

MANGIA 
MCMLXXXI

BREAKFAST
LUNCH
& DINNER

=====
MENU
=====



ORDER ONLINE AT WWW.MANGIA.NYC

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

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

10OZ / 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	2.00/2.50
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 2.50
choice of butter, cream cheese or jam

SMOKED SALMON BAGEL 6.95
cream cheese, red onion, dill, capers

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

FICELLE 4.50
with butter and brie cheese

FICELLE 4.50
with butter, smoked ham and hardboiled egg

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
dark chocolate chip, oatmeal raisin

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

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

BROWNIES
classic chocolate, chocolate cream cheese

BISCOTTI
chocolate hazelnut, vanilla hazelnut

LOAVES
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: 4.50
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 | 16oz 6

CHICKEN NOODLE

homemade chicken and vegetable soup with noodles

TOMATO

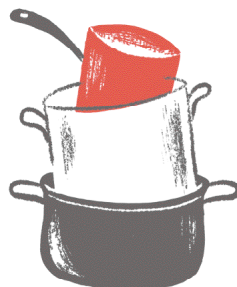
vegetarian tomato soup with roasted eggplant and parmigiano cheese

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	8.50
peppers, eggplant, zucchini, tomato, artichoke hearts, kale, black olive tapenade on Tuscan flat bread		cucumber, watercress, herb mayonnaise on black bread	
EGG SALAD	8.50	WOOD SMOKED HAM & BRIE	8.50
cage-free eggs from upstate Maple Meadow Farm on 7-grain bread		tomatoes, watercress, lemon mayonnaise on a baguette	
FRESH MOZZARELLA	8.50	FRENCH HAM & AGED CHEDDAR	8.50
tomatoes, basil, black pepper, olive oil drizzle on ciabatta bread		fresh sliced apple, walnut butter, on grilled country bread	
TUNA SALAD	8.50	PROSCIUTTO & FRESH MOZZARELLA	10.00
albacore tuna, romaine lettuce, tomatoes, watercress on whole wheat sourdough bread		roasted pepper, arugula on country bread	
SMOKED SALMON	11.00	ITALIAN HERO	11.00
Norwegian smoked salmon, cucumber, romaine, 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	9.50
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	9.50
tomatoes, chopped romaine on Tuscan flat bread		lettuce, tomato, onions, mayonnaise, Dijon mustard on rye bread	
BASIL PARMIGIANO CHICKEN SALAD	8.50	FILET MIGNON	11.50
roasted chicken, pesto dressing, watercress, tomatoes on a baguette		caramelized onion, roasted tomatoes, black pepper mayonnaise on a baguette	
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	10.95	CHICKEN PARMESAN	9.95
with Swiss cheese, avocado, tomatoes, red onions on toasted rye bread		provolone, tomato sauce on ciabatta bread	
TELERA	10.95	GRILLED FLANK STEAK	10.95
with grilled chicken, tomatoes, avocado, pepper Jack cheese, chipotle aioli on telera bread		mozzarella, avocado, tomatoes, red onion, chipotle aioli on rosemary ciabatta	
CHICKEN PESTO	9.95		
with roasted tomatoes, pesto, parmigiano on rosemary focaccia			

After 5 pm

TELERA OR TUNA MELT
with French fries 14.00

PANINI

made fresh on local artisan breads

CAMPO	6.95	SOPRESSATTA	6.95
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	6.95	FRESH MOZZARELLA	6.95
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	6.95	HARRISA CHICKEN	6.95
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	6.95	SALAMI	6.95
with provolone, mayonnaise on whole wheat pizza bianca bread		with mozzarella, roasted peppers, arugula on a baguette	
PORCHETTA	6.95	SMOKED TURKEY	6.95
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	6.95	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	6.95		
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 - full size sandwich, mixed greens, piece of fruit or signature cookie - small sandwich, mixed greens, choice of one side, piece of fruit or signature cookie	CUSTOM PICNIC BOX	
		perfect for travel or for just meeting at the park contact us for more information	

HOT LINE

Served with choice of two sides hot or cold

MAINS

BELL & EVANS CHICKEN BREAST 16

CHICKEN MILANESE 16

GRILLED SALMON 18 **TUNA** 18 **BRANZINO** 18

SHRIMP SKEWERS 17

MEATBALLS WITH MARINARA SAUCE 14

FILET MIGNON WITH PEPPERCORN SAUCE 19

HOT SIDES

Additional side 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

Additional side 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