

# 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)                                                                             | 4.75  | <b>AVOCADO &amp; CUCUMBER TOAST</b> 🌱                                                                       | \$9.50 |
| <b>CROISSANT</b> (veg)                                                                         | 4.95  | tahini, lemon juice, red pepper flakes, salt, and black pepper on multi-seed toast                          |        |
| <b>SPECIALTY CROISSANTS</b> (veg)                                                              | 5.95  |                                                                                                             |        |
| <b>MINI BRIOCHE</b> (veg available)                                                            | 4.95  | <b>SWEET &amp; SALTY TOAST</b> (veg)                                                                        | \$9.50 |
| <b>MIXED FRUIT SALAD</b> 🌱                                                                     | 7.50  | Neufchatel cheese, fresh figs, honey, and sea salt flakes on rye toast                                      |        |
| <b>MIXED BERRY FRUIT SALAD</b> 🌱                                                               | 9.95  | <b>AVOCADO &amp; EGG TOAST</b> (veg)                                                                        | \$9.50 |
| <b>OATMEAL</b> (🌱, gf)<br>with banana, raisins and brown sugar                                 | 7.50  | hard-boiled egg, micro greens, chia seeds, lemon juice, olive oil, and sea salt flakes on multi-grain toast |        |
| <b>BREAD PUDDING</b> (veg)                                                                     | 4.25  | <b>SMOKED SALMON TOAST</b>                                                                                  | \$9.50 |
| <b>OMELET</b><br>cheddar, spinach, ham, tomato<br><i>make with egg whites +1.00</i>            | 12.95 | Crème fraîche, cucumber, red radish, and chives on sunflower toast                                          |        |
| <b>CAGE FREE HARD BOILED EGGS</b> (veg)<br>2 pcs                                               | 4.50  | <b>EGG WHITE WRAP</b> (veg)                                                                                 | 8.95   |
| <b>WHITE MOUSTACHE YOGURT CUPS</b> (veg)<br>(Greek, Kiss, Sour Cherry)                         | 6.95  | scrambled egg whites, Gruyere cheese on Tuscan flatbread                                                    |        |
| <b>STRAPAZZATE PANINI</b><br>scrambled eggs, roasted prosciutto, mozzarella on a ciabatta roll | 8.95  | <b>HOMEMADE OVERNIGHT OATS</b> (gf, veg)                                                                    | 5.50   |
|                                                                                                |       | 6oz cups<br>strawberry, blueberry, chia seed, or mango                                                      |        |
|                                                                                                |       | <b>GREEK YOGURT</b> (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 (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** 3.75

**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** 3.50

*aranciata, limonata*

**HOMEMADE LEMONADE** 5.50

**SODAS** 2.75

*coke, diet coke, sprite, ginger ale*

**SPARKLING WATER** 3.75 | 7.75

**KOMBUCHA** 5.95

# SALAD BOWLS

## CAESAR

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

12.50

## CHICKEN COBB (gf)

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

18.50

## SIDE SALAD

farfalle pasta (veg), crunchy romaine (gf), Caesar (veg), kale (veg, gf), Greek (veg, gf), caprese (veg, gf)

8.00

## PEAR TRICOLORE

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

15.50

## MANGIA CHOPPED SALAD (gf, veg)

radicchio, arugula, endive, chickpeas, roasted tomatoes, pepperoncini, ricotta Salata, pickled onions, green goddess vinaigrette

15.50

## FARRO TRI-COLORE (veg)

farro, endive, radicchio, arugula, roasted peppers, green olives, parmigiano Reggiano, champagne vinaigrette

15.50

## ROASTED TERIYAKI SALMON

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

19.50

## SALMON GRAIN BOWL (gf)

grilled salmon, brown rice, arugula, grilled broccoli, pickled carrots, pickled shallots, pickled Fresno peppers, scallions, tahini dressing

19.50

## TUNA NIÇOISE (gf)

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

18.50

## CUSTOM SALAD

romaine, kale, arugula

7.75

# SANDWICHES

gluten-free wraps available +1.00

## PROSCIUTTO COTTO

provolone, cornichons, arugula, mustard, lemon mayonnaise, on a ciabatta roll

14.50

## AVOCADO & GREEN TOMATO (gf)

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

13.00

## FRESH MOZZARELLA (veg)

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

13.50

## PROSCIUTTO & MOZZARELLA

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

14.50

## HERB ROASTED CHICKEN

romaine, tomatoes, herb mustard, on Tuscan flatbread

13.50

## SMOKED TURKEY BREAST

cucumber, watercress, herb mayonnaise, on pumpernickel bread

13.50

## BASIL PARMIGIANO CHICKEN SALAD

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

13.50

## ITALIAN HERO

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

14.50

## TUNA SALAD

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

13.50

## BASIL PARMIGIANO CHICKEN SALAD

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

13.50

## SMOKED TURKEY & MANCHEGO

harissa mayonnaise, roasted peppers, pickled shallots, arugula, on baguette

13.50

# OVEN TOASTED SANDWICHES

gluten-free wraps available +1.00

## CHICKEN MILANESE

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

15.00

## SKIRT STEAK

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

15.50

## TELERA

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

15.00

## OVEN ROASTED CHICKEN

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

15.00

## RUSTICO PANINO

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

11.00

## FILET MIGNON

arugula, pickled mustard seeds, horseradish crème fraîche on baguette

18.00

## ROASTED VEGETABLE ROLLATINI (veg)

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

13.00

## TUNA MELT

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

14.50

# 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 rosmarino, 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

|                                                                                                          |             |                                                                                               |      |
|----------------------------------------------------------------------------------------------------------|-------------|-----------------------------------------------------------------------------------------------|------|
| <b>POTATO CHIPS</b> (vegf, gf)                                                                           | 3.50        | <b>COCONUT MACAROON</b> (veg)                                                                 | 4.25 |
| <b>BROWNIES</b> (veg)<br>chocolate, cream cheese                                                         | 3.75 / 4.00 | <b>SLICED LOAVES</b> (veg)                                                                    | 3.75 |
| <b>SIGNATURE COOKIES</b> (veg)                                                                           | 2.75        | <b>FRUIT</b> apple, banana, pear                                                              | 2.00 |
| <b>BUNDT CAKE</b> (veg)                                                                                  | 4.25        | <b>ORGANIC ALMONDS</b> (vegf, gf)                                                             | 4.25 |
| <b>SICILIAN ORANGE POUND CAKE</b> (veg)                                                                  | 3.75        | <b>LARGE COOKIE</b> (veg)<br>oatmeal & raisin, chocolate chip<br>and flourless chocolate chip | 5.00 |
| <b>CHOCOLATE COVERED ESPRESSO BEANS</b> (gfi, veg)                                                       | 4.50        | <b>SLICE OF CAKE</b> (veg)                                                                    | 7.00 |
| <b>DESSERT CUPS</b> (veg)<br>tiramisu, mango strawberry panna cotta,<br>banana pudding, raspberry trifle | 5.95        | <b>VEGAN COOKIES</b><br>chunky peanut butter cookie,<br>tahini chocolate chunk cookie (gfi)   | 4.00 |
| <b>FRENCH MACARONS</b> (gfi, veg)                                                                        | 3.50        | <b>MANGIA TARTS</b> (veg)                                                                     | 8.00 |

## BOXED CATERING

|                                                                                                               |       |                                                                                            |       |
|---------------------------------------------------------------------------------------------------------------|-------|--------------------------------------------------------------------------------------------|-------|
| <b>BREAKFAST BOX SANDWICH</b><br>includes 1 breakfast sandwich<br>and drink of your choice                    | 16.00 | <b>LUNCH BOX MARKET BOWL</b><br>includes 1 market bowl, treat,<br>and drink of your choice | 24.00 |
| <b>BREAKFAST BOX MINI PASTY</b><br>includes 1 mini pastry, yogurt or<br>fruit salad, and drink of your choice | 16.00 | <b>LUNCH BOX SANDWICH</b><br>includes 1 sandwich and<br>side of your choice                | 20.00 |
| <b>BREAKFAST BOX TARTINE</b><br>includes 1 tartine sandwich<br>and drink of your choice                       | 16.00 | <b>SNACK BOX</b><br>- cookies and fruit<br>- cheese and fruit                              | 16.00 |
| <b>LUNCH BOX ENTREE</b><br>includes 1 entree, side, treat,<br>and drink of your choice                        | 26.00 |                                                                                            |       |

## 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

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