oatmeal & raisin, chocolate chip and flourless chocolate chip	4.50
<b>MANGIA PROTEIN BARS</b> milk chocolate, vanilla, salted caramel, nuts	3.50	<b>SLICE OF CAKE</b>	6.50
<b>DESSERT CUPS</b> tiramisu, mango strawberry panna cotta, banana pudding, raspberry trifle	5.00	<b>VEGAN COOKIES</b> chunky peanut butter cookie, tahini chocolate chunk cookie ( <i>gluten-free</i> )	3.50
		<b>MANGIA TARTS</b>	7.50

## BOXED CATERING

<b>BREAKFAST BOX SANDWICH</b> 14.00 includes 1 breakfast sandwich and drink of your choice	<b>LUNCH BOX MARKET BOWL</b> 22.00 includes 1 market bowl, treat, and drink of your choice
<b>BREAKFAST BOX MINI PASTY</b> 14.00 includes 1 mini pastry, yogurt or fruit salad, and drink of your choice	<b>LUNCH BOX SANDWICH</b> 18.00 includes 1 sandwich and side of your choice
<b>BREAKFAST BOX TARTINE</b> 14.00 includes 1 tartine sandwich and drink of your choice	<b>SNACK BOX</b> 14.00 - cookies and fruit - cheese and fruit
<b>LUNCH BOX ENTREE</b> 24.00 includes 1 entree, side, treat, and drink of your choice	

## WHERE TO FIND US

### MANGIA MADISON

422 MADISON AVENUE  
BETWEEN 48TH & 49TH

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

### MANGIA 57

57 W57TH STREET  
BETWEEN 5TH & 6TH

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

SATURDAY  
STORE: 8AM-5PM

CATERING ON WEEKENDS  
WITH ADVANCE NOTICE

### MANGIA FLATIRON

22 W23RD STREET  
BETWEEN 5TH & 6TH

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

### MANGIA SOHO

588 BROADWAY  
BETWEEN HOUSTON & PRINCE STR.

MONDAY-FRIDAY  
STORE: 8AM-6PM  
DELIVERY: 8AM-4PM

SATURDAY  
STORE: 10AM-6PM