

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

<b>SCONE</b> (veg) 4.50	<b>WILD SMOKED SALMON TARTINE</b> 10.95 crème fraîche, tomatoes, onions, capers, dill on 7-grain bread
<b>CROISSANT</b> (veg) 4.50	
<b>SPECIALTY CROISSANTS</b> (veg) 5.50	
<b>MINI BRIOCHE</b> (veg available) 4.50	<b>STRAPAZZATE PANINI</b> 8.50 scrambled eggs, roasted prosciutto, mozzarella on a ciabatta roll
<b>MIXED FRUIT SALAD</b> 🌱 7.50	
<b>MIXED BERRY FRUIT SALAD</b> 🌱 9.95	<b>EGG WHITE WRAP</b> (veg) 8.50 scrambled egg whites, Gruyere cheese on Tuscan flatbread
<b>OATMEAL</b> (🌱, gf) 6.95 with banana, raisins and brown sugar	
<b>BREAD PUDDING</b> (veg) 4.00	<b>HOMEMADE OVERNIGHT OATS</b> (gf, veg) 5.00 6oz cups strawberry, blueberry, chocolate & peanut butter, or mango
<b>OMELET</b> 11.95 cheddar, spinach, ham, tomato make with egg whites +1.00	
<b>CAGE FREE HARD BOILED EGGS</b> (veg) 4.00 2 pcs	<b>GREEK YOGURT</b> (gf) 6.95 with gluten-free granola and berries
<b>AVOCADO EGG SALAD TOAST</b> (veg) 10.95 micro greens on a 7-grain bread	
<b>WHITE MOUSTACHE YOGURT CUPS</b> (veg) 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 (v, 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 LATTE 5.50 | 6.50

AMERICANO 4.00 | 5.00

DRIP COFFEE 3.50 | 4.00

COLD BREW 5.50

ICED COFFEE 5.00

ICED CAPPUCCINO 5.95

ICED MATCHA LATTE 6.50

ICED LATTE 5.95

HOT TEA 4.00 | 4.50

ICED TEA *mixed berries/black* 4.50

A'SICILIANA 3.25

*aranciata, limonata*

FIJI 3.00 | 5.00

HOMEMADE LEMONADE 5.50

SODAS 2.50

*coke, diet coke, sprite, ginger ale*

POLAND SPRING 1.95

SPARKLING WATER 3.75 | 7.75

KOMBUCHA 5.50

# SALAD BOWLS

## CAESAR

romaine lettuce, cherry tomatoes, parmigiano, croutons, Caesar dressing  
add chicken 3.50 add shrimp 4.00

12.00

## CHICKEN COBB (gf)

mixed kale blend, grilled chicken, crispy bacon, hard boiled egg, cherry tomatoes, red onions, blue cheese, avocado, balsamic vinaigrette

18.00

## ROASTED TERIYAKI SALMON

kale, roasted butternut squash, Parmesan cheese, dried cranberries, toasted almonds, citrus vinaigrette

19.00

## BEET SALAD (gf, veg)

arugula, roasted beets, quinoa, roasted pecans, goat cheese, Dijon mustard vinaigrette

15.00

## SIDE SALAD

farfalle pasta (veg), mixed greens (gf), Caesar (veg), kale (veg, gf), Greek (veg, gf), caprese (veg, gf)

7.00

## PEAR TRICOLORE (gf)

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

15.00

## TUNA NIÇOISE (gf)

mesclun, cherry tomatoes, haricots verts, boiled fingerling potatoes, hard boiled egg, black olives, seared tuna, black olive tapenade

18.00

## BUTTERMILK FRIED CHICKEN

romaine, avocado, sautéed heirloom tomatoes, red radish, hard boiled egg, honey Dijon vinaigrette

18.00

## CUSTOM SALAD

romaine, kale, arugula

7.50

# SANDWICHES

gluten-free wraps available +1.00

## PROSCIUTTO COTTO AL ROSEMARINO

avocado, caramelized onions, mozzarella, black pepper mayonnaise, on a house-made olive roll

14.00

## PROSCIUTTO & MOZZARELLA

roasted peppers, arugula, olive oil, on a house-made olive roll

14.00

## ITALIAN HERO

sopressata, salami, coppa ham, prosciutto, roasted peppers, chipotle aioli, provolone, on a ciabatta roll

13.95

## AVOCADO & GREEN TOMATO (gf)

vegan mozzarella, cucumber, shishito peppers, micro greens, herb aioli, romaine, on Tuscan flatbread

12.50

## HERB ROASTED CHICKEN

romaine, tomatoes, herb mustard, on Tuscan flatbread

12.95

## TUNA SALAD

albacore tuna, romaine, tomatoes, watercress, on whole wheat sourdough bread

12.95

## FRESH MOZZARELLA (veg)

cucumber, red onion, romaine, tomato, avocado, black pepper mayonnaise, on a house-made olive roll

12.95

## SMOKED TURKEY BREAST

cucumber, watercress, herb mayonnaise, on a baguette

12.95

## BASIL PARMIGIANO CHICKEN SALAD

roasted chicken, pesto dressing, tomatoes, watercress, on a baguette

12.95

# OVEN TOASTED SANDWICHES

gluten-free wraps available +1.00

## BEEF SHORT RIBS

avocado, pickles, fried shallots, black pepper mayonnaise, on a brioche roll

14.50

## TELERA

grilled chicken, tomatoes, avocado, pepper jack cheese, chipotle aioli, on a brioche roll

14.50

## ROASTED VEGETABLE ROLLATINI (veg)

sautéed spinach, roasted eggplant, roasted peppers, roasted tomatoes, provolone, goat cheese, sriracha sauce, baby arugula, on Tuscan flatbread

12.50

## CHICKEN MILANESE

provolone, roasted peppers, avocado, red onion, romaine, black pepper mayonnaise, on a ciabatta roll

14.50

## OVEN ROASTED CHICKEN

fresh mozzarella, roasted peppers, basil, black olive tapenade, on house-made focaccia

14.50

## TUNA MELT

Swiss cheese, avocado, tomatoes, red onion, on whole wheat sourdough bread

13.95

## SKIRT STEAK

pepper jack cheese, tomatoes, herb mayonnaise, on a ciabatta roll

14.95

## RUSTICO PANINO

ham, cheddar, tomatoes, mushroom aioli, on house-made focaccia

10.50

# HOT LINE

proteins served with a choice of two sides

## PROTEIN

- CHICKEN MILANESE** 22
- MANGIA MEATBALLS** 19
- BELL & EVANS CHICKEN BREAST** (gf) 22
- GRILLED SALMON** (gf) 23
- GRILLED BRANZINO** (gf) 24
- FILET MIGNON** (gf) 25

## PASTA

- PENNE ALLA VODKA** (veg) 17
- ORECCHIETTE SALSICCIA** 18
- FETTUCINE BOLOGNESE** 18
- SPAGHETTI CACIO E PEPE** (veg) 17

## SIDES

Additional side 7.50

- SAUTÉED BROCCOLI 🌱
- BRUSSELS SPROUTS 🌱
- MASHED POTATOES (veg)
- WHIPPED CAULIFLOWER (veg)
- MIXED GREENS SALAD 🌱

## QUESADILLAS

- VEGETARIAN** 15
- CHICKEN OR SHRIMP** 17

## ORGANIC SOURDOUGH PIZZA 15

9 inch personal pie | add gluten-free cauliflower crust 2.00

### MARGHERITA (veg)

fresh mozzarella, Parmigiano-Reggiano, tomato sauce, basil

### PARMA

prosciutto, Parmigiano-Reggiano, fresh mozzarella, arugula

### VEGETERIANA (veg)

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

### TOSCANO

salami, mozzarella, tomato sauce, onions, jalapeño, olives

### BOSCAIOLA PIZZA (veg)

wild mushrooms, fresh mozzarella, truffle pecorino, pesto sauce

## MANGIA PINSA

### PINSA ROMANA 9.50

mortadella e stracciatella with pistachios

### PINSA VEGETARIANA (veg) 9.50

mozzarella, sun-dried tomato, basil, roasted pepper aioli

### PINSA AL PROSCIUTTO COTTO 9.50

prosciutto cotto al rosmarino, avocado, walnut butter, crushed pistachios

### PINSA CON BURRATA & COPPA HAM 9.50

speck, coppa ham, burrata, arugula, pistachio spread

## SOUPS

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