



## **Bread and Butterfield**



It is a rare day when we find ourselves in the Upper East Side at lunchtime, not because we don't appreciate views of the East River and the tram to [Roosevelt Island](#), but simply because getting there from the west can be a chore. But this week, after a long morning of meetings on Lexington Avenue, there we were, peckish and ready for something hearty.

A quick phone call to Tab, a savvy neighborhood local, left us with a simple, Parker Brothers-esque directive to “Walk to Butterfield Market on Lexington and 78th. Don't stop until you get there. Head right for the sandwiches.” So we did as we were told and paid a visit to the ninety-three-year-old upscale grocery and zeroed in on the bakery, where the sandwiches awaited.

As we made our selection from among about a dozen varieties, we talked with the staff about the handmade sandwiches and heard perhaps the smartest comment on bread we have heard at a deli, ever: “Some of our bread comes from Eli's, some of it comes from Sullivan Street, some if it comes from other places. We don't lock ourselves in to one baker. We pick the best bread for each sandwich.” And it shows. Our tuna salad sandwich on fresh challah (\$5) was a perfect example of how Butterfield's kitchen staff put real thought into the pairing of their super-smooth, almost whitefish-like tuna with a great roll. So too the smoked turkey breast with cranberries and apples (\$7), a thinking person's combination of fruit and meat, sweet and savory, crumb and crunch that made HungryMan's eyes roll back in his head with pleasure. The cinnamon raisin bread gave the whole package just the right amount of slightly sticky spice. And before you ask about eating turkey and cranberries in May, we should point out that the crisp, dime-thin slices of acidic Granny Smith apple gave this sandwich plenty of timely relevance. Plus, with very little fat anywhere, this sandwich should fit right in with Memorial Day swimsuit aspirations.

***Butterfield Market, 1114 Lexington Avenue (between 77th and 78th Streets), 212-288-7800.***

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