

BUNS HEROES

Call it a **hoagie**, a **hero** or **just lunch** — but in South Florida, the **sandwich** is having a moment. From neighborhood delis with decades of loyal regulars to chic cafés slinging \$15 egg sandwiches, discover the **best bites** that prove great things really do come **between two slices of bread**. Whether you're craving melty, meaty, massive, crispy or clean, these are the sandwiches worth **every dollar and carb**.

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Publix Pub-Sub

No list of South Florida's best sandwiches would be complete without a nod to the legendary Pub-Sub. Found in nearly every corner of the region, these deli-counter staples from Publix Super Markets have developed a near-religious following — and for good reason. The magic lies in total ability for customization. Freshly-baked bread, a wide array of toppings and shockingly good prices make Publix subs not just a regional favorite, but a rite of passage for locals. It's not fancy, but it's damn near sacred.



Laspada's Monster Hoagie

A South Florida icon since the '70s, Laspada's doesn't just make hoagies — they engineer them. Their signature move? The "meat toss," where fresh-sliced deli meats are literally hurled across the counter onto your roll by a team that runs like a NASCAR pit crew. Try the Monster Hoagie that lives up to its name: a gravity-defying beast layered with turkey, ham and roast beef, plus all the toppings your heart can handle. It's messy, it's massive, and it's magnificent.



Maman Katie's Chicken Sandwich

At this dreamy French café with locations tucked around South Florida, you might not expect to find some of the most satisfying sandwiches — but Katie's Chicken Sandwich is a revelation: juicy chicken layered with arugula, roasted red peppers and a perfect basil aioli, all hugged by a baguette. It's a refined, crave-worthy take on comfort food, and somehow still feels light enough to pair with a lavender latte. Très magnifique.



The Munch Build-Your-Own

If you've never ended up at The Munch after a wasted night-out and an unstoppable craving for carbs, then you haven't lived. Tucked away from campus, The Munch is the kind of no-frills, all-flavor sandwich spot where the bread is soft, the fillings are stacked and the sauce selection is endless. There's something about a Munch sandwich that just hits — greasy in all the right ways, perfectly toasted and built to soak up whatever's left of the vodka RedBull in your system. Sober? Still incredible. But drunk? Next-level transcendence.



Pura Vida Perfect Egg Sandwich

Yes, it's basic. Yes, it's overpriced. But somehow, it's still worth every bite. Though their menu features a wide variety of items, the sandwiches stand out. Pura Vida has mastered the art of the bougie breakfast-lunch crossover, and their Perfect Egg Sandwich lives up to the name — soft-boiled eggs, mozzarella, fresh veggies and pura vida sauce stacked on warm multigrain bread. It's clean, satisfying and just indulgent enough to justify the \$14.95 price tag. Pair it with an iced matcha and call it your new guilty pleasure on campus.



Joanna's Marketplace #3 An Homage to Z

A neighborhood staple that's been serving up gourmet comfort since the '90s, Joanna's is where sandwich dreams come true. Their counter is a choose-your-own-adventure of perfectly stacked creations, from classics done-right to gourmet-builds you didn't know you needed. They're stacked with heavy hitters, but #3 "An Homage to Z" is a true standout, layered with corned beef, coleslaw and mustard, topped on their house-baked rye bread. One bite and you'll know why locals are hooked. 🍴