

MANGIA 
MCMLXXXI

BREAKFAST
LUNCH
& DINNER

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MENU
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ORDER ONLINE AT WWW.MANGIA.NYC

JUICE BAR

16 OZ | 8.95

PRESSED JUICE

GREEN GODDESS

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

SKINNY GREENS

kale, spinach, pineapple, mint, hint of jalapeño

WATERMELON

watermelon, lime, mint

SWEET KRISTINE

carrot, apple, beet, lemon, ginger

IMMUNE BOOSTER

carrot, beet, banana, ginger, garlic, bee pollen

SMOOTHIES

AÇAÍ

açaí, roasted apples, raspberry, watermelon, strawberry

MINT

spinach, mint, banana, almond milk, almond butter, vanilla coconut protein powder, coconut oil

WILD BERRY

strawberry, blueberry, raspberry, frozen coconut purée, watermelon

ALMOND

almond milk, banana, almond butter, chocolate, coconut protein powder, agave, cinnamon

MANGO

mango, banana, passion fruit, ginger, coconut milk

MIGHTY QUEEN

banana, kale, spinach, coconut water, coconut meat

LA COLOMBE COFFEE, TEA AND SOFT DRINKS

12OZ / 16OZ

COFFEE

Espresso	2.50
Double Espresso	3.50
Macchiato	2.50
Cappuccino	3.50/4.50
Latte	3.50/4.50
Matcha almond milk latte	4.50/5.50
Americano	2.50/4.25
Drip coffee	2.50/2.95
Iced coffee	3.00
Iced latte	4.00

extra espresso shot, add 1.50
non dairy soy or almond milk, add 1.00

HOT TEA

2.00/2.50

Earl Grey, English breakfast, herbal lemon, green, chamomile, mint

ICED TEA

3.25

black, green lemon ginger, mixed berry

HOMEMADE LEMONADE

4.00

FRESHLY SQUEEZED ORANGE JUICE

6.50

SOFT DRINKS

1.75

Coke, Diet Coke, ginger ale, Sprite

BREAKFAST

BAGEL 2.95
choice of butter, cream cheese or jam

WILD SMOKED SALMON BAGEL 8.95
whipped cream cheese

EGG SALAD SANDWICH 5.50
cage-free eggs from upstate Maple Meadow Farm on 7-grain bread

OVER EASY EGG PANINI 5.50
roasted prosciutto, provolone, English muffin

STRAPAZZATE PANINI 6.50
scrambled eggs, roasted prosciutto, mozzarella on ciabatta

MAKE YOUR OWN BREAKFAST SANDWICH 6.50
choice of egg, cheese, protein, Tuscan flat bread or brioche roll substitute egg white, add 1.00

BREAKFAST AMERICANO 5.00
scrambled eggs and roasted potatoes *add sausage or bacon 2.50*

MADE TO ORDER OMELET 8.50
choose up to four ingredients:
Vegetables: tomatoes, spinach, peppers, mushrooms, onions

Cheese: cheddar, swiss, goat cheese, feta cheese

Protein: ham, bacon, prosciutto

Substitute egg white, add 1.00

PASTRIES & DESSERTS

PASTRIES

BLUEBERRY MUFFIN 2.95
CARROT MUFFIN 2.95
BLUEBERRY SCONE 2.95
BUTTERMILK SCONE 2.95
CROISSANT 2.95
BREAD PUDDING 2.95

DESSERTS

baked on premises daily

LARGE COOKIE 2.95
dark chocolate chip, oatmeal raisin

FRENCH MACARON 2.50
matcha green tea, pistachio, lemon, raspberry, coffee

SIGNATURE COOKIES 1.95
chocolate macaron, chocolate bomba, strawberry almond rounds, marzipan triangles, hazelnut fig cookie

BROWNIES 2.00
classic chocolate, chocolate cream cheese

BISCOTTI 1.95
chocolate hazelnut, vanilla hazelnut

LOAVES 2.95
carrot, chocolate, banana/walnut

GRAINS & FRUITS

PARFAIT 5.50
gluten-free granola, Greek yogurt, wild berries
Substitute coconut yogurt add 1.00

COCONUT YOGURT 5.00
blueberry chia or mango
(vegan, dairy free)

OATMEAL water based - topping: 5.50
milk, soy milk, almond milk, raisins, brown sugar, berries, banana.
Substitute almond or soy milk add 1.00

CHIA SEED PUDDING 5.50
coconut milk, seasonal fruits

FRUIT SALAD 5.50

SALADS

CAESAR	10.00	CHICKEN COBB	15.00
romaine lettuce, parmigiano, croutons, caesar dressing <i>poached shrimp add 3.50 or chicken add 2.50</i>		mixed kale blend, grilled chicken, crispy bacon, hard boiled egg, grape tomatoes, red onion, blue cheese, avocado, balsamic vinaigrette	
TUNA NIÇOISE	15.00	PEAR TRICOLORE	12.00
mesclun, grape tomatoes, haricots verts, roasted fingerling potatoes, hard boiled egg, black olives, seared tuna, balsamic vinaigrette		radicchio, endive, arugula, sliced pears, goat cheese, caramelized walnuts, focaccia crisps, walnut vinaigrette	
BEET SALAD	12.00		
arugula, roasted beets, quinoa, roasted pecans, goat cheese, Dijon mustard vinaigrette			

Available after 5pm

CAESAR	10.00
TUNA NIÇOISE	15.00
PEAR TRICOLORE	12.00
<i>grilled shrimp add 5.50 or breast of chicken add 4.50</i>	

MAKE YOUR OWN

BASE SALAD	6.50	CHEESE	1.50
kale, mesclun, romaine, spinach, arugula <i>quinoa or wild rice add 1</i>		blue cheese, feta, goat cheese, mozzarella, parmigiano	
VEGETABLE & FRUIT	1.00 - 1.50	PROTEIN	1.50 - 4.00
apple, artichoke hearts, asparagus, avocado, beets, bell peppers, broccoli, carrots, celery, dried cranberry, cucumber, haricots verts, olives, orange, roasted shiitake mushrooms, white mushrooms, raisins, red onion, roasted peppers, sweet potato, grape tomatoes, roasted brussels sprouts, roasted eggplant, sundried tomatoes		hardboiled eggs, egg whites, crispy bacon, grilled chicken, chicken nuggets, grilled tuna, flank steak, shrimp, salmon	
NUTS & GRAINS	1.00	DRESSING	
almonds, spiced walnuts, sunflower seeds, spicy pumpkin seeds, chickpeas, corn, edamame beans, lentils, croutons		extra virgin olive oil & balsamic vinegar, balsamic vinaigrette, citrus vinaigrette, herb vinaigrette, creamy Dijon, tzatziki, caesar, ranch	

Available until 5.30 pm

SOUPS

12oz 5.50 | 16oz 6.50

CHICKEN NOODLE

homemade chicken and vegetable soup with noodles

TOMATO

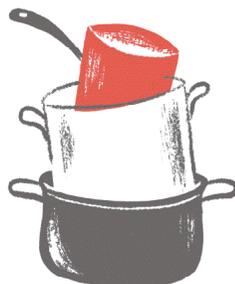
vegetarian tomato soup with roasted eggplant and parmigiano cheese

GAZPACHO

available seasonally

DAILY SOUP

please see our daily specials menu





SANDWICHES



made fresh on local artisan breads

ROASTED VEGETABLES	9.50	SMOKED TURKEY BREAST	8.95
peppers, eggplant, zucchini, tomato, artichoke hearts, black olive tapenade on Tuscan flat bread		cucumber, watercress, herb mayonnaise on black bread	
EGG SALAD	8.50	WOOD SMOKED HAM & BRIE	8.95
cage-free eggs from upstate Maple Meadow Farm on 7-grain roll		tomatoes, watercress, lemon mayonnaise on black bread	
FRESH MOZZARELLA	8.95	FRENCH HAM & AGED CHEDDAR	8.95
tomatoes, basil, black pepper, olive oil drizzle on ciabatta bread		fresh sliced apple, walnut butter, on grilled country bread	
TUNA SALAD	8.95	PROSCIUTTO & FRESH MOZZARELLA	10.25
albacore tuna, romaine lettuce, tomatoes, watercress on whole wheat sourdough bread		roasted pepper, arugula on country bread	
WILD SMOKED SALMON	12.00	ITALIAN HERO	11.25
wild smoked salmon, cucumber, romaine lettuce, horseradish cream, cream cheese on black bread		sopressata, salami, coppa ham, chipotle aioli, prosciutto, roasted peppers, provolone on a baguette	
HERB ROASTED CHICKEN	8.50	SALTIMBOCCA	9.95
watercress, tomatoes, herb mustard on Tuscan flat bread		grilled chicken breast, prosciutto, fontina, sage, basil pesto on ciabatta bread	
LEMON CHICKEN SALAD	8.50	ROAST BEEF	9.95
tomatoes, chopped romaine lettuce on baguette		lettuce, tomato, onions, mayonnaise, Dijon mustard on multigrain roll	
BASIL PARMIGIANO CHICKEN SALAD	8.50	FILET MIGNON	12.50
roasted chicken, pesto dressing, watercress, tomatoes on baguette		baby arugula, blue cheese aioli, sea salt, black pepper, butter on ciabatta bread	
ROASTED TURKEY BREAST	8.50		
cranberry chutney, romaine lettuce, black pepper mayonnaise on a brioche roll			

Available until 5.30 pm

HOT SANDWICHES

made fresh on local artisan breads

Available until 5.30 pm

TUNA MELT	11.25	CHICKEN PARMESAN	9.95
Swiss cheese, avocado, tomatoes, red onions on toasted whole wheat bread		provolone, tomato sauce on ciabatta bread	
TELERA	11.25	GRILLED FLANK STEAK	11.25
grilled chicken, tomatoes, avocado, pepper Jack cheese, chipotle aioli on telera bread		mozzarella, avocado, tomatoes, red onion, chipotle aioli on rosemary ciabatta	
BUTTERMILK CHICKEN	11.25		
bacon, tomato, lettuce, chipotle aioli on multigrain roll			

After 5 pm

TELERA OR TUNA MELT
with French fries 14.00

PANINI

made fresh on local artisan breads

CAMPO	7.25	SOPRESSATTA	7.25
with roasted fennel, asparagus, spinach, black pepper mayonnaise, herb mayonnaise on pizza bianca bread		with smoked mozzarella, grilled eggplant, arugula, balsamic glaze and black pepper mayonnaise on whole wheat pizza bianca bread	
CONTADINO	7.25	FRESH MOZZARELLA	7.25
with fresh mozzarella, sautéed rapine, roasted eggplant, shiitake mushrooms, black olive tapenade on whole wheat pizza bianca bread		with tomatoes, basil, olive oil on ciabatta	
CUBANO	7.25	HARRISA CHICKEN	7.25
with Cuban style slow roasted pork, ham, Swiss cheese, pickles, romaine, mustard on pizza bianca bread		with grilled chicken, caramelized onions, romaine, chipotle aioli on walnut raisin bread	
MORTADELLA	7.25	SALAMI	7.25
with provolone, mayonnaise on whole wheat pizza bianca bread		with mozzarella, roasted peppers, arugula on a baguette	
PORCHETTA	7.25	SMOKED TURKEY	7.25
with Italian cured roast pork, fontina cheese, baby kale, tomato, chipotle aioli on whole wheat bianca bread		with cucumber, watercress, herb mayonnaise on a pretzel bun	
RUSTICO	7.25	CHICKEN CAESAR WRAP	6.95
with ham, fontina cheese, tomatoes, mushroom aioli on pizza bianca bread		with grilled chicken, lettuce, tomatoes, parmigiano cheese, caesar dressing, Tuscan flat bread	
SOLE	7.25		
with mozzarella, sundried tomatoes, basil on pizza bianca bread			

Available until 5.30 pm

PASTA

SPAGHETTI ALLA CHITARRA	14
shrimp, zucchini, cherry tomatoes, baby arugula	
PENNE ALLA VODKA	13
mushrooms, asparagus, broccoli, vodka sauce	
ORECCHIETTE SALSICCIA	12
sweet Italian sausage, broccoli, pecorino, crushed red peppers	
FETTUCINE BOLOGNESE	12
beef bolognese sauce	

BRICK OVEN PIZZA

MARGHERITA	10
tomato sauce, mozzarella, basil, shaved parmigiano	
PEPPERONI	10
tomato sauce, mozzarella	
PARMA	10
prosciutto, arugulam, shaved parmigiano	
VEGETARIANA	10
tomato sauce, zucchini, mushrooms, eggplant, mozzarella, cherry tomatoes	

INDIVIDUAL BOXES

served in a craft paper box or terra cotta box

BREAKFAST BOX	12.50	DESSERT BOX	16
miniature breakfast pastries, a pot of jam, a wedge of cheese & fresh fruit		selection of Mangia's house made cookies, ask about our holiday themed boxes	
LUNCH BOX	16	CUSTOM PICNIC BOX	
- full size sandwich, mixed greens, piece of fruit or signature cookie		perfect for travel or for just meeting at the park	
- small sandwich, mixed greens, choice of one side, piece of fruit or signature cookie		contact us for more information	

HOT LINE

Served with choice of two sides hot or cold

BELL & EVANS CHICKEN BREAST	16				
CHICKEN MILANESE	16				
GRILLED SALMON	18	TUNA	18	BRANZINO	18
SHRIMP SKEWERS	17				
MEATBALLS WITH MARINARA SAUCE	14				
MIGNON WITH PEPPERCORN SAUCE	19				

HOT SIDES

<i>Additional side</i>	6.00
ASPARAGUS	Add 2.00
BRUSSELS SPROUTS	
WHIPPED CAULIFLOWER	
SAUTÉED BROCCOLI	
MASHED POTATOES	
ROASTED FINGERLING POTATOES	
STEAMED VEGETABLES	
FRENCH FRIES	

QUESADILLAS

VEGETARIAN	11.00
mushroom, spinach, onions, corn, red peppers, pepper jack cheese	
CHICKEN	13.00
corn, red peppers, onions, pepper jack cheese	
STEAK	13.00
red peppers, onions, pepper jack cheese	

COLD SIDES

<i>Additional side</i>	6.00
MIXED FIELD GREENS	
cherry tomatoes, cucumber, creamy Dijon vinaigrette	
CAESAR	
romaine lettuce, shaved parmigiano, croutons, homemade caesar dressing	
KALE	
roasted pumpkin, dried cranberries, toasted almonds, parmigiano, lemon vinaigrette	
GREEK SALAD	
romaine, tomatoes, peppers, feta, black olives, red wine vinaigrette	
ROASTED VEGETABLES	
extra virgin olive oil	
QUINOA	
seasonal mix of vegetables and herbs	
CAPRESE	
mozzarella bocconcini, cherry tomatoes, fresh basil	
FARFALLE	
pesto & pine nuts, parmigiano	
ORECCHIETTE	
shiitake mushrooms, wilted spinach, pecorino, extra virgin olive oil	
MEZZE RIGATONI	
tomato sauce, ricotta salata, fresh basil	
FUSILLI	
roasted vegetables, parmesan cheese and extra virgin olive oil	

OPEN-FACE TARTINES

All prices 7.95

AVOCADO AND CUCUMBER TOAST
with tahini, lime juice, red pepper flakes on
toasted 7-grain bread

SWEET AND SALTY TOAST
with Neufchatel cheese, figs, honey, sea salt
flakes, on toasted walnut cranberry bread

AVOCADO AND EGG TOAST
with hard boiled egg, micro greens,
chia seeds, lemon juice, olive oil on
toasted 7-grain bread

WILD SMOKED SALMON TOAST
with crème fraîche, cucumber, red radish,
chives on toasted 7 grain bread

PASSIONATE ABOUT FOOD

A family business opened in 1981, Mangia transformed the New York lunch scene by being one of the first to offer fresh, artisanal ingredients and a farm-to-table menu comprised of rustic, delicious Italian fare. Today we continue with the same passion for gourmet food, artfully presented, by preserving our beloved Mangia classics as well as creating exciting, new seasonal recipes. Most of all, we take great pride that whether you're joining us for a quick lunch or catering a large event, our food is always crafted in house and our bread is baked fresh daily.

"You are what you Mangia."



SASHA MUNIAK, FOUNDER

MANGIA MADISON

422 MADISON AVENUE
BETWEEN 48TH & 49TH
212.644.0422

MONDAY-THURSDAY
STORE 7AM-7PM
DELIVERY 7AM-9PM

FRIDAY
STORE 7AM-7PM
DELIVERY 7AM-6PM

MANGIA 57

50 W57TH STREET
BETWEEN 5TH & 6TH
212.582.5882

MONDAY-THURSDAY
STORE 7AM-7PM
DELIVERY 7AM-9PM

FRIDAY
STORE 7AM-7PM
DELIVERY 7AM-6PM

SATURDAY
STORE 7AM-6PM
DELIVERY 9AM-3PM

MANGIA FLATIRON

22 W23RD STREET
BETWEEN 5TH & 6TH
212.647.0200

MONDAY-FRIDAY
STORE 7AM-6PM
DELIVERY 7AM-6PM