

The man who fell asleep's SANDWICH of the year



2009



As chosen by the people following me on Twitter

1. 1 Some notes: It has been a vintage year for sandwiches. The decade - which started so dismally for lovers of bread thanks to the faddish and ultimately destructive Atkins Diet - has ended with a flourish. We've seen the gradual decline of the Mediterranean and Thai sandwiches and the revival of the classic English sarnie; think salmon, beef, horseradish and piccalilli on white bread (not all together, thankfully). In terms of retailers, Marks and Spencer has once again triumphed over all her rivals, although it's worth noting a few new faces on the block, in particular the sadly ubiquitous Subway. There is no accounting for taste.

1. 2 The results:

Marks and Spencers roast beef and horseradish mayo

Tescos bacon and cheese sandwich

Marks and Spencers BLT

Pret a Manger smoked salmon, crayfish and caper baguette

Homemade cheese and tomato on wholemeal

Marks and Spencers chicken club

Any "all day breakfast" sandwich

Somerfields salmon, cucumber, watercress and dill mayonnaise

Pret a Manger falafel, spinach and tomato

The Milanese from Nani on Great Portland Street

Pret a Manger herb chicken & rocket

Pret a Manger smoked salmon

Marks and Spencer tuna and sweetcorn

Tescos Chicken bacon and avocado

Hoummous on pitta bread

Gregg's chicken and mango on wholewheat

Sausage and onion relish bagel from Berwick Street market

Egg and cress sandwich

Subway veggie delite

Waitrose cheddar and onion

Homemade chicken, bacon and mayo

Chicken, spinach leaves, peanut butter and chilli mayonnaise from Reynolds on Eastcastle St

Egg mayo

Pork belly sandwich

Thyme-infused chicken with rocket, mayo and semi-dried tomatoes (from Australia)

Emmental and avocado with a french dressing on a soft poppy seed roll
Baguette with turkey, cheese, peppers and tomato from New York Jacks in Glasgow
The O'Brien's toasted tripledecker
Marks and Spencers Salt Beef and Swiss with Sauerkraut
Lobster roll from Legal Seafood in Boston (USA)

Marks and Spencer ham sandwich

Anchovy, red pepper, black pepper, blue stilton, spinach in a tortilla wrap

Marks and Spencer cheese and celery

Reuben out of Berits & Brown, Merchant city, Glasgow

Stilton and pickle on thick white bread

Marks and Spencer 'Count On Us ' Chicken nacho Wrap

Pret a Manger all day breakfast

Fried egg sandwich

Bacon sandwich

Salami, salad, red onion, mayo & jalapeño from shop near Emmerdale studios, Leeds

Bacon and Herb Salad with a reduced Salsa sauce and fresh tiger bread

Chicken, bacon, avocado and watercress

Ardennes paté and spinach in a bun with sundried tomatoes

Slabs of warm salt beef with mustard on granary bread

Subway sweet onion chicken teriyaki

Marks and Spencers avocado (old style, not new ones)

Morrisons smoked salmon, smoked cheese and tomato

Forfars cheese and onion in a giant floury bap

Morrisons chicken and bacon ceasar wrap

Chicken, coleslaw, cucumber and lettuce on french bread

Crispy bacon with mayo, chicken breast & sweetcorn on a crispy white ciabatta

Marks and Spencer chicken no mayo

Split toasted ciabatta, olive oil, wafer thin parma ham, black pepper (*Giles Coren choice*)

Crayfish and rocket

Mozzarella and avocado ciabatta with pesto and sundried tomatoes

Sainsbury's sweet chilli prawn

Cheddar plougmans

Crayfish, lime and sweet chilli

Ham and mature cheddar on granary bread

Grated strong cheddar and finely sliced red onion on soft white bread

Out-of-date Netto roast beef, touch of Heinz Salad on Hovis best of both

Beef Wellington - hot beef, liver patè and coleslaw on granary

Corned beef and pickle

EAT roast beef and horseradish mayo

Pret a Manger all day breakfast

Tesco Light Choices Ploughmans

Salmon and raw onions on toast with mustard

Roast beef, tomato and lettuce with horseradish/mustard on a fresh toasted baguette

Subway 6 inch meatball on wheat with peppers, onions and tomatoes

Marks and Spencer Brie, Grape and Cranberry

Waitrose sweet chilli chicken wrap with coconut & lime dressing
Homemade salami and coleslaw
Salami and pesto
Pret a Manger ploughmans on artisan bread
Leftover roast pork belly and apple with stuffing on white bread

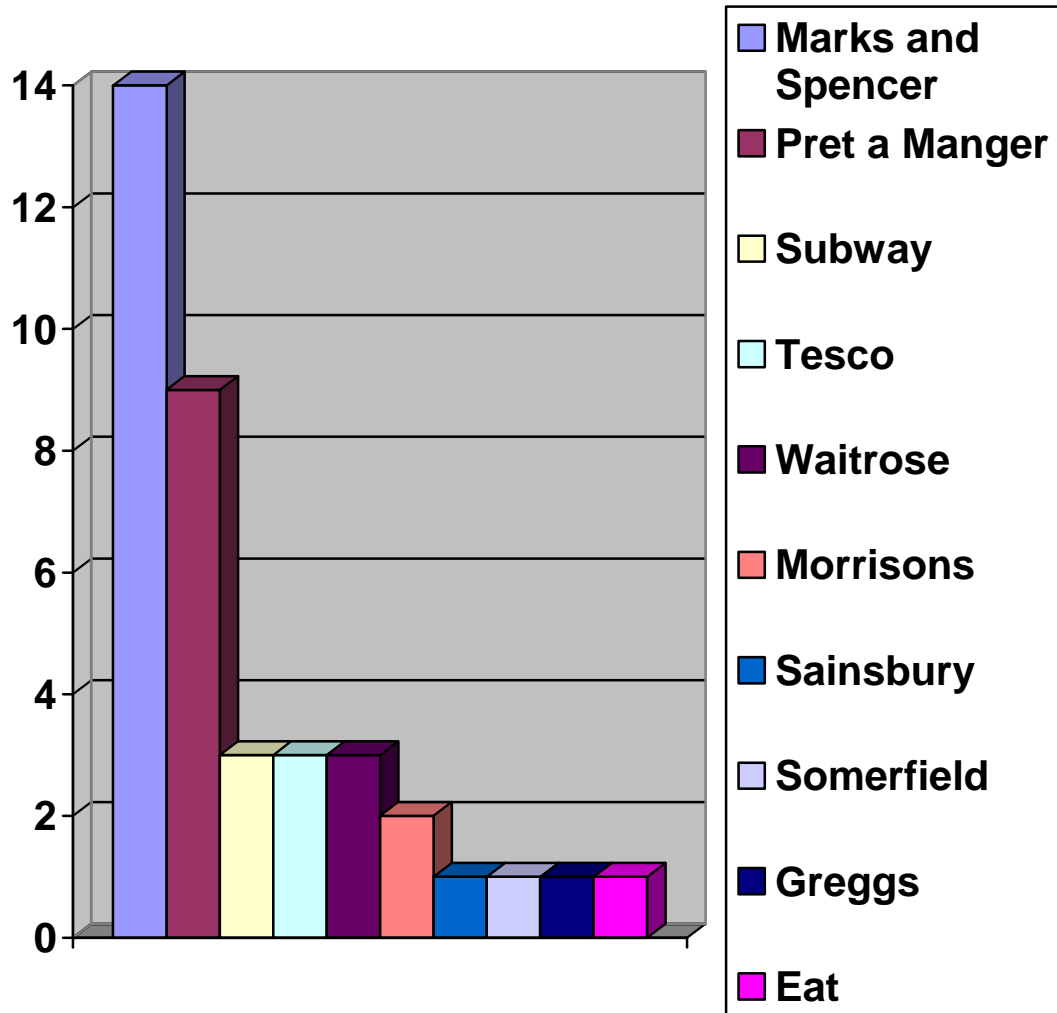
Marks and Spencer tuna mayo on white bread
Beef carpaccio with capers, sundried tomatoes, parmesan, rocket on toasted white bread
Marks and Spencer ham, cheese and pickle
Fried egg sandwich
Fairy bread - white bread, butter, sugar sprinkles

Pret a Manger falafel
Bacon baguette from Chandos Cafe, Chandos Place
Pret A Manger dry-cured ham and eggs bloomer with mustard mayonnaise 9
Tuna, ginger and wasabi on brown bread
Cheese, ham and Branston Pickle

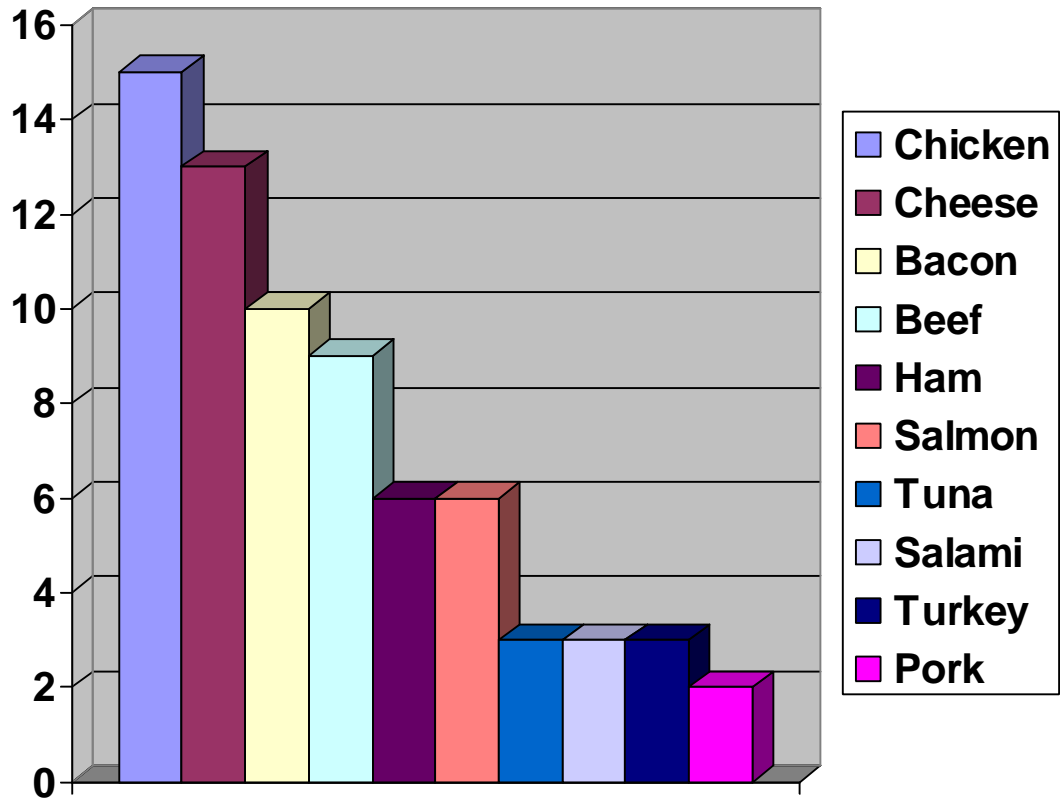
Lancashire cheese and fresh sharp onion, on large doorsteps of fresh baked white bread
Waitrose smoked salmon and cream cheese
Turkey sandwich
Homemade extra mature cheese and marmite on a large white bap
Marks and Spencer Brie and grape

Turkey, pork stuffing, and homemade beetroot and apple chutney in homemade buns
Cheese and tomato sandwich
Bacon, brie and cranberry sauce on ciabatta
'Cheesy Gonzales' from the BBC canteen

2.1 Popular retailers



2.2 Breakdown of key ingredients



Note: I have listed bacon, ham and pork separately, although I do appreciate that they all come from the same animal. I am not Homer Simpson.