



The slice is right: the great debate as to the best sandwich shape

How to slice a sarnie can be a contentious issue in homes across the country and it's safe to say that the nation is divided. Do you go for the diagonal, slice horizontally straight down the middle, or choose a school packed-lunch style with squares?

This age-old sandwich quandary has been settled by research for [British Sandwich Week](#), taking place between 20th and 26th May.

When it comes to preparing a sandwich at home, Brits overwhelmingly go for the rectangle; #TeamRectangle represents 39% of the nation, #TeamTriangle comes in second place with 30%, and 20% of Brits are #TeamSquare.

11% of British sandwich lovers are 'other' – either on the fence and will flit between the two, don't slice their sandwich at all, or opt for another shape.

Age-wise, the over 35s tend to go for rectangles when making their favourite sarnie, with the biggest group being the 35- to 44-year-olds (44% opt for rectangles), and the younger generation (18- to 34-year-olds) prefer a triangular shaped sarnie.

Bringing a new shape into the equation, 33% of 18- to 24-year-olds cut their sandwich into four squares – likely harking back to school lunch box days.

Regionally, 46% of people the North East prefer a rectangular cut sandwich, closely followed by the North West with 43% of residents. Home sandwich-makers of London seem to want a square deal – as 26% of Londoners slice into squares.

Jim Winship, director of The British Sandwich & Food to Go Association behind British Sandwich Week says: "The nation is clearly divided when it comes to the perfect shape for a homemade sandwich, and it goes without saying that there are benefits to both rectangular and triangular sandwiches.

"The rectangle brings structural integrity, an easy grip, no floppy corners, while triangular wedges are the most popular cut in the commercial sandwich world as they display well in chiller cabinets, and you can see more of the filling.

"British Sandwich Week celebrates the sandwich in all its glory as well as the contribution that the sandwich sector makes to the economy. Sandwiches are a British staple to be enjoyed at any time of the day, whether homemade or shop-bought."

Although it's advised to cut your sandwich diagonally, they can be enjoyed in all shapes and sizes and remain a British staple to this day, and thousands are enjoyed in the UK daily. As it is British Sandwich Week, it is the perfect time to go and grab one, or make your own and cut it into whatever shape your heart desires.

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About British Sandwich Week:

British Sandwich Week takes place from 20-26 May 2024. The annual event showcases the breadth, quality and innovation found within the UK's sandwich and food-to-go sector. Find out more www.britishsandwichweek.com

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About The British Sandwich & Food to Go Association:

The British Sandwich & Food to Go Association is a trade body established in 1990 to represent the interests of all those businesses involved and the food on the move industry. Members range from supermarkets and Food to Go manufacturers to sandwich bars, cafes and the suppliers of ingredients and equipment for the industry. As well as representing the interests of members to Government, the Association sets industry standards, as well as organising events such as British Sandwich Week and the annual The Sandwich & Food to Go Awards, also known as 'the Sammies'.