

JET SET

M A G A Z I N E

VOL
03

GRAB & GO SANDWICHES



LA | OSAKA | KYOTO, TOKYO | TORONTO | MONTREAL

JET LAG

M A G A Z I N E

Vol. 3

INDEX

LA

P03

Bruxie

Division 3

BäcoShop

The Little Jewel of New Orleans

Eggslut

OSAKA

P05

Shinsekai Grill Bon

Nisshin Bakery

Kitashinchi Sando

KYOTO, TOKYO

P06

Sandwich Club

Ginza Sembikiya Ginza Main Store

Knot Café

TORONTO

P07

Buster's Sea Cove

Arepa Cafe

Banh Mi Nguyen Huong Food Co.

MONTREAL

P08

St-Viateur Bagel & Café

Schwartz's Smoked Meat



Grab & Go Sandwiches

From banh mi in Vietnam to panini in Italy or doner kebabs in Turkey, no matter where you go in the world, there are great local sandwiches. In JET LAG magazine Vol.3 we offer a sandwich-themed “sub-journey” to include in your next global adventure. It’s lovely to see various ingredients enveloped by bread to form a one-stop meal that is perfectly packaged for solo-travelers. In JET LAG’s favorite destination, LA, we encountered unique, innovative styles of sandwiches. In the two biggest Canadian cities Toronto and Montreal, we found sandwiches that reflect the diversity of immigrant communities, while at the same time providing a taste and feel that is unique to Canada. Interestingly enough, “Japanized Sandwiches” that are unusual in Canada, such as mixed sandwiches or fruit sandwiches are considered standard options in Japan. Why not try a simple sandwich at local café before that Michelin 3-star restaurant?

Sandwiches



As a city that’s open to new cultures, LA’s sandwiches are full of surprises. With the bread ranging from crispy toast to straight-up waffles, under the west coast sunshine, take a bite out of life with your favorite LA sandwich.

Bruxie

@bruxiewaffles

American soul food Chicken and waffle sandwiches.

The classic “Chicken & Waffles” from America’s Deep South can now be found in sandwich form. American waffles are savory and lighter in texture than their Belgian counterparts. In them, you’ll find juicy fried chicken atop bed of freshly made coleslaw, and finished with a sweet and salty sauce. For dessert, the waffle sandwich with Nutella and chopped bananas makes for a perfect sweet treat!



Fried chicken & waffle sandwiches The Original / US\$9.95

Bruxie ● 1412 3rd Street Promenade, Santa Monica, CA ○ bruxie.com

Division 3

@division3eats

Find your new favorite from a menu full of variety.

Division 3 in Hollywood is famous for biscuit breakfast sandwiches served only on weekday mornings and weekends. But that’s not all they do well. Any item off of their very well-rounded menu is bound to be top-quality. For example, their perfectly toasted baguette filled with juicy beef and accented with a sharp, dry mustard. The house lemonade, made daily, is also not to be missed.

Division 3 ● 5907 Hollywood Blvd Los Angeles, CA ○ division3eats.com



Coffee-Braised Brisket Grilled Cheese / US\$10.50



Chile Shrimp BÄCOS / US\$9.00

Eggslut
@eggslut



Fairfax Sandwich / US\$7.00

BäcoShop

@thebacoshop

Snacking on sandwiches at trendy restaurants.

Baco-shop is based on Mediterranean cuisine. Nothing captures both crispy and fluffy at same time quite like Baco's house-made flat bread. Chile Shrimp BACOS (chili shrimp on buttermilk coleslaw drizzled with sriracha hot sauce) is the best topping for their famous bread.



BäcoShop

● 9552 Washington Blvd Culver City, CA
○ www.baco-shop.com

Breakfast at the Eggslut

The Fairfax sandwich is a back-to-basics take on the classic American breakfast. It's a simple-looking sandwich of scrambled egg and cheese on bread, but the taste is truly next level. The combination of butter and spicy mayo goes well with fresh, free-range eggs and sweet, fluffy brioche buns. Eggslut opened its first store in LA in 2011, and has expanded to several locations. At any of them, you'll likely have to stand in line to taste their creations that express their love for eggs.

Eggslut

● 317 S Broadway Grand Central Market
Los Angeles, CA
○ www.eggslut.com

The Little Jewel of New Orleans

@littlejewel_la

New Orleans style Po' Boy sandwich

Little Jewel is one of Hollywood best spots for authentic New Orleans Po' Boy sandwiches. Crescent City Fried Oyster Po' Boy sandwich is our editors' choice. The taste and sheer volume of the sandwich is sure to satisfy. We saw many LA locals stop in for a casual lunch at this very popular local restaurant.



The Little Jewel of New Orleans

● 207 Ord Street Los Angeles, CA ○ littlejewel.la

Crescent City
Fried Oyster Po' Boy
Sandwich / US\$14.75



OSAKA

Japan

Within Japan, Osaka has its own unique food culture. From top-quality beef cutlet sandwiches to casual mixed sandwiches in old town, we would like to share our selection of “must try” sandwiches in Osaka.



Beef Cutlet Sandwich
/JP¥1,100

Shinsekai Grill Bon

Tender Australian beef cutlet

Grill Bon's sandwich looks simple with only toasted bread and beef, but with just one bite, you can experience the remarkable tenderness of their freshly fried cutlet. Bon carefully selects only the most tender cuts of Australian beef. Because the meat has less fat, it stays soft when it gets cold. Bon's special cutlet sauce really brings out the flavor of the fresh ingredients and compliments their texture.

Shinsekai Grill Bon ● 2-1-34 Dojima, Kita-ku, Osakashi, Osaka ○ www.grill-bon.com



Mixed Sandwich
/JP¥270

Nisshin Bakery

Authentic Osaka's old town flavor the “two thumbs up” mixed sandwich

Nisshin Bakery's mixed sandwich is a true local favorite that has been on their menu since 1968. The sandwich is filled with egg salad and cucumber, and is perfectly balanced with the acidity of ketchup. The sandwich is widely popular among people of all ages, from musicians visiting the nearby radio station to the neighborhood kids.

Nisshin Bakery

● 1-10, Tenjimbashi 2, Kita-ku, Osakashi, Osaka

Kitashinchi Sando

Get hooked on crunchiness and creaminess

Imagine a soft and creamy omelet dressed with crunchy crumbs inside, and fluffy Japanese milk bread on the outside. Those textures and premium flavours are what the Kitashinchi Sandwich is all about. It's no wonder that the bakery can survive between the many luxury restaurants in Kitashinchi.

Tamago Katsu Sandwich
/JP¥900



Kitashinchi Sando

● 1F, 1-2-11, Sonezakishinchi, Kita-ku, Osakashi, Osaka

KYOTO TOKYO

Japan

Tokyo and Kyoto are the most popular destinations in Japan for international visitors. JET LAG will show you long-established restaurants, alongside new cafes and take-out spots with menus created by and for new generations.

Sandwich Club

@sandwichclub_

A taste of home, comfort sandwiches from Sandwich Club

Soboro & Cheese sandwich is packed full of Soboro (minced chicken with soy sauce), cheese, an egg-sunny side up, and vegetables. This huge sandwich is a delight until the very last bite. Sandwich Club also has a variety of unique sandwiches like a chicken sandwich with coriander and a kheema curry hot sandwich. Don't forget to try their more "regular" sandwiches as well as their daily menu.

Soboro & Cheese
/JP¥750

Sandwich Club

● 2-12-2, Kitazawa, Setagaya-ku, Tokyo

Ginza Sembikiya

- Ginza Main Store -

@ginzasembikiya1894

Famous fruit sandwiches at the 125-years-old "fruits parlor"

Fruit sandwiches are served at Ginza Sembikiya, which first opened in 1894. Once you bite into the sandwich, the tastes of the bread, slightly sour fruits, and the sweet whipped cream create waves of flavor in your mouth. The lightly sweetened cream accentuates the flavor of Sembikiya's fresh fruit. Their fruit connoisseurs select only the best seasonal fruits for each sandwich.

Ginza Sembikiya

● B1F/2F, 5-5-1, Ginza, Chuo-ku, Tokyo ○ ginza-sembikiya.jp



Fruit Sandwich/JP¥1,080

Abate Sando
/JP¥330



Dashiki Sand
/JP¥330



Knot Café

Harmony of Japanese ingredients and Western style

Knot Café, near Kitano Shrine in Kyoto, and has two popular sandwiches: the Dashimaki sando (Japanese omelette) and the Anbata sando (sweet red beans & butter). Both combine traditional Japanese ingredients with freshly baked bread from local bakery Le Petitmec. Coffee imported from a specialty roaster in Brooklyn, NY, is the perfect compliment.

Knot Café

● 758-1, Higashiimakojicho, kamigyo-ku, Kyoto-shi, Kyoto
○ knotcafe-kyoto.com

Toronto's food scene is as diverse as the city itself. Canadian ingredients are used with flavors from various immigrant communities. Sandwiches encompass so many different flavors and cultures into a single bite!

Arepa Café

@arepacafe

Get hooked on the unique set of textures Venezuelan home cooking with a twist

An Arepa is a traditional Venezuelan bread made of corn mill flour. Venezuelan sandwiches with the gluten-free arepas can feature a variety of different toppings such as chicken, beef, seafood, or whatever else you'd like to add. The arepas' crust has roasted taste and light texture, that is crisp, yet fluffy. The sandwiches are substantial, and will keep you satisfied for quite a while. Arepas make for a great companion when walking around the city.

Arepa Café

● 490 Queen St W, Toronto
○ www.arepacafe.ca



La Sifrina
/ CA\$@13.25

Banh Mi Nguyen Huong Food Co.

Toronto's famous \$3 Bahn Mi

For students, business people, and tourists alike, everyone who's ever had one raves about Bahn Mi in Chinatown. After choosing a filling and the spice level, the famous Vietnamese sandwich is bagged and in your hand after only a few seconds. JET LAG's editors' choice is the garlic honey sausage. The garlic's strong flavor with the sweetness of the honey goes well with the crusty baguette.

Garlic Honey Sausage
(S) / CA\$3



Banh Mi Nguyen Huong Food Co.

● 322 Spadina Avenue, Toronto

Buster's Sea Cove

@bustersseacove

Take a big bite into Canada's beautifully, rich seafood

If you want to try famous Canadian lobster, Buster's Sea Cove is a must! It's in downtown Toronto's St. Lawrence Market- easily accessible by foot or by public transportation. Buster's famous lobster rolls, loaded with chunky lobster salad, is definitely a fan favourite. Their freshwater or white fish sandwiches, like the rainbow trout or the cod are equally delicious.

Buster's Sea Cove

● 93 Front St E, Toronto



The lobster roll
/ CA\$14.95

MONTREAL

Canada

Montreal is predominantly French-speaking, and its cuisine is informed by French gastro-nomic traditions, and by the immigrant communities that call the city home. Take a look at the sandwiches we encountered in this gourmet city.

A local institution!

If you see a small shop with a long line of hungry people, that's probably the famous Schwartz's Deli- operating for more than 80 years. When you order a smoked meat sandwich, you will be presented with a massive tower of meat between two small pieces of rye bread. If you don't know where to start, just begin wildly cramming your mouth full of juicy smoked beef brisket seasoned with Schwartz's original spice blend. Don't forget the mustard!



Smoked meat
Sandwiches
/ CA\$9.95

Schwartz's Smoked Meat

Schwartz's Smoked Meat

● 3895 Boul St-Laurent, Montréal, Quebec
○ www.schwartzsdeli.com



Traditional Bagel Sandwich
/ CA\$12.50

St-Viateur Bagel & Café

Enjoy addicting Montreal bagels

Montreal's famous bagels use an egg dough, making them slightly sweeter and smaller than their New York counterparts. At a café run by 60-year-old bagel bakery St-Viateur Bagel, you can try their bagels with classic toppings like cream cheese and smoked salmon. The taste will surely capture your heart.

St-Viateur Bagel & Café

● 1127 du Mont-Royal Avenue East, Montreal, Quebec
○ www.stviateurbagel.com

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