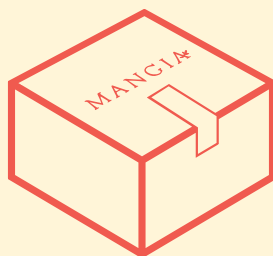


MANGIA

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% Flavor Free

100% Color Free

100% Preservative Free

100% Additive Free

100% Artificial Free

100% Synthetic Free

100% Chemical Free

100% Toxic Free

100% Harmful Free

100% Dangerous Free

100% Poisonous Free

100% Corrosive Free

100% Irritant Free

100% Sensitizer Free

100% Allergen Free

100% Contaminant Free

100% Impurity Free

100% Defect Free

100% Spoilage Free

100% Degradation Free

100% Discoloration Free

100% Odor Free

100% Taste Free

100% Texture Free

100% Appearance Free

100% Quality Free

100% Safety Free

100% Purity Free

100% Cleanliness Free

100% Hygiene Free

100% Health Free

100% Well-being Free

100% Happiness Free

100% Love Free

100% Joy Free

100% Peace Free

HEAVENLY BODIES

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% Flavor Free

100% Color Free

100% Preservative Free

100% Additive Free

100% Artificial Free

100% Synthetic Free

100% Chemical Free

100% Toxic Free

100% Harmful Free

100% Dangerous Free

100% Poisonous Free

100% Corrosive Free

100% Irritant Free

100% Sensitizer Free

100% Allergen Free

100% Contaminant Free

100% Impurity Free

100% Defect Free

100% Spoilage Free

100% Degradation Free

100% Discoloration Free

100% Odor Free

100% Taste Free

100% Texture Free

100% Appearance Free

100% Quality Free

100% Safety Free

100% Purity Free

100% Cleanliness Free

100% Hygiene Free

100% Health Free

100% Well-being Free

100% Happiness Free

100% Love Free

100% Joy Free

100% Peace Free

Barbi

BREAKFAST BOXES

- 1  +  +  = \$16
BREAKFAST SANDWICH DRINK
- 2  +  +  +  = \$16
MINI PASTRY YOGURT OR FRUIT SALAD DRINK
- 3  +  +  = \$16
TARTINE DRINK

BREAKFAST SANDWICHES

choose from:

STRAPAZZATE PANINI

EGGS ON BRIOCHE (veg)

EGG WHITE WRAP (veg)

OPEN-FACE TARTINES

choose from:

AVOCADO & CUCUMBER TOAST 🌱

with tahini, lime juice, red pepper flakes
on toasted 7-grain bread

AVOCADO EGG SALAD TOAST (veg)

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 🌱, gf)

kale, Swiss chard, spinach,
celery, apple, lemon, ginger

FRESHLY SQUEEZED ORANGE JUICE 🌱, gf)

BOXED WATER

CUPS

GREEK YOGURT (veg, gf)

with gluten-free granola
and berries

FRUIT CUP 🌱, gf)

MINI PASTRIES

choose from:

CROISSANT (veg)

BLUEBERRY SCONE (veg)

MANGIA

Buongiorno!
PREPARED WITH
GLOVES AND LOVE



LUNCH BOXES

①  +  +  = \$20

SANDWICH SIDE

②  +  +  +  = \$26

ENTREE WITH SIDE TREATS DRINK

③  +  +  +  = \$24

MARKET BOWL TREATS DRINK

SANDWICHES

choose from:

AVOCADO & GREEN TOMATO 🌱

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

TUNA SALAD

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

ITALIAN HERO

sopressata, salami, coppa ham, prosciutto, roasted peppers, aged balsamic vinegar, provolone, on ciabatta roll

FRESH MOZZARELLA (veg)

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

SMOKED TURKEY BREAST

cucumber, watercress, herb mayonnaise, on pumpnickel bread

HERB ROASTED CHICKEN

watercress, tomato, herb mustard, on Tuscan flatbread

ROASTED VEGETABLE ROLLATINI (veg)

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

SIDES

choose from:

MIXED FIELD GREENS (🌱, gf)

cherry tomatoes, cucumber, olive oil & balsamic vinegar

CAESAR

romaine lettuce, shaved parmigiano, croutons, homemade Caesar dressing

KALE (veg, gf)

butternut squash, dried cranberries, toasted almonds, parmigiano, lemon vinaigrette

ENTREES

choose from:

HERB ROASTED CHICKEN (gf)

GRILLED SALMON (gf)

PENNE ALLA VODKA (veg)

DRINKS

choose from:

COCA COLA

SPARKLING WATER

BOXED WATER

DIET COKE

MANGIA

Buongiorno!
PREPARED WITH
GLOVES AND LOVE



MANGIA
MCHLXXXI

FRESHLY
SQUEEZED
ORANGE
JUICE

MANGIA, 432 MADISON, NY 10017
MADE TODAY, ENJOYED TODAY



M
www.m

MARKET BOWLS

choose from:

CHICKEN COBB SALAD BOWL *(gf)*

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 *(gf)*

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 *(veg)*

SNACK BOXES

\$16

CHEESE & FRUIT *(veg)*

COOKIES & FRUIT *(veg)*



MANGIA

Buon Appetito!
PREPARED WITH
GLOVES AND LOVE



SPARKLING WATER
SANT'ARMINIO
ITALY
1.5L (50.7 FL OZ)
EXP. DATE: 08/2021
LOT: 1578

MANGIA
PROTEIN
ENERGY BITES
Plant-based Protein
No Added Sugar
No Artificial Flavors
No Preservatives
No MSG
No Soy
No Gluten
No Dairy
No Eggs
No Nuts
No Shellfish
No Fish
No Pork
No Beef
No Lamb
No Chicken
No Turkey
No Poultry
No Seafood
No Meat
No Dairy
No Eggs
No Nuts
No Shellfish
No Fish
No Pork
No Beef
No Lamb
No Chicken
No Turkey
No Poultry
No Seafood
No Meat



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 script 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.