

# MANGINA

MCMLXXXI

50 W 57th 212-582-5882  
16 E 48th 212-754-7600  
22 W 23rd 212-647-0200



FALL 2011

## BREAKFAST

Breakfast Platter (served hot) \$6.25  
Scrambled eggs, sausage or bacon,  
home fries & roll with butter

Omelettes Made to Order \$5.95  
Made from three eggs with up to four items  
Cheeses: american, cheddar, swiss  
Vegetables: tomatoes, peppers, mushrooms,  
spinach, scallions  
Meat: ham, bacon, prosciutto

Oatmeal \$3.95  
With milk & brown sugar or honey (seasonal)

Bagel \$1.50  
Plain • with cream cheese • with butter

Granola \$4.50  
With low fat yogurt & mixed berries or rasins &  
dried cranberries

Pancakes \$6.95  
Old fashioned pancakes, served with orange zest &  
maple syrup  
add \$2.00 for bacon or sausage

French Toast \$6.95  
Freshly baked brioche, served with fresh fruit &  
maple syrup  
add \$2.00 for bacon or sausage

Fruit Salad \$4.50

## PASTRY

Muffins \$2.50  
Blueberry • Carrot • Apple crumb

Scones \$2.50  
Blueberry • Cranberry

Danish \$3.00  
Cheese • Raisin

Croissant \$2.50  
Plain • Almond

Peach Frangipane \$2.50

Apple Turnover \$2.50

Apple Tart \$2.50

Bread pudding \$2.75

Breakfast Pastry Special from \$2.50

## BREAKFAST PANINI

Over Easy Egg Sandwich \$4.50  
Roasted prosciutto & provolone on English muffin

Strapazzate \$5.50  
Scrambled eggs, roasted prosciutto & mozzarella on  
ciabatta

Smoked Salmon on bagel \$6.95  
With cream cheese, dill & capers

Ham & Gruyere (melted) \$4.50  
On croissant

Egg Salad \$4.95  
On 7-grain bread

Ficelle \$3.95  
French ham, cheddar & butter  
Sliced egg, ham & butter

French Ham \$3.50  
With butter on roll

## PANINI

Mozzarella & Tomato Basil, on pepper brioche roll	\$3.00
Prosciutto Cotto Fontina cheese, on pepper bioche roll	\$3.00
Basil Chicken Salad Tomatoes, on pepper brioche roll	\$3.00
Tuna Salad Tomatoes, on pepper broiche roll	\$3.00
Feta Cheese Red onions, tomatoes, cucumbers, romain, lettuce, herb vinaigrette, on olive pocket bread	\$4.25
Fresh Mozzarella Tomatoes, basil, black pepper, olive oil, on focaccia roll	\$5.95
Prosciutto Crudo Mozzarella, olive oil, on foccacia roll	\$5.95
Salami Provolone, roasted peppers, on baguette	\$5.95
Smoked Turkey Cucumber, watercress, herb mayonnaise, on ciabatta	\$4.95
Vegetable Rollatine grilled eggplant, goat cheese, provolone, spinach, roasted tomatoes, chili paste, on Tuscan flat bread	\$5.95

## PRESSED PANINI

Strada Smoked ham, swiss cheese & arugula, on pizza bianca	\$4.95
Sole Mozzarella cheese, sun dried tomatoes & basil, on pizza bianca	\$4.95
Campo Roasted fennel, asparagus, spinach, herb mayonnaise, on pizza bianca	\$4.95
Rustico Ham, fontina cheese, tomatoes & mushroom aioli, on pizza bianca	\$5.95
Mortadella Provolone cheese & roasted red peppers, on rosemary ciabatta	\$5.95

## MANGIA ROLLS

Roasted eggplant, zucchini, peppers & brie cheese	\$6.95
Prosciutto cotto & swiss cheese	\$6.95
Prosciutto crudo, arugula, tomato, mozzarella & balsamic glaze	\$6.95
Chicken milanese with radicchio, avocado & mayonnaise	\$6.95

## NEW YORK'S BEST

Corned Beef Brisket Sliced thin, served with dijon mustard, on rye bread	\$10.75
Pastrami Hand cut lean pastrami, served with dijon mustard, on rye bread	\$10.75
BBQ Pulled Pork Served with cole slaw, on telera bread	\$10.75
Fried Chicken Served with green leaf lettuce, tomato & mayonnaise, on roll	\$10.75
Pulled Turkey Club Served with bacon, lettuce & tomatoes, on pullman bread	\$10.75

## SANDWICHES

Simply Vegetables \$7.50  
Lettuce, cucumbers, avocado, sprouts & non-fat yogurt, on 7-grain bread

Chloe's Choice \$7.50  
Goat cheese, thinly sliced julienne beets & aged balsamic vinaigrette, on raisin walnut baguette

Roasted Vegetables \$7.50  
Grilled eggplant, roasted peppers, zucchini, artichokes & black olive tapenade on pizza bianca

Fresh Mozzarella and Roasted Tomatoes \$7.50  
Arugula, chopped basil, cracked black pepper & olive oil on country bread

White Tuna \$8.50  
Mixed with carrots, dill & mayonnaise, lettuce, tomatoes & watercress on sourdough whole wheat bread

Smoked Salmon \$10.25  
Cucumbers, romaine & horseradish cream on black bread

Herb Roasted Grilled Breast of Chicken \$8.50  
Tomatoes, watercress & herb mustard on tuscan flat bread

Basil Parmesan Chicken Salad \$8.50  
Tomatoes & arugula on baguette

Prosciutto Crudo & Fresh Mozzarella \$8.95  
Roasted peppers & arugula on country bread

Wood Smoked Ham and Brie \$8.25  
Tomatoes, watercress & lemon mayonnaise on black bread

French Ham and Aged Cheddar \$7.95  
Fresh apples & walnut butter on grilled country bread

Smoked Breast of Turkey \$7.95  
Cucumbers, watercress & herb mayonnaise on black bread

Roasted Fresh Breast of Turkey \$7.25  
Fruit chutney & black pepper mayonnaise on brioche roll

Italian Hero \$9.50  
Salami, coppa ham, prosciutto, provolone cheese, roasted pepper, chopped romaine & chipotle aioli on baguette

Grilled Filet Mignon \$11.95  
Caramelized onions, roasted tomatoes & black pepper mayo on baguette

Roast Beef \$9.25  
Tomatoes, onions, romaine, Dijon mustard & lemon mayonnaise on rye

Portobello Mushroom \$7.50  
Mozzarella, sun dried tomatoes, herb mayo, on ciabata roll

## HOT SANDWICHES

Grilled Chicken Telera \$8.95  
Tomatoes, avocado, pepper jack cheese & chipotle aioli on telera bread

Tuna Melt \$8.95  
Gruyere, avocado, tomatoes & red onions on toasted rye bread

Grilled Flank Steak \$9.50  
Mozzarella, avocado, tomatoes, red onions & chipotle aioli on rosemary ciabatta

Chicken Parmesan \$8.50  
Provolone & marinara sauce on round ciabatta

## SOUPS

	Large 12oz.	Medium 16oz.
Vegetarian Tomato Soup	\$4.95	\$5.95
Chicken Soup	\$4.95	\$5.95

Please check our daily specials.

## SALADS

Shrimp or Chicken Caesar \$9.95  
Romaine lettuce, croutons, cherry tomatoes,  
parmesan & caesar dressing

Capri \$8.95  
Arugula, crispy calamari, roasted peppers, cherry  
tomatoes & herb vinaigrette

Steak Salad \$10.95  
Arugula, grilled steak, snow peas, carrots, roasted  
peanuts & asian dressing

Chef's Salad \$10.95  
Mixed greens, ham, turkey, swiss, hard boiled egg,  
tomatoes, cucumbers, olives & creamy dijon  
vinaigrette

Spinach Salad \$7.95  
Bacon, hard boiled egg, crispy shallots & balsamic  
dressing

Southern Comfort \$8.95  
Romaine lettuce, crispy chicken, tomatoes, corn,  
caramelized onions & blue cheese dressing

Tangiers \$8.95  
Spinach, spicy grilled chicken, chickpeas, oranges,  
caramelized onions & citrus vinaigrette

Bistro \$8.95  
Frisée, goat cheese, french lentils, haricot vert,  
peppers & herb vinaigrette

Westport \$8.95  
Mesclun, brie, wine roasted grapes, spiced walnuts,  
crouton & herb vinaigrette

Mediterranean Greek \$8.95  
Mesclun, feta cheese, black olives, tomato, red  
onion, red bell pepper & red wine vinaigrette  
dressing

Spinach & Apple \$10.95  
Manchago cheese, thin sliced green apples, toasted  
walnuts & lemon vinaigrette

Pear Tricolore \$9.95  
Radicchio, endive & arugula with crusted chevre,  
caramelized walnuts & vinaigrette

## MADE TO MEASURE

### BASE SALAD

Mesclun Romaine  
Spinach Arugula Frisée

\$5.50

### VEGETABLE & GRAIN

Artichokes	Avocado	Beets
Carrots	Celery	Corn
Cherry Tomatoes	Chick Peas	Lentil
Cucumbers	Egg	
Fried Shallot	Green Peas	
Haricot Vert	Mushrooms	
Scallions	Sliced Red Onions	
Red Peppers	Roasted Pepper	
Olives	Snow Peas	
Sun Dried Tomatoes	Asparagus	
Sprouts	Caramelized Onions	

### CHEESE

Goat Cheese	Feta	Brie
Cheddar	Blue Cheese	
Parmesan	Mozzarella	

### FRUIT & NUTS

Dried Cherries	Dried Cranberries
Grapes	Olives
Oranges	Pecan
Peanuts	Raisin
Sesame Seed	Spiced Walnuts
Toasted Almonds	Croutons
Sunflower seeds	

### MEAT & FISH

Bacon	Beef
Crispy Chicken	Calamari
Grilled Chicken	Shrimp
Tuna Salad	Grilled Tuna
Turkey	Tofu

(from \$0.75 to \$2.50 each)

### DRESSING

Caesar	Blue Cheese	Sherry
Vinaigrette	House (creamy dijon)	
Balsamic Vinaigrette	Citrus Vinaigrette	
Asian Sesame	Red Wine Vinaigrette	
Low Fat Dill- Yogurt	Herb	
Balsamic Vinegar	Olive Oil	

## ENTRÉE

Served at Room Temperature:

Grilled Norwegian Salmon on greens	\$14.95
Grilled Tuna on greens	\$15.95
Grilled Shrimp on greens	\$14.95
Chicken Milanese on greens	\$13.95
Lemon Grilled Chicken on greens	\$12.95
Sesame Chicken Salad on greens	\$12.95

With your choice of one of the sides:

### SIDES \$4.50

Sauteed Brussel	Sprout
Grilled Asparagus	Wild Rice Salad
Mixed Green Salad	Steamed Vegetables
Potato Asiago	Roasted Vegetables
Mesclun Salad	Mezzi Rigatoni
White Tuna Salad	Wheatberry Salad
Caesar Salad	White Bean Salad
Tuscan	Basil Chicken Salad
Tomato & Mozzarella Salad	
Sesame Chicken Salad	

Also see our daily specials.

## A' LA MINUTE

Batter Fried Chicken Breast	\$11.95
10oz. Mangia Burger kaiser roll, pickles, tomato, lettuces, cheddar, swiss, provolone or blue cheese	\$10.95
French Fries	\$4.50
Quesadilla	
Steak, corn, red peppers, onions, pepper jack cheese	\$ 9.95
Chicken, corn, red peppers, onions, pepper jack cheese	\$ 8.95
Spinach ,wild mushroom, pepper jack cheese	\$ 8.50
Quiche	\$4.95

Please see our daily specials

## PASTA

Penne Arrabiata with olive oil, tomato, garlic & crushed red pepper	\$12.50
Spaghetti Pomodoro with tomato & basil	\$12.50
Rigatoni with Veal ragu' & Italian sausage	\$12.95
Cheese & Spinach Ravioli In light tomato cream sauce	\$13.50

## PIZZA thin crust

Margharita Tomato sauce, mozzarella	\$9.50
Quatro Formagii Mozzarella, blue cheese, bel paese cheese, fontina & fresh thyme	\$9.50
Wild Mushroom Pesto, taleggio & bel paese cheese	\$9.50
Pepperoni Pepperoni, mozzarella & provolone	\$9.50
BBQ Chicken grilled chicken, bbq sauce & bel paese cheese	\$9.50

## FRESH JUICES

seasonal fruits & vegetable

### JUICES

#### Greens

Kale, Swiss Chard, Celery  
Spinach, Apple, Lemon, Ginger

#### Mood Changer

Kale, Apple, Lemon, Ginge

#### Cleansing Cocktail \$7.50

Carrot, Apple, Celery, Beet,  
Wheat Grass

#### Sweet Kristine

Carrot, Apple, Beet, Lemon,  
Ginger

#### Popeye Power

Parsley, Carrot, Spinach

#### Immune Booster

Carrot, Beet, Banana,  
Ginger, Garlic

10oz. \$5.50    16oz. \$6.50

Custom made juices are available upon request.

Shot of wheat grass \$2.00

	10oz.	16oz.
Orange Juice	\$4.50	\$5.50
Sweet Organic Carrot	\$4.25	\$5.95
House Made Iced Tea	\$2.75	
House Made Lemonade	\$2.95	
Pellegrino, Panna		from \$5.00
Sodas & Specialty Sodas		from \$1.50

### SMOOTHIES

#### Blueberry Blast

Orange, Banana, Blueberry,  
Maple Syrup, Wheat Germ

#### Runner Delite

Mango, Chia Seeds, Yogurt,  
Blue Agave

#### Mixed Berry \$7.50

Blueberry, Raspberries,  
Apple. Honey

#### Hydro-Tonic

Strawberry, Watermelon,  
Ginger, Lime, Mint

#### Tropical Rush

Grapefruit, Green Apple,  
Orange, Lemon,

#### Energizer

Orange, Banana,  
Strawberry  
Low-Fat Granola  
Golden Raisins  
Wheat Germ

## COFFEE & TEA

### La Colombe Organic Rainforest Coffee Alliance

	Small 10oz.	Medium 16oz.	Large 20oz.	Iced Large 16oz.	Iced X-Large 20oz.
Brewed Coffee	\$1.75	\$2.05	\$2.40	\$2.75	\$3.50
Cafe au Lait	\$2.00	\$2.50	\$2.90		
Cappuccino	\$2.75	\$3.75	\$4.25	\$3.75	
Cafe Americano	\$2.25	\$3.50	\$4.25	\$3.50	
Cafe Latte	\$2.75	\$3.75	\$4.25	\$3.75	
Mochaccino	\$2.95	\$3.95		\$3.95	
Cafe Machiatto	\$2.90				
Hot Tea	\$1.75	\$2.25	\$2.75	\$2.75	\$3.50
Hot Chocolate	\$2.50	\$3.50			
Hot Cider	\$2.50	\$3.50			
Espresso	\$2.25				
Double Espresso	\$3.50				

## MANGIA BAKERY

### CAKES

#### BANANA

Moist banana sponge in a delicate caramel butter cream, garnished with a pinch of coarse sea salt.

#### CHOCOLATE GANACHE

Layers of moist chocolate sponge and chocolate ganache with a chocolate ganache icing.

#### LEMON MERINGUE

Layers of Italian sponge, lemon curd and whipped cream. Wrapped in blankets of toasted meringue.

#### RED VELVET

Rich in color our red velvet is made with a touch of buttermilk. Its perfectly balanced texture is complemented by a velvety vanilla infused cream cheese icing.

#### SPICY CARROT

Made with apple sauce, subtle notes of cinnamon, ginger, nutmeg and allspice with an orange zest cream cheese icing.

#### STRAWBERRY SHORTCAKE

A summer time favorite, perfect any time of the year. Made with layers of delicate vanilla sponge, freshly sliced strawberries and a sweetened whipped cream. Light and refreshing.

serving 1-2

serving 3-4

serving 5-8



\$6 (3")

\$12 (4")

\$32 (7")

We are happy to honor your special requests. Upon special order all of our cakes can be made available in any size from 8" to a full sheet.

#### CHEESECAKES \$38 (7")

Mangia Signature Citrus Raspberry

#### TARTS \$4.50 (4") \$48 (10")

Berry Crumb Creme Brulee  
Lemon Strawberry

### COOKIES

Large Mangia Classic Cookies \$2.50

Triple Chocolate Chunk  
Oatmeal Raisin  
Macademia White Chocolate  
Peanut Butter

Mangia Signature Cookies from \$1.50

Strawberry almond thumbprint  
Chocolate macaroon  
Peanut butter button  
Almond meringue  
Chocolate bomba  
Linzer cookie

French Macaroon \$2.25

Chocolate Lemon  
Pistachio Raspberry

Brownies \$3.00

Mangia classic brownie  
Chocolate cream cheese

Biscotti \$1.95

Chocolate hazelnut  
Cranberry pistachio  
Cappuccino

Sweet Bars \$2.00

Lemon  
Chocolate espresso

Cupcakes \$2.50

Also see our daily specials from \$4.50

All prices subject to change without notice.