

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, onions	
Meats: ham, bacon, prosciutto	
Oatmeal (seasonal)	\$3.95
With milk & brown sugar or honey	
Granola	\$4.50
With low fat yogurt & mixed strawberries or raisins & dried cranberries	
Stonyfield Yogurt	\$2.00
All natural & fat free in a variety of flavors	
Fruit Salad	\$4.50

PASTRY

Muffins	\$2.50
Blueberry apple walnut • peach mascarpone cheese • morning glory	
Scones	\$2.50
Buttermilk golden raisin • blueberry	
Danish	\$3.00
A variety including cheese & fruit preserves	
Croissant	\$2.50
Chocolate Croissants	\$3.00
Bagel \$1.00	with spreads from \$1.25
Breakfast Pastry Special	from \$2.50
Coffee Cake Special	from \$2.75
Bread pudding	\$2.75

BREAKFAST PANINI

Over Easy Egg Sandwich	\$4.50
Roasted prosciutto, provolone on English muffin	
Strapazzate	\$4.95
Scrambled eggs, roasted prosciutto, mozzarella on ciabatta	
Smoked Salmon	on bagel \$5.95, on small bagel \$4.95
With cream cheese, tomato and red onion	
Ham & Gruyere	\$4.50
On croissant (melted)	
Egg Salad	\$3.95
On 7-grain bread	
Ficelle	\$3.95
French ham, cheddar & butter, sliced egg, ham & butter	
French Ham	\$3.50
With butter on roll	

COFFEE & TEA

LaColombe Organic Rainforest Coffee Alliance

	Small 10oz.	Large 16oz.	Iced 16oz.
Filter Brewed Coffee	1.65	1.95	2.75
Cafe au Lait	2.00	2.50	
Espresso single or double	2.25	3.50	3.50
Cappuccino	2.75	3.75	3.75
Cafe Americano	2.25	3.50	3.50
Cafe Latte	2.75	3.75	3.75
Mochaccino	2.95	3.95	3.95
Cafe Machiatto	2.90		
Tea & Herbal Tea		2.75	
Hot Chocolate (seasonal)	2.50	3.50	
Hot Cider (seasonal)	2.50	3.50	

FRESH JUICES

seasonal fruits & vegetables

Customize your own or choose from our suggestions

FRESHLY MADE JUICES **10oz. \$4.50 / 16oz. \$5.50**
ORANGE, CARROT, CANTALOUPE, WATERMELON, TANGERINE

FRUIT GRANITAS 16oz. \$5.50

Banana Passion

with passion fruit,
low fat yogurt and honey

Strawberry Banana

with skim milk, coconut,
milk and honey

Mango Lassi

with skim milk, low fat
yogurt and honey

TONICS 10oz. \$4.50 / 16oz. \$5.50

Morning Tonics

High in vitamin c, b-complex
and bioflavonoid

- grapefruit/ apple
- grapefruit/ lemon/ strawberry
- apple/ lemon/ ginger

Toxin Cleansers

To eliminate toxins

- carrot/ cucumber/ beet
- apple/ celery/ cucumber/ parsley
- beet/ cabbage/ carrot/ cucumber/
apple/ spinach

Energy Builders

Iron, vitamin c and b-complex

- apple/ spinach/ carrot/ alfalfa sprouts
- orange/ grapefruit/ carrot/ lemon/ ginger
- beet/ carrot/ rosemary/ broccoli

Immune Fighters

Vitamin a and c

- apple/ grape/ lemon
- carrot/ celery/ garlic/ parsley
- orange/ grapefruit/ carrot/ lemon/ ginger

Anti-Aging

Vitamin e and beta carotene

- pineapple/ cucumber/ apple
- spinach/ asparagus/ carrot
- carrot/ cantaloupe

YOGURT DRINKS & LASSIS

Add to any fruit combination.

\$5.50

COLD BEVERAGES

House Brewed Iced Tea	\$2.75
A refreshing blend of herbal & black teas	
Home Made Lemonade	\$2.95
Imported Waters - Pellegrino, Panna	
Sodas & Specialty Sodas	from \$1.50

SWEETS

Mangia Classic Cookies	\$2.50
Triple Chocolate Chunk • Oatmeal Raisin • White Chocolate Macademia • Peanut Butter	
Signature Cookies	from \$1.25
chocolate macaroon • strawberry almond thumbprint • orange mocha pinwheel • pistachio sandwich cookie • chocolate bomba chocolate shortbread • fruit shortbread	
Biscotti	\$0.75
Chocolate hazelnut • cranberry pistachio • cappuccino	
Sweet Bars	\$1.75
Lemon • chocolate espresso • pecan	
Brownies	\$2.00
Chocolate walnut • chocolate cream cheese	
Fresh Fruit Tart	\$3.25 / \$5.00
Cup Cakes	\$1.25 / \$2.50
Mangia's Special Desserts	from \$3.25

BAKERY

An abundance of cakes available daily. Baked to order on premises with 24hr notice

LAYERS CAKES

7" \$32 / 10" \$42

Vanilla Dulce De Leche	Strawberry Short Cake	Berry Short Cake
Carrot Cake	White Chocolate Passion Fruit	Tiramisu
Strawberry Banana	Cocount Diplomat	Cannoli

CHOCOLATE LAYER CAKES

7" \$32 / 10" \$42

Chocolate Dulce De Leche	Mocha Rum	German
Chocolate Strawberry Short Cake	Truffle	Black Forest

CHEESECAKES

7" \$22 / 10" \$32

New York	Fresh Fruit	Chocolate	Raspberry
Strawberry	Apple Brulee		

PIES 11" \$22

Apple Cinnamon	Apple Raisin	Blueberry Cheese
Cherry	Pecan	

TARTS 11" \$22

Fruit & Berry	Creme Brulee	Milk Chocolate Pistachio	Tiramisu
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MINI CAKES AVAILABLE in 3" size \$4.95

CUSTOM & SPECIALTY FULL & HALF SHEET CAKES for special occasions
Please ask representative for details.

PANINI

Mozzarella & Tomato	\$2.50
Basil, pepper brioche roll	
Ham	\$2.50
Tomatoes, pepper bioche roll	
Basil Chicken Salad	\$2.50
Tomatoes, pepper brioche roll	
Tuna Salad	\$2.50
Tomatoes, pepper brioche roll	
Egg Salad	\$3.95
On 7-grain bread	
Feta Cheese	\$3.95
Red onions, tomatoes, cucumber, romain lettuce, herbed vinaigrette, olive rosemary roll	
White Bean Puree	\$4.25
Avocado, tomatoes, sprouts, pita bread	
Fresh Mozzarella	\$4.50
Tomatoes, basil, black peppers, olive oil, focaccia roll	
Prosciutto	\$5.95
Mozzarella, tomatoes, watercress, olive oil, foccacia roll	
Ham & Brie	\$5.95
Tomatoes, watercress, baguette	
Salami	\$5.95
Mozzarella cheese,roasted peppers, arugula, baguette	
Smoked Turkey	\$4.25
Cucumber, watercress, herb mayonnaise, ciabatta	
Vegetable Rollatine	\$5.95
Eggplant, goat cheese, provolone, roasted tomatoes, chili paste, Tuscan flat bread	

PRESSED PANINI

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

SOUPS

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

Also see our daily specials.

ENTREES

Served at Room Temperature with a side of your choice:

Grilled Norwegian Salmon	\$12.95
Grilled Tuna	\$12.95
Grilled Shrimp	\$13.95
Filet Mignon	\$13.95
Chicken Milanese	\$11.95
Lemon Grilled Chicken on greens	\$12.95
Sesame Chicken Salad on greens	\$12.95

SIDES \$4.50

Cream of Spinach *	Sauteed Broccoli *	Mashed Potatoes *
Sauteed Brussel Sprouts	Grilled Asparagus	Sweet Potatoes *
Mixed Green Salad	Steamed Vegetables	French Fries *
Mesclun Salad	White Tuna Salad	Roasted Vegetables
Caesar Salad	Sesame Chicken Salad	Basil Chicken Salad
Tomato & Mozzarella Salad	Tuscan White Bean Salad	Potato Asiago
Wheatberry Salad	Wild Rice Salad	Mezzi Rigatoni

* hot sides

PIATTI PICCOLI \$5.95 SMALL PLATE MEAL

Mozzarella	Harissa Chicken	Brie & Fruit
Hummus	Prosciutto & Honeydew	Tofu
Tuna Salad		

A' LA MINUTE

Batter Fried Chicken Breast	\$ 9.50
Burger	\$ 9.75
kaiser roll, pickles, tomato, lettuce, cheddar, swiss, provolone or blue cheese	
French fries	\$ 2.00
Penne Arrabiata	\$12.50
with olive oil, tomato, garlic & crushed red pepper	
Spaghetti Pomodoro	\$12.50
with tomato & basil	
Rigatoni	\$12.95
Veal ragu' & Italian sausage	
Cheese & Spinach Ravioli	\$13.50
light tomato cream sauce	

Also see our daily specials.

PIZZA

thin crust

Margharita	\$7.50
Fresh tomatoes, parmesan, bel paese cheese, marinara sauce	
Wild Mushroom	\$7.50
Pesto, taleggio, bel paese cheese	
Pepperoni	\$7.50
Soppressata, pepperoni, salami, roasted peppers, black olives, ricotta & parmesan	
Roasted Vegetables	\$7.50
Eggplant, artichokes, tomatoes, goat cheese, mozzarella, marinara	

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, roasted peanuts & ginger 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, croutons & herb vinaigrette	
Mediterranean Greek Salad	\$ 8.95
Mesclun, feta cheese, black olives, tomato, red onion, red bell pepper & balsamic dressing	

MADE to MEASURE

BASE SALAD \$4.50

Mesclun Romaine Spinach Arugula Frisée

VEGETABLE AND GRAIN

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

CHEESE

Goat Cheese	Feta	Brie	Cheddar
Blue Cheese	Parmesan	Mozzarella	

FRUIT & NUTS

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

MEAT & FISH

Bacon	Beef	Calamari	Crispy Chicken
Grilled Chicken	Shrimp	Tuna Salad	Grilled Tuna
Fresh Turkey	Spicy Chicken	Tofu	Ham
		Smoked Turkey	

(from \$0.75 to \$2.50 each)

DRESSING

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

SANDWICHES

Simply Vegetables	\$ 7.25
Lettuce, cucumbers, avocado, sprouts, non-fat yogurt, on 7-grain bread	
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 and olive oil on country bread	
White Tuna	\$ 7.95
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	\$ 7.95
Tomatoes, watercress and herb mustard on tuscan flat bread	
Basil Parmesan Chicken Salad	\$ 7.95
Tomatoes, arugula on baguette	
Prosciutto & 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	\$ 8.95
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	\$ 8.25
Tomatoes, onions, romaine, Dijon mustard & lemon mayonnaise on rye	

HOT SANDWICHES

Grilled Chicken Telera	\$ 8.95
Tomatoes, avocado, pepper jack cheese, tomatoes & chipotle aioli on telera bread	
Tuna Melt	\$ 8.95
Gruyere, avocado, tomatoes & red onions on toasted rye bread	
Grilled Flank Steak	\$ 8.95
Mozzarella, avocado, tomato, red onions & chipotle aioli on rosemary ciabatta	
BBQ Pulled Pork	\$ 8.95
Cole slaw, on kaiser roll	
Roast Beef	\$ 8.95
Provolone, roasted onions, roasted peppers, french bread	
Chicken Parmesan	\$ 7.95
Provolone & marinara sauce on round ciabatta	
Hot Sandwich of the Day from	\$ 7.95