



# FOOD *Trend* REPORT

2019



## OVERALL *Trends*

### TECH FORWARD

Operators are going to look for more ways to get their food out of the door. Drones and driverless vehicles could be part their solution. Robots are also looking to take over more tasks in the restaurant world. Salad prep tools, coffee makers, and burger flippers are already being used across the industry. With a tight labor market, it may offer a way to combat the employment hardships.



### NORTH AFRICAN FLAVORS

2019 is thought to be the breakout year for the flavors from North Africa. Ingredients such as harissa, piri piri, berbere, and moringa have been trending upward for a number of years and will look to become more mainstream. An increased interest in flatbreads, couscous, and spiced tomato sauces will be a significant component of this trend to create further blurring of Middle Eastern, Mediterranean, and North African flavors across menus.



### VEGETABLE CARB SUBSTITUTES

Popping up all around the industry are substitutes for our favorite starches—items like zucchini noodles, broccoli crust and riced cauliflower. Even though consuming carbs isn't considered as bad for us as it was once thought, chefs are coming up with new ways to replace carbs with veggies. The greatest advantage to replacing carbs with vegetables is because they're nutritious, flavorful, and more colorful than their counterparts.

### FAT IS ALL THAT

Thought to ride on the coattails of the keto diet (isn't everyone doing this?), healthy fats are no longer feared. Foods such as avocados, olive oil, nuts, salmon, and eggs are now considered a vital part of our meals; in moderation, of course. And since everyone is eating more healthy fats, why shouldn't we?







## PIZZA *Trends*

### EDUCATED DINERS

More than ever, consumers are interested in the individual components of the pizza—thanks to the increasing popularity of regional styles of pizza due to social media platforms. According to a Technomic study, 49% of consumers indicate they would like pizza establishments to offer “more authentic” pizzas, with the younger generation leading the trend.

**49%**  
OF CONSUMERS  
WANT MORE  
*authentic*  
PIZZA.

### DELICIOUS DAYPARTS

Even though dinner is still the leading daypart in the pizza industry, lunch and breakfast have been increasing in popularity among consumers. A number of restaurants have tested breakfast pizza in the last year, with many of them proving to be wildly successful. With proper development, this booming trend could be beneficial for your operation.

### TRENDING PIZZA TOPPINGS:

Burrata • Sweet Piquante Peppers • Kale  
• Fried Egg • Aioli • Bechamel



## INGREDIENT *Trends*

### BEETS

Beets are taking shape across multiple segments of the menu. Items such as buddha bowls, pastas, and beverages are accommodating this earthy root vegetable. Its adaptability allows it to be used in both sweet and savory dishes. The deep purple of the veggie adds an attractive pop of color to its dishes, but the golden beets are sharing some of the spotlight as well.



### OAT MILK

Following behind its other milk cousins, oat milk will be the newest popular version. Advantages to oat milk include being dairy-free, nut-free, and possibly gluten-free (depending on where the oats are processed), which makes it one of the more versatile milks. The texture has been said to be creamier than its counterparts with more protein than nut milks and more fiber than any milk. Are you convinced to try it yet?



### CABBAGE

Who remembers the cauliflower before it was famous? The cabbage is the next produce to take the center stage. Swapping out proteins and starches, its leaves are being used in enchiladas, lasagna and as chips. The takeover is slowly spreading through restaurant menus and diners are excited to see what is next.



### BITTER FEELINGS

With a general aversion to sugar becoming more widespread, there has been an emergence of bitter flavors. More prevalent in drinks, bitter will have the largest growth in the food industry. Think more dark chocolate, vinegar-based products, and cruciferous vegetables across the menus.

