MANGIA

SINCE 1981

BREAKFAST
LUNCH
DINNER
BOXED CATERING

MENU

ORDER ONLINE AT **WWW.MANGIA.NYC**

(gf) = gluten-free *= vegan* *(veg) = vegetarian*

BREAKFAST

SERVED UNTIL 10:30AM

SCONE *(veg)* 4.75

CROISSANT *(veg)* 4.95

SPECIALTY CROISSANTS *(veg)* 5.95

MINI BRIOCHE *(veg available)* 4.95

MIXED FRUIT SALAD 7.50

MIXED BERRY FRUIT SALAD 9.95

OATMEAL *(, gf)* 7.50
with banana, raisins and brown sugar

BREAD PUDDING *(veg)* 4.25

OMELET 12.95
cheddar, spinach, ham, tomato
make with egg whites +1.00

CAGE FREE HARD BOILED EGGS *(veg)* 4.50
2 pcs

WHITE MOUSTACHE YOGURT CUPS *(veg)* 6.95
(Greek, Kiss, Sour Cherry)

STRAPAZZATE PANINI 8.95
scrambled eggs, roasted prosciutto, mozzarella on a ciabatta roll

AVOCADO & CUCUMBER TOAST $9.50
tahini, lemon juice, red pepper flakes, salt, and black pepper on multi-seed toast

SWEET & SALTY TOAST *(veg)* $9.50
Neufchatel cheese, fresh figs, honey, and sea salt flakes on rye toast

AVOCADO & EGG TOAST *(veg)* $9.50
hard-boiled egg, micro greens, chia seeds, lemon juice, olive oil, and sea salt flakes on multi-grain toast

SMOKED SALMON TOAST $9.50
Crème fraîche, cucumber, red radish, and chives on sunflower toast

EGG WHITE WRAP *(veg)* 8.95
scrambled egg whites, Gruyere cheese on Tuscan flatbread

HOMEMADE OVERNIGHT OATS *(gf, veg)* 5.50
6oz cups
strawberry, blueberry, chia seed, or mango

GREEK YOGURT *(gf)* 7.95
with gluten-free granola and berries

JUICE BAR

PRESSED JUICES & WELLNESS SHOTS

vegan and gf

10OZ 8.95 | 16OZ 11.95

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 5.50

HOT SHOT 5.50
orange, turmeric, cayenne

DETOX SHOT 5,50
lemon, ginger, cayenne

SUPERFOOD SMOOTHIES

10OZ 8.95 | 16OZ 11.95

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	3.75
DOUBLE ESPRESSO	4.75
MACCHIATO	4.00
CAPPUCCINO	5.25 | 6.25
LATTE	5.25 | 6.25
CHAI LATTE	5.50 | 6.25
MATCHA LATTE	5.75 | 6.75
AMERICANO	4.25 | 5.25
DRIP COFFEE	3.75 | 4.25
COLD BREW	5.75
ICED COFFEE	5.25
ICED CAPPUCCINO	6.25
ICED MATCHA LATTE	6.75
ICED LATTE	6.25
HOT TEA	4.25 | 4.75
ICED TEA *mixed berries/black*	4.75
A'SICILIANA *aranciata, limonata*	3.50
HOMEMADE LEMONADE	5.50
SODAS *coke, diet coke, sprite, ginger ale*	2.75
SPARKLING WATER	3.75 | 7.75
KOMBUCHA	5.95

SALAD BOWLS

CAESAR 12.50
romaine lettuce, cherry tomatoes, parmigiano, croutons, Caesar dressing
add chicken 3.50 add shrimp 4.00

CHICKEN COBB *(gf)* 18.50
mixed kale blend, grilled chicken, crispy bacon, hard boiled egg, cherry tomatoes, red onions, blue cheese, avocado, balsamic vinaigrette

SIDE SALAD 8.00
farfalle pasta *(veg)*, crunchy romaine *(veg, gf)*, Caesar *(veg)*, kale *(veg, gf)*, Greek *(veg, gf)*, caprese *(veg, gf)*

PEAR TRICOLORE 15.50
radicchio, endive, arugula, sliced pears, fried tofu, roasted walnuts, gluten-free chips, walnut vinaigrette

MANGIA CHOPPED SALAD *(gf, veg)* 15.50
radicchio, arugula, endive, chickpeas, roasted tomatoes, pepperoncini, ricotta Salata, pickled onions, green goddess vinaigrette

FARRO TRI-COLORE *(veg)* 15.50
farro, endive, radicchio, arugula, roasted peppers, green olives, parmigiano Reggiano, champagne vinaigrette

ROASTED TERIYAKI SALMON 19.50
kale, roasted butternut squash, Parmesan cheese, dried cranberries, toasted almonds, champagne vinaigrette

SALMON GRAIN BOWL *(gf)* 19.50
grilled salmon, brown rice, arugula, grilled broccoli, pickled carrots, pickled shallots, pickled Fresno peppers, scallions, tahini dressing

TUNA NIÇOISE *(gf)* 18.50
mesclun, cherry tomatoes, haricots verts, boiled fingerling potatoes, hard boiled egg, black olives, seared tuna, black olive tapenade

CUSTOM SALAD 7.75
romaine, kale, arugula

SANDWICHES

gluten-free wraps available +1.00

PROSCIUTTO COTTO 14.50
provolone, cornichons, arugula, mustard, lemon mayonnaise, on a ciabatta roll

AVOCADO & GREEN TOMATO 13.00
vegan mozzarella, cucumber, shishito peppers, micro greens, herb aioli, romaine, on Tuscan flatbread

FRESH MOZZARELLA *(veg)* 13.50
cucumber, romaine, tomato, avocado, black pepper mayonnaise, on a house-made olive roll

PROSCIUTTO & MOZZARELLA 14.50
roasted peppers, arugula, olive oil, on a house-made olive roll

HERB ROASTED CHICKEN 13.50
romaine, tomatoes, herb mustard, on Tuscan flatbread

SMOKED TURKEY BREAST 13.50
cucumber, watercress, herb mayonnaise, on pumpernickel bread

BASIL PARMIGIANO CHICKEN SALAD 13.50
roasted chicken, pesto dressing, tomatoes, watercress, on baguette

ITALIAN HERO 14.50
sopressata, salami, coppa ham, prosciutto, roasted peppers, aged balsamic vinegar, provolone, on a ciabatta roll

TUNA SALAD 13.50
lemon mayonnaise, arugula, sun-dried tomatoes, hard-boiled egg, on baguette

BASIL PARMIGIANO CHICKEN SALAD 13.50
roasted chicken, pesto dressing, tomatoes, watercress, on baguette

SMOKED TURKEY & MANCHEGO 13.50
harissa mayonnaise, roasted peppers, pickled shallots, arugula, on baguette

OVEN TOASTED SANDWICHES

gluten-free wraps available +1.00

CHICKEN MILANESE 15.00
provolone, roasted peppers, avocado, red onion, romaine, black pepper mayonnaise, on a ciabatta roll

SKIRT STEAK 15.50
pepper jack cheese, tomatoes, herb mayonnaise, on a ciabatta roll

TELERA 15.00
grilled chicken, tomatoes, avocado, pepper jack cheese, chipotle aioli, on a telera roll

OVEN ROASTED CHICKEN 15.00
fresh mozzarella, roasted peppers, basil, black olive tapenade, on house-made focaccia

RUSTICO PANINO 11.00
ham, cheddar, tomatoes, mushroom aioli, on house-made focaccia

FILET MIGNON 18.00
arugula, pickled mustard seeds, horseradish crème fraîche on baguette

ROASTED VEGETABLE ROLLATINI *(veg)* 13.00
sautéed spinach, roasted eggplant, roasted peppers, roasted tomatoes, provolone, goat cheese, sriracha sauce, baby arugula, on Tuscan flatbread

TUNA MELT 14.50
Swiss cheese, avocado, tomatoes, lemon mayonnaise, red onion, on whole wheat sourdough bread

HOT LINE

proteins served with a choice of two sides

PROTEIN

CHICKEN MILANESE 23
MANGIA MEATBALLS 20
BELL & EVANS CHICKEN BREAST *(gf)* 23
GRILLED SALMON *(gf)* 24
GRILLED BRANZINO *(gf)* 25
FILET MIGNON *(gf)* 25

PASTA

PENNE ALLA VODKA *(veg)* 18
TROFIE SALSICCIA 21
SLOW BRAISED SHORT RIB RIGATONI 22
FETTUCCINE BOLOGNESE 21
CREAMY PESTO CALAMARATA 22
TUSCAN GRILLED CHICKEN CALAMARATA 22
SPAGHETTI CARBONARA 21

SIDES

Additional side 8.00

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

QUESADILLAS

VEGETARIAN 16
CHICKEN OR SHRIMP 18

ORGANIC SOURDOUGH PIZZA 16

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

TOSCANO
pepperoni, mozzarella, tomato sauce, onions, jalapeño, olives

BOSCAIOLA *(veg)*
wild mushrooms, fresh mozzarella, truffle pecorino, pesto sauce

MEDITERRANEAN *(veg)*
feta, mozzarella, tomato sauce, black olives, cherry tomatoes, red onions, bell peppers, oregano, arugula, black pepper

MANGIA PINSA

ROMANA 9.50
mortadella e stracciatella with pistachios

VEGETARIANA *(veg)* 9.50
mozzarella, sun-dried tomato, basil, roasted pepper aioli

PROSCIUTTO COTTO 9.50
prosciutto cotto al rosemarino, avocado, walnut butter, crushed pistachios

BURRATA 9.50
pesto, mozzarella, parmesan, tomato sauce, basil

SOUPS

16OZ 7.00

SOUP OF THE DAY

SNACKS & DESSERTS

Cakes & pies are baked fresh daily at Mangia Bakery. Please contact our catering department for details

POTATO CHIPS *(gf)* 3.50

BROWNIES *(veg)* 3.75 / 4.00
chocolate, cream cheese

SIGNATURE COOKIES *(veg)* 2.75

BUNDT CAKE *(veg)* 4.25

SICILIAN ORANGE POUND CAKE *(veg)* 3.75

CHOCOLATE COVERED ESPRESSO BEANS *(gf, veg)* 4.50

DESSERT CUPS *(veg)* 5.95
tiramisu, mango strawberry panna cotta, banana pudding, raspberry trifle

FRENCH MACARONS *(gf, veg)* 3.50

COCONUT MACAROON *(veg)* 4.25

SLICED LOAVES *(veg)* 3.75

FRUIT apple, banana, pear 2.00

ORGANIC ALMONDS *(gf)* 4.25

LARGE COOKIE *(veg)* 5.00
oatmeal & raisin, chocolate chip and flourless chocolate chip

SLICE OF CAKE *(veg)* 7.00

VEGAN COOKIES 4.00
chunky peanut butter cookie, tahini chocolate chunk cookie *(gf)*

MANGIA TARTS *(veg)* 8.00

BOXED CATERING

BREAKFAST BOX SANDWICH 16.00
includes 1 breakfast sandwich and drink of your choice

BREAKFAST BOX MINI PASTY 16.00
includes 1 mini pastry, yogurt or fruit salad, and drink of your choice

BREAKFAST BOX TARTINE 16.00
includes 1 tartine sandwich and drink of your choice

LUNCH BOX ENTREE 26.00
includes 1 entree, side, treat, and drink of your choice

LUNCH BOX MARKET BOWL 24.00
includes 1 market bowl, treat, and drink of your choice

LUNCH BOX SANDWICH 20.00
includes 1 sandwich and side of your choice

SNACK BOX 16.00
- cookies and fruit
- cheese and fruit

WHERE TO FIND US

MANGIA MADISON

422 MADISON AVENUE
BETWEEN 48TH & 49TH

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

MANGIA 57

MANGIA 57
57WEST 57TH STREET
CORNER OF 57TH & 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–4PM
DELIVERY 7AM–5PM

MANGIA SOHO

588 BROADWAY
BETWEEN HOUSTON & PRINCE STR.

MONDAY–FRIDAY
STORE: 8AM–6PM
DELIVERY: 7AM–5PM

SATURDAY
STORE: 10AM–6PM

212.582.5882 // CATERING@MANGIA.NYC // @MANGIA_NYC_OFFICIAL