

MANGIA

MCMLXXXI

Specials for Wednesday, February 08, 2012

22 W 23 Street

ANTIPASTI INSALATE

Grilled Salmon
over mesclun,
with barley
\$14.95

Mesclun Salad
with hearts of
palm, artichokes,
asparagus &
parmesan, in
herbvinaigrette
\$9.95

SOUP

Potato Cheddar

Lentil

**Chicken
Vegetable**

**Vegetarian
Tomato**
with eggplant &
parmesan

\$5 / \$6

ENTREE A LA MINUTE

Grilled Salmon with dill butter
Cumin Rubbed Grilled Chicken with
tandoori sauce

Grilled Rib Eye Steak with red wine &
shallot sauce
served with accompaniment of tuscan oven
fries & steamed cauliflower & broccoli
\$15

Salmon Cake
with dijon wine sauce, served with rice pilaf &
tomato zucchini saute
\$14

Orecchiette Pasta
with sausage & broccoli rabe
\$13

JUICE

Immune Booster
carrot, beet, banana, ginger &
garlic
Blueberry Blast
orange, banana, blueberry, maple
syrup & wheat germ
\$5.5 / \$6.5

PIZZA/PANINI

BBQ Chicken Pizza
bel paese & bbq sauce, on
thin crust
\$9.50

Smoked Turkey Panini
with cucumbers,
watercress & herb
mayonnaise, on pretzel
roll
\$6.25

SANDWICHES

Braised Beef Short Rib Hot Sandwich
with caramelized onions & horseradish cream, on ciabatta \$9.95

Grilled Chicken
with mozzarella, artichokes, peppers & olive oil, on 7 grain \$9.95



SIDES

Quiche with broccoli, mushrooms & swiss cheese \$ 5

Shells with roasted brussel sprouts, butternut squash & pecorino

Poached Red Potatoes with dill, scallions, celery & dijon vinaigrette

Barley with red peppers, fennel, capers, lemon, basil & olive oil

Roasted Brussel Sprouts with balsamic glaze, roasted shallots & toasted
walnuts \$ 4.5

DESSERTS

individual 3" cake \$6 / per slice \$4.95

Carrot Cake Flan Napolitano

Crème Brulee Tart

Buddy Fruits –four flavors: orange, apple, pomegranate & accai ,
raspberry , only 95 calories of pure fruit & nothing else
\$1.49

DINNER

serving at 3 pm

Seafood Risotto
with clams, calamari & shrimp
\$13.95

Seared Salmon Burger
with saffron aioli, avocado, tomatoes & alfalfa
sprouts, served with potato salad
\$13.95

Lamb Stew
with carrots, potatoes & green peas, served with
grilled polenta
\$14.50

Nicoise Salad
with tuna, haricot vert, olives, peppers, hard
boiled egg, potatoes & onions, in nicoise
dressing
\$12.00

Tiramisu **Crème Brulee**
\$4.50



For deliveries please call 212.647.0200

www.mangiatogo.com