23g

PROTEIN

370

CALORIES

49g

CARBS

Eat healthy, Live healthy!

You are what you eat!

Fresh, seasonal food

Balanced diet

Product of 360 Health Group of Companies

Eat Simple

Hungry Birds

Eat this

Eat n Work

Fresh n Fit

Eat Fresh

Just Eat

Eat the Food

Food King

With Arabic name

Tissue paper

High Protein, Low Carbs, Low Fats

Calorie sticker, Protein, fats, Carbs

HOW WE ARE DIFFERENT

READY-TO-EAT - made to order freshness by our team of chefs.

CLEAN - without any artificial ingredients, GMO's, preservatives, trans fats, or high fructose corn syrup.

CUSTOMIZED TO YOUR DESIRES - you get to choose what you love for every meal.

HEALTHY AND NUTRITIOUS - high in protein, low carbs & all natural ingredients.

FRESHEST VEGETABLES- sourced locally whenever possible, and always carefully selected.

AFFORDABLE - reasonable & honest priced to afford every day.

DELIVERY TO YOUR DOOR - with no prep, cooking or clean-up!

COOK LESS, EAT SMART, SAVE MONEY

Choice makes us different, like having a personal chef making your meals. Our chef prepared meals help you cook less and save you valuable time! Eat smart with meals made fresh to order using the freshest, locally sources ingredients. Save money with fairly priced prepared meals made personally and delivered to your door.

Choose Your Meals

Our meals are perfect for diabetic, low sodium and many other therapeutic diets, as well as for seniors and those looking to loose weight by following either a portion controlled or Paleo diet.

PASSIONATE ABOUT FOOD A family business opened in 1981, Mangia transformed the New York lunch scene 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

Philosophy

Mangia’s philosophy is based on a very simple mission,  
namely a passion for rustic, great-tasting food:

* Source the best, freshest ingredients and buy local and organic, when possible;
* Instill in our chefs a profound respect for the ingredients to ensure the high standards of freshness which Mangia holds dear;
* Practice the mantra of “less is more,” i.e., surrender to the raw beauty of the ingredients and shun overly decorated and stylized food;
* Prepare food daily from scratch so that it is only hours old (freezing and leftover food is not permitted — which is the reason why we donate leftovers to charity);
* Serve food at room temperature (when appropriate). We are able to achieve this by continually replenishing the platters on our antipasti bar to shine the best light on each dish and to coax the most flavor out of each ingredient;
* Create a stylish, yet rustic and simple ambiance — a reflection of the food offered — in which our customers can savor Mangia’s offerings;
* Prepare bakery products around the clock so that our breads, muffins, scones, cookies, macarons, pastries and cakes are virtually “hot from the oven”;
* Tantalize our customers’ palates with a dazzling choice of options to satisfy a wide range of tastes each time they walk into our stores;
* Use only the highest quality La Colombe coffee, prepared by our Italian barristas, in our authentic cappuccinos, espressos, cortados, americanos, lattes and drip coffees.

Marketing companies, fb, sms marketing, Instagram, gmail address, sim, youtube, fb bros, food channels, food websites, olx, SWOT, Karachi updates, twitter