

SANDWICH ALTERNATIVES

Non-Bread Options

- Sushi
- Rice balls
- Pasta salad
- Potato salad
- Couscous
- Tabbouleh/bulgur wheat salad
- Quinoa salad
- Rice salad
- Egg roll-ups
- Wraps (try slicing them into pinwheels for something different)
- Savoury scones
- Muffins
- Crackers/Cruskits
- Rice crackers
- Puff pastry pinwheels (try marmite/grated cheese or ham/tomato/grated cheese)
- Nacho chips and dip (or salsa)
- Wrap 'chips' (cut wrap into shapes and bake until crispy)
- Mini soft tortillas
- Mini soft taco boats (with mince or salad filling)
- Home-made loaf (banana bread, zucchini loaf etc)
- Waffles
- Crepes or crepe roll-ups
- Pikelets
- Pancakes
- Rice pudding
- Bircher muesli
- Summer rolls/rice paper rolls
- Mini pie/samosa/empanada

Bread Options

- Bun
- Baguette
- Toasted sandwich (cool before packing)
- Bagel
- Bread sticks (grissini) and dip
- Mousetraps
- Pita pocket
- Fruit bread (delicious with banana or stewed apple filling)
- Home-made pizza (on mini pita base)
- Mini quiche (baked in muffin tins in bread cases)
- Panini
- Deconstructed sandwich on a skewer
- English muffin
- Sandwich roll-ups (flatten bread, fill, roll up like sushi, & slice)
- Croissant

