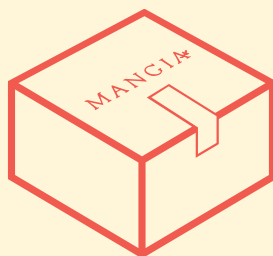


MANGIA

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% Pure and Natural

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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, lemon juice, red pepper flakes, salt, and black pepper on multi-seed toast

SWEET & SALTY TOAST (veg)

with Neufchatel cheese, fresh figs, honey, and sea salt flakes on rye toast

AVOCADO & EGG TOAST (veg)

with hard-boiled egg, micro greens, chia seeds, lemon juice, olive oil, and sea salt flakes on multi-grain toast

SMOKED SALMON TOAST

with crème fraîche, cucumber, red radish, and chives on sunflower toast

DRINKS

choose from:

SKINNY GREENS 🌱, gf)

kale, spinach, pineapple, mint, hint of jalapeño

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)

BUTTERMILK RAISIN 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

TURKEY BREAST

cucumber, watercress, herb mayonnaise, on pumpkinnickel 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:

CRUNCHY ROMAINE 🌱, (gf)

romaine hearts, watermelon radish, red quinoa, agave dressing

CAESAR

romaine lettuce, shaved parmigiano, croutons, homemade Caesar dressing

KALE (veg, gf)

butternut squash, dried cranberries, toasted almonds, parmigiano, champagne 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



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, champagne 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
100% NATURAL
1.5L (50.7 FL OZ)
EXP. DATE: 08/2021
LOT: 15712018

MANGIA
PROTEIN
ENERGY BITES
Plant-based Protein
10g Protein
10g Carbs
10g Fiber
10g Fat
10g Sugar
10g Salt
10g Calcium
10g Iron
10g Zinc
10g Magnesium
10g Potassium
10g Sodium
10g Phosphorus
10g Selenium
10g Manganese
10g Copper
10g Nickel
10g Boron
10g Vanadium
10g Chromium
10g Molybdenum
10g Cobalt
10g Iodine
10g Fluorine
10g Bismuth
10g Antimony
10g Tellurium
10g Barium
10g Strontium
10g Zirconium
10g Niobium
10g Molybdenum
10g Technetium
10g Ruthenium
10g Rhodium
10g Palladium
10g Silver
10g Cadmium
10g Indium
10g Tin
10g Lead
10g Bismuth
10g Polonium
10g Astatine
10g Francium
10g Radium
10g Actinium
10g Thorium
10g Protactinium
10g Uranium
10g Neptunium
10g Plutonium
10g Americium
10k Curium
10g Californium
10g Einsteinium
10g Fermium
10g Mendelevium
10g Nobelium
10g Lawrencium
10g Rutherfordium
10g Dubnium
10g Seaborgium
10g Bohrium
10g Hassium
10g Meitnerium
10g Darmstadtium
10g Roentgenium
10g Copernicium
10g Nihonium
10g Flerovium
10g Tennessine
10g Oganesson



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.