Printing inMangia! provides several kinds of useful output:

Menus: a list of recipe titles in a nice format, suitable for presenting to guests with a flourish. The Print Menus Nicely checkbox in the Print dialog provides this option.

Recipes: any set of recipes, printed in a format you design. You can even Make Cookbooks!

Shopping Lists: a list of the ingredients needed for selected recipes. You can choose to have the list sorted by the section of the store in which the ingredients are found.