

*Where to find cheap lunch in Boston (and what to order), according to WBUR readers:*

**163 Vietnamese Sandwich** ([66 Harrison Ave., Boston](#))

“Boxed spring rolls (I get the shrimp or tofu). It’s delicious, super healthy, with great dipping sauce on the side, only \$5.75, and also a friendly family operation! (Sandwiches are great too, but only when eaten outdoors. With the excellent French bread, I spray crumbs everywhere.)” — *Will Masters*

**Avana Sushi** ([42 Beach St., Boston](#))

“I usually get the two-roll lunch special, which is \$11.95 before tax, but there is a one roll and two sides combo that is \$9.95. It comes with [sushi] rolls and miso soup, which is a cozy and comforting lunch. Great for days when you aren’t super hungry and don’t want to spend \$15-plus.” — *Rachel Gentile*

**Banh Mi Oi** ([1759 Centre St., Boston](#))

“Lemongrass seitan banh mi. It’s the most delicious vegetarian banh mi — much better than tofu.” — *Rhonda Kaplan*

**Banh Mi Huong Que** ([696 Washington St., Boston](#))

“Lemongrass pork banh mi — a delicious sandwich that is filling and only about \$8. It really hits the spot to grab one and eat it on the Common or Public Garden on a nice day.” — *Evan Jones*

**Blunch** ([59 E Springfield St., Boston](#))

“Everything bagel with mozzarella, pesto, and roasted tomato! Fresh, affordable and lots of vegetarian options.” — *Abby LeClair*

**Chicken & Rice Guys** ([Multiple locations](#))

“The name Chicken & Rice Guys doesn’t sound too vegetarian-friendly, but their tofu is very good! I get a half portion with tofu (and half doesn’t mean skimpy. I don’t think I could move for a few hours if I went with a full). The rice is well-seasoned and their sauces are clutch.” — *Andrew Degatano*

**DP Saigon Subs** ([310 Main St., Malden](#))

“Combo pork banh mi. It’s a complete meal — protein, veggies and carbs — on a crunchy but not dense French baguette with paté spread. Bonus for supporting a local POC female business owner.” — *Judy Kwok*

**Foodland Cambridge** ([2234 Massachusetts Ave., Cambridge](#))

“Samosas, veggie or chicken, at \$2 a pop and ready-made. The veg one is the size of your fist.” — *Aidan Doherty*

**Galleria Umberto** ([289 Hanover St., Boston](#))

“Pizza slices, arancini, calzones. Old recipes are consistent and authentically Italian.”

— *April Ranck Guzman*

“Pizza, rice balls and potato panzerotti. Freshly made, inexpensive, and fills you up.”

— *Karylyn Malone*

**Mortadella Head** ([20 College Ave., Somerville](#))

You get two hefty slices of chunky, thick-crust “Roman pizza” for \$7. I like the S.P.O. (sausage, pepper, onion) or buffalo chicken. It’s 75% of a lunch for \$7, what’s not to like? There are a lot of toppings on the pizza, so it feels balanced.” — *Abbie Miller*

**Pressed Cafe** ([Multiple locations](#))

“Bowls, salads, paninis, breakfast sandwiches, fresh smoothies, delicious coffee drinks. Everything is fresh, there’s a wide variety of choices, they’re very accommodating to specific requests, their ambiance is pretty and welcoming.” — *Liz Haas*

**Quebrada Baking Co.** ([Multiple locations](#))

“Savory croissants, kept warm: Cheddar, mushroom and cheese, ham and cheese, broccoli and cheese, spinach and cheese. Or, get a bacon and cheese quiche. For my money, anything Quebrada sells is a great lunch. There is only one thing about Quebrada that isn’t 100% wonderful: the decisions.” — *Mary McPeak*

**Simco's** ([1509 Blue Hill Ave., Boston](#))

“Foot long hot dogs [\$6.50]. Good quality, good service, good prices.” — *Jay King*

**Trencito Taqueria & Deli** ([3 Carter St., Waltham](#))

“A couple of birria tacos and a guanabana drink (if I’m feeling fancy). Trencito has a very friendly atmosphere. The people are lovely and the food is delicious.” — *Claire Strom*

“The gordita carnitas is INSANE. And you can’t go wrong with any of the tacos! Especially try the birria and al pastor tacos. This place became an institution in Waltham within days of opening. Even in a city of astoundingly good food it stands out! Fresh delicious food and a warm, welcoming atmosphere.” — *Abby Lagrow*

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