

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

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

BEEF 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 TOASTED 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

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

*Due to egg prices spike, a 0.50 cents surcharge has been added to relevant products for the time being**

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