

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*

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



JUICE BAR

PRESSED JUICES & WELLNESS SHOTS

vegan and gf

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 *gf*

almond milk, banana,
almond butter, chocolate
coconut protein powder,
agave, cinnamon

KETO LOVER *gf*

spinach, almond milk, organic plant
based protein powder, parsley,
raspberry, almond butter

BLUE POWER *gf*

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

CAESAR romaine lettuce, cherry tomatoes, parmigiano, croutons, Caesar dressing <i>add chicken 3.50 add shrimp 4.00</i>	12.00	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	18.00	TUNA NIÇOISE mesclun, cherry tomatoes, haricots verts, boiled fingerling potatoes, hard boiled egg, black olives, seared tuna, black olive tapenade	18.00
ROASTED TERIYAKI SALMON kale, roasted butternut squash, Parmesan cheese, dried cranberries, toasted almonds, citrus vinaigrette	19.00	BUTTERMILK FRIED CHICKEN romaine, avocado, sautéed heirloom tomatoes, red radish, hard boiled egg, honey Dijon vinaigrette	18.00
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	7.50

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	13.95	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	13.95	RUSTICO PANINO ham, Cheddar cheese, tomatoes, mushroom aioli, on pizza Bianca bread	9.50
SMOKED TURKEY BREAST cucumber, watercress, herb mayonnaise, on a baguette	11.95	FRENCH HAM & AGED CHEDDAR cornichons, walnut butter, on a baguette	11.95	BUTTERMILK FRIED CHICKEN bacon, tomato, lettuce, chipotle aioli, on brioche roll	13.95
FRESH MOZZARELLA tomatoes, basil, black pepper, olive oil drizzle, on ciabatta roll	11.95	ITALIAN HERO sopressata, salami, coppa ham, prosciutto, roasted peppers, chipotle aioli, provolone, on ciabatta roll	13.50	TUNA SALAD albacore tuna, romaine, tomatoes, watercress, on whole wheat sourdough bread	11.95
BASIL PARMIGIANO CHICKEN SALAD roasted chicken, pesto dressing, tomatoes, watercress, on baguette	11.95	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	12.50
OVEN ROASTED CHICKEN fresh mozzarella, roasted peppers, basil, black olive tapenade, on focaccia	13.95			TUSCAN KALE & AVOCADO 🌱 hummus, cucumber, scallions, on 7-grain bread	11.50

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

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

BOXED CATERING

BREAKFAST BOX SANDWICH 14.00 includes 1 breakfast sandwich and drink of your choice	LUNCH BOX MARKET BOWL 22.00 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 18.00 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 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