



#120-1100 Melville street
Vancouver BC
Tel:604-669-4142
Fax:604-669-4841
E mail:

mangezmengezcafe@gmail.com

Menu

MANGEZ COLD SANDWICHES

Smoked chicken salad \$ 11.98

smoked breast of chicken, Mangez special blend mayo, fresh red peppers & lettuce

Classic creamy Egg \$ 11.98

Chunks of softly boiled eggs, blended with our own hand-made mayo, diced pickles & spring onions

Ham & cheese on rye \$ 11.98

fresh shaved ham, Swiss cheese, lettuce, tomato, mustard & mayo

Yellow fin tuna and dill \$ 11.98

chunky tuna salad, home-made Caesar dressin, dill, celery and pickles

Mango chicken \$ 11.98

Freshly roasted breast of chicken, blended with mild curry & mango mayo, sweet red peppers, walnuts & lettuce

The BLT Classic \$ 11.98

Crispy canadian back bacon, fresh tomato, green leaf lettuce, our home-made

Turkey cranberry \$ 11.98

Roasted breast of turkey, homemade mayo, green leaf lettuce & cranberry bread

Smoked chicken baguette \$ 11.98

Smoked chicken breast, Mangez mayo, marinated sweet rostead red peppers, fresh tomatoes, cucumber, lettuce & cheese baguette

Mangez vegetarian \$ 11.98

Cheese, fresh sliced tomatoes, crispy English cucumber, dill pickles & green leaf lettuce

Ham & Swiss cheese croissant \$12.98

Fresh shaved ham, Swiss cheese, Lettuce, Tomato & mayo

Turkey pesto croissant \$12.98

Turkey breast, sun dried tomato, Hoverti cheese, Lettuce, pesto aioli

HOMEMADE SOUP, STEW & CHILL

- Please, phone ahead for daily selection

Small soup \$7.99
Large soup \$8.50
small stew / chill \$8.50
Large stew / chill \$9.25

MANGEZ HOT SANDWICHES

Bambino \$13.98

Chicken breast, Tomato salsa, Chipotle mayo, Shredded cheese, spinach & Tomatoes on Tortilla

Conquita \$13.98

Chicken breas, chipotle mayo, shredded cheese, spinach & Tomatoes on a Tortilla

Tuna melt \$13.98

Tuna, Cheddar cheese, spinach & sundried Tomatoes pasta

Prosciutto panini \$14.98

Prosciutto, Ham, Brie chees, Apple, Spinach & Jam mayo

Veggie panini \$12.98

Roasted eggplant, Roasted pepper, Brie cheese, Spinach & Sundried tomato paste

Montreal smoked meat \$14.98

Shaved Montreal, Sauerkraut, Swiss cheese & Dijon mayo

Moroccan chicken \$13.98

Grilled chicken breast, Swiss cheese, Apple, Arugula & Moroccan paste mayo

Turkey panini \$14.98

Turkey breast, Brie cheese, Spinach & Dijon mayo

Butter chicken wrap \$11.98

Chicken, Peas, Carrots, onions, potatoes, Butter, Cream & Indian spices

Oven made samosa (chicken, beef) \$7.95

chicken/Beef, Potatoes, Carrots, Onions & spices

Oven made samosa (veggie) \$7.95

, Potato, peas, Soybeans Carrots, Onions & spices

SALADS

Organic Mixed Salad \$10.99
Organic Mixed Green +Chicken Breast \$15.85
Organic Mixed Green +Egg \$14.98
Organic Mixed Green + Tuna \$14.85
Greek Salad \$8.25
Fresh Fruit Salad \$8.25

FRUIT PLATTER

10-14 people => \$70

15-28 people => \$80

VEG&DIP PLATTER

10-14 people => \$60

15-28 people => \$70

CHEESE PLATTER

10- 14 people => \$160.00

15-28 people => \$190.00

COFFEE & TEA SERVICE

Pot of coffee 12*8 oz cups \$30

Assorted Teas \$3.5

Assorted Italian Drinks \$4.45

Assorted Fruit Juice & Pop \$2.99

FRESHLY BAKED COOKIES \$4.99

Chocolate chip
Chocolate Chip Pecan
White Chocolate Macadamia
Oatmeal Raisin

OTHER BAKED PASTRIES

Banana loaf \$4.98
Banana Chocolate Chip Loaf \$4.98
Lemon Sponge Loaf \$4.98
Freshly Baked Muffins \$5.99
**Gluten-free Loaf ** \$5.99
Butter croissant \$6.99
Homemade muffin \$5.99
Scone(cranberry, blueberry) \$4.98



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Breakfast Menu

Bobbie \$11.98

Scrambled egg, mushroom, Bacon & cheese on a tortilla wrap

Jane \$10.98

Scrambled egg, mushroom & cheese on a tortilla wrap

Jimmy \$11.98

Baked egg, Tomatoes, Bacon & Shredded cheese on baguette

susie \$10.98

Baked egg, Tomatoes & Shredded cheese on baguette

omelette \$17.50

Eggs, Tomatoes, peppers, Green onion, cheese (Served with veggies + Toast)

Mr.Avocado \$15.98

Avocado spread, Scrambled eggs, Arugula, Roasted Cherry Tomatoes, feta cheese & Black pepper on toast

Mr.Avocado \$14.98

Avocado spread, Roasted Cherry Tomatoes, Arugula, feta cheese & Black pepper on toast

Lox 16.98

Smoked salmon, dill Cream cheese, Roasted Cherry Tomatoes, Red onion, Capers & Arugula on a bagel or toast

Bagel \$7.98

Cream cheese or Peanut Butter

Oatmeal Parfait Bowl \$9.98

Oats, Oat milk, Maple syrup, Fruits, Chia seeds & Hemp Seeds

Croissant Breakfast \$17.98

Egg, Bacon, Cheese

Lunch Menu

Bambino \$13.98

Chicken breast, Tomato salsa, Chipotle mayo, Shredded cheese, spinach & Tomatoes on Tortilla

Conquita \$13.98

Chicken breast, chipotle mayo, shredded cheese, spinach & Tomatoes on a Tortilla

Tuna melt \$13.98

Tuna, Cheddar cheese, spinach & sundried Tomatoes pasta

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Prosciutto, Ham, Brie cheese, Apple, Spinach & Jam mayo

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Moroccan chicken \$13.98

Grilled chicken breast, Swiss cheese, Apple, Arugula & Moroccan paste mayo

Turkey panini \$13.98

Turkey breast, Brie cheese, Spinach & Dijon mayo

Butter chicken wrap \$11.98

Chicken, Peas, Carrots, onions, potatoes, Butter, Cream & Indian spices

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chicken/Beef, Potatoes, Carrots, Onions & spices

Oven made samosa (veggie) \$7.95

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