

# WHAT'S HOT

## 2016 CULINARY FORECAST

*The National Restaurant Association surveyed professional chefs, members of the American Culinary Federation, on which food, cuisines, beverages and culinary themes will be hot trends on restaurant menus in the year ahead. The What's Hot in 2016 survey was conducted in the fall of 2015 among nearly 1,600 chefs. See p. 18 for more information about the methodology.*

### TOP 20 FOOD TRENDS

- 1 Locally sourced meats and seafood
- 2 Chef-driven fast-casual concepts
- 3 Locally grown produce
- 4 Hyper-local sourcing
- 5 Natural ingredients/minimally processed food
- 6 Environmental sustainability
- 7 Healthful kids' meals
- 8 New cuts of meat
- 9 Sustainable seafood
- 10 House-made/artisan ice cream
- 11 Ethnic condiments/spices
- 12 Authentic ethnic cuisine
- 13 Farm/estate branded items
- 14 Artisan butchery
- 15 Ancient grains
- 16 Ethnic-inspired breakfast items
- 17 Fresh/house-made sausage
- 18 House-made/artisan pickles
- 19 Food waste reduction/management
- 20 Street food/food trucks





# WHAT'S HOT

## TOP TRENDS BY CATEGORY

### Alcoholic beverages

- 1 Craft/artisan spirits
- 2 Locally produced beer/wine/spirits
- 3 House-brewed beer
- 4 Non-traditional liquors
- 5 Craft beer

### Appetizers/small plates

- 1 Fresh/house-made sausage
- 2 House-made charcuterie
- 3 Vegetarian appetizers
- 4 Ethnic/street food-inspired appetizers
- 5 Seafood charcuterie

### Breakfast/brunch

- 1 Ethnic-inspired breakfast items
- 2 Ricotta pancakes
- 3 Traditional ethnic breakfast items
- 4 Prix fixe brunches
- 5 Regional gravy

### Cocktails/cocktail ingredients

- 1 Onsite barrel-aged drinks
- 2 Culinary cocktails
- 3 Regional signature cocktails
- 4 Food-beer pairings
- 5 Edible cocktails

### Culinary themes

- 1 Chef-driven fast-casual concepts
- 2 Hyper-local sourcing
- 3 Natural ingredients/minimally processed food
- 4 Environmental sustainability
- 5 Artisan butchery

### Dessert

- 1 House-made/artisan ice cream
- 2 Bite-size/mini-desserts
- 3 Savory desserts
- 4 Smoked dessert ingredients
- 5 Hybrid desserts

### Global flavors

- 1 Ethnic condiments/spices
- 2 Authentic ethnic cuisine
- 3 African flavors
- 4 Ethnic fusion cuisine
- 5 Latin American flavors

### Kids' meals

- 1 Healthful kids' meals
- 2 Fruit/vegetable kids' side items
- 3 Whole grain items in kids' meals
- 4 Kids' entree salads
- 5 Gourmet items in kids' meals

### Main dishes/center of the plate

- 1 Locally sourced meats and seafood
- 2 New cuts of meat
- 3 Sustainable seafood
- 4 Free-range pork/poultry
- 5 Street food-inspired main courses

### Non-alcoholic beverages

- 1 House-made/artisan soft drinks
- 2 Gourmet lemonade
- 3 Specialty iced tea
- 4 Mocktails
- 5 Coconut water

### Other ingredients

- 1 Farm/estate branded items
- 2 House-made/artisan pickles
- 3 House-made condiments
- 4 Protein-rich grains/seeds
- 5 Artisan cheeses

### Preparation methods

- 1 Pickling
- 2 Fermenting
- 3 Smoking
- 4 Sous vide
- 5 Fire roasting

### Produce

- 1 Locally grown produce
- 2 Heirloom apples
- 3 Organic produce
- 4 Unusual/uncommon herbs
- 5 Exotic fruits

### Starches/sides

- 1 Ancient grains
- 2 Non-wheat noodles/pasta
- 3 Black/forbidden rice
- 4 Pickled vegetables
- 5 Farro



**1**  
Underutilized fish

## Movers & Shakers 2015 to 2016 Up 5 Percent or More

|                                    |     |
|------------------------------------|-----|
| African flavors                    | 20% |
| Authentic ethnic cuisine           | 14% |
| Ethnic condiments/spices           | 11% |
| House-made/artisan soft drinks     | 11% |
| Middle Eastern flavors             | 11% |
| Non-traditional liquors            | 9%  |
| Pop-up restaurants                 | 8%  |
| Hyper-local sourcing               | 5%  |
| Locally produced beer/wine/spirits | 5%  |
| House-made/artisan ice cream       | 5%  |
| Artisan butchery                   | 5%  |
| House-made/artisan pickles         | 5%  |
| House-brewed beer                  | 5%  |
| Non-traditional eggs               | 5%  |

## Movers & Shakers 2015 to 2016 Down 5 Percent or More

|                                 |     |
|---------------------------------|-----|
| Underutilized fish              | 11% |
| Kale salads                     | 10% |
| Fresh beans/peas                | 9%  |
| Gluten-free cuisine             | 8%  |
| Quinoa                          | 8%  |
| Flower essence in cocktails     | 8%  |
| Dark greens                     | 7%  |
| Coconut water                   | 7%  |
| Whole grain bread               | 7%  |
| Vegetarian appetizers           | 6%  |
| Natural sweeteners              | 6%  |
| Hybrid desserts                 | 6%  |
| Asian noodles                   | 6%  |
| Flatbreads                      | 6%  |
| Low-calorie entrees             | 6%  |
| Flatbread appetizers            | 6%  |
| Egg white omelettes/sandwiches  | 6%  |
| Non-wheat flour                 | 5%  |
| On-a-stick-items in kids' meals | 5%  |
| Brown-wild rice                 | 5%  |



**1**  
African flavors

## New Top Trends in 2016

|                                       |     |
|---------------------------------------|-----|
| Chef-driven fast-casual concepts      | #2  |
| Fresh/house-made sausage              | #17 |
| Home delivery meal kits               | #33 |
| Protein-rich grains/seeds             | #36 |
| Small plate menus/restaurant concepts | #61 |



2  
Fresh/house-made sausage



4  
Bacon-flavored/covered chocolate

## Yesterday's News in 2016

|    |                                   |     |
|----|-----------------------------------|-----|
| 1  | Insects                           | 71% |
| 2  | Foam/froth/air                    | 63% |
| 3  | Blood sausage/cake                | 62% |
| 4  | Bacon-flavored/covered chocolate  | 61% |
| 5  | Wedge salads                      | 59% |
| 6  | Molecular gastronomy              | 58% |
| 7  | Shrubs                            | 55% |
| 8  | Flatbread appetizers              | 54% |
| 9  | Vaporized cocktails               | 52% |
| 10 | Liquid nitrogen chilling/freezing | 52% |

## Perennial Favorites in 2016

|    |                  |     |
|----|------------------|-----|
| 1  | Fried chicken    | 63% |
| 2  | Biscuits         | 62% |
| 3  | Barbecue         | 62% |
| 4  | Frying           | 60% |
| 5  | French toast     | 58% |
| 6  | Pulled pork      | 57% |
| 7  | Hot tea          | 56% |
| 8  | Comfort foods    | 56% |
| 9  | Zucchini         | 54% |
| 10 | Classic pastries | 54% |



1  
Fried Chicken



# WHAT'S HOT

## FOOD



**1**  
Locally sourced  
meats & seafood

|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 1  | Locally sourced meats and seafood   | <b>80%</b>           | 6%                  | 13%                   |
| 2  | Chef-driven fast-casual concepts  | <b>78%</b>           | 9%                  | 13%                   |
| 3  | Locally grown produce   | <b>77%</b>           | 6%                  | 17%                   |
| 4  | Hyper-local sourcing (e.g. restaurant gardens, onsite beer brewing, house-made items) | <b>77%</b>           | 12%                 | 11%                   |
| 5  | Natural ingredients/ minimally processed food   | <b>76%</b>           | 8%                  | 16%                   |
| 6  | Environmental sustainability  | <b>74%</b>           | 9%                  | 18%                   |
| 7  | Healthful kids' meals   | <b>73%</b>           | 10%                 | 17%                   |
| 8  | New cuts of meat (e.g. culotte/sirloin cap, Denver cut, tri-tip, pork T-Bone chop)    | <b>71%</b>           | 15%                 | 14%                   |
| 9  | Sustainable seafood   | <b>71%</b>           | 12%                 | 17%                   |
| 10 | House-made/artisan ice cream  | <b>71%</b>           | 11%                 | 18%                   |

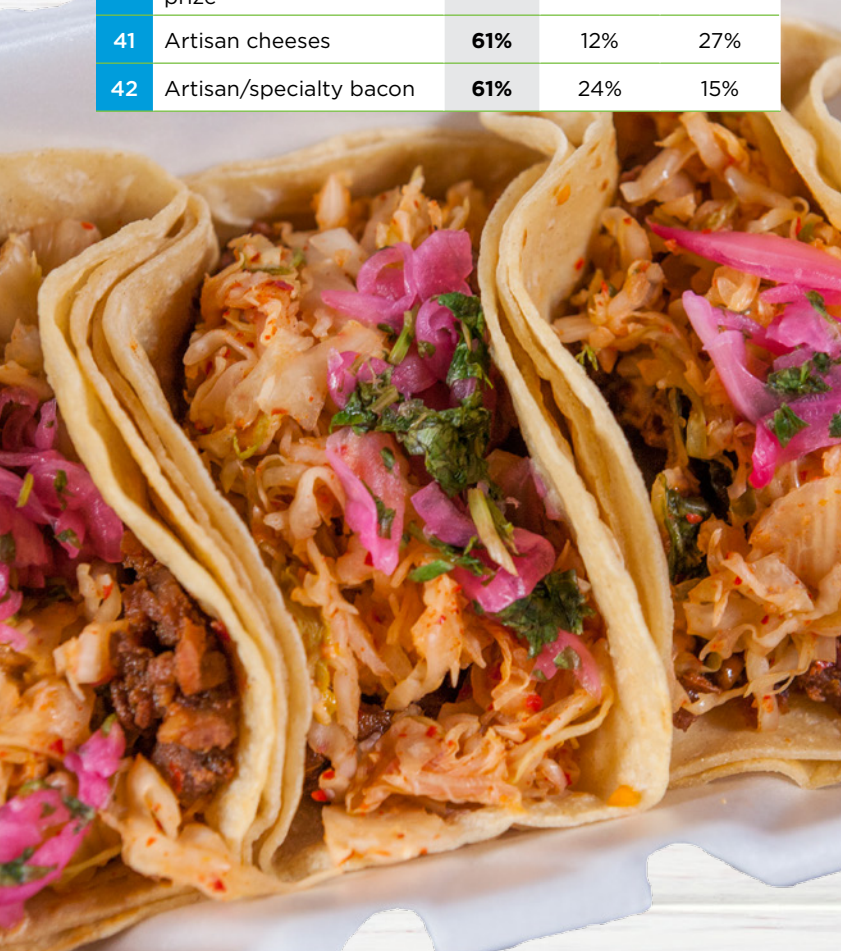
|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 11 | Ethnic condiments/spices (e.g. harissa, curry, peri peri, sriracha, chimichurri)                            | <b>71%</b>           | 12%                 | 16%                   |
| 12 | Authentic ethnic cuisine  | <b>70%</b>           | 9%                  | 20%                   |
| 13 | Farm/estate branded items   | <b>69%</b>           | 17%                 | 14%                   |
| 14 | Artisan butchery  | <b>69%</b>           | 15%                 | 16%                   |
| 15 | Ancient grains (e.g. kamut, spelt, amaranth, lupin)   | <b>68%</b>           | 22%                 | 10%                   |
| 16 | Ethnic-inspired breakfast items (e.g. Asian-flavored syrups, Chorizo scrambled eggs, coconut milk pancakes) | <b>68%</b>           | 17%                 | 15%                   |
| 17 | Fresh/house-made sausage  | <b>67%</b>           | 14%                 | 19%                   |
| 18 | House-made/artisan pickles  | <b>67%</b>           | 16%                 | 18%                   |
| 19 | Food waste reduction/management   | <b>67%</b>           | 11%                 | 22%                   |
| 20 | Street food/food trucks   | <b>66%</b>           | 16%                 | 18%                   |
| 21 | Simplicity/back to basics   | <b>66%</b>           | 9%                  | 25%                   |
| 22 | Non-wheat noodles/pasta (e.g. quinoa, rice, buckwheat)  | <b>65%</b>           | 23%                 | 11%                   |
| 23 | Free-range pork/poultry   | <b>65%</b>           | 16%                 | 19%                   |
| 24 | Fruit/vegetable kids' side items  | <b>65%</b>           | 13%                 | 22%                   |
| 25 | Whole grain items in kids' meals  | <b>65%</b>           | 20%                 | 14%                   |
| 26 | Heirloom apples   | <b>65%</b>           | 15%                 | 21%                   |
| 27 | Nutrition   | <b>65%</b>           | 7%                  | 27%                   |
| 28 | House-made/artisan soft drinks  | <b>65%</b>           | 25%                 | 11%                   |





|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 29 | Grazing (e.g. small-plate sharing/snacking instead of traditional meals)                      | <b>64%</b>           | 19%                 | 17%                   |
| 30 | Organic produce   | <b>63%</b>           | 15%                 | 22%                   |
| 31 | Unusual/uncommon herbs (e.g. chervil, lovage, lemon balm, papalo)                             | <b>63%</b>           | 21%                 | 16%                   |
| 32 | House-made condiments   | <b>63%</b>           | 13%                 | 24%                   |
| 33 | Home delivery meal kits (e.g. pre-measured ingredients and instructions for home preparation) | <b>63%</b>           | 27%                 | 10%                   |
| 34 | Street food-inspired main courses (e.g. tacos, satay, kabobs)                                 | <b>62%</b>           | 20%                 | 19%                   |
| 35 | African flavors   | <b>62%</b>           | 24%                 | 13%                   |
| 36 | Protein-rich grains/seeds (e.g. hemp, chia, quinoa, flax)                                     | <b>62%</b>           | 21%                 | 17%                   |
| 37 | Nose-to-tail/root-to-stalk cooking  | <b>62%</b>           | 23%                 | 15%                   |
| 38 | Black/forbidden rice  | <b>61%</b>           | 28%                 | 10%                   |
| 39 | Grass-fed beef  | <b>61%</b>           | 21%                 | 18%                   |
| 40 | Half-portions/smaller portions for a smaller prize  | <b>61%</b>           | 19%                 | 20%                   |
| 41 | Artisan cheeses   | <b>61%</b>           | 12%                 | 27%                   |
| 42 | Artisan/specialty bacon   | <b>61%</b>           | 24%                 | 15%                   |

|    |  | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|--|----------------------|---------------------|-----------------------|
| 43 | Ethnic cheeses (e.g. queso fresco, paneer, lebleh, halloumi) | <b>61%</b>           | 18%                 | 21%                   |
| 44 | Pickling   | <b>61%</b>           | 16%                 | 24%                   |
| 45 | Gluten-free cuisine  | <b>61%</b>           | 24%                 | 15%                   |
| 46 | Pickled vegetables   | <b>60%</b>           | 23%                 | 17%                   |
| 47 | Bite-size/mini-desserts                                      | <b>60%</b>           | 23%                 | 17%                   |
| 48 | Savory desserts  | <b>60%</b>           | 25%                 | 15%                   |
| 49 | Kids' entree salads  | <b>60%</b>           | 26%                 | 14%                   |
| 50 | Gourmet items in kids' meals                                 | <b>60%</b>           | 31%                 | 9%                    |
| 51 | Vinegar/flavored vinegar/house-made vinegars                 | <b>60%</b>           | 21%                 | 19%                   |
| 52 | Fermenting   | <b>60%</b>           | 25%                 | 15%                   |
| 53 | Gourmet lemonade (e.g. house-made, freshly muddled)          | <b>60%</b>           | 17%                 | 22%                   |
| 54 | House-made charcuterie                                       | <b>59%</b>           | 22%                 | 19%                   |
| 55 | Vegetarian appetizers  | <b>59%</b>           | 21%                 | 20%                   |
| 56 | Meatless/vegetarian items                                    | <b>59%</b>           | 19%                 | 22%                   |
| 57 | Exotic fruits (e.g. rambutan, dragon fruit, paw paw, guava)  | <b>59%</b>           | 27%                 | 13%                   |
| 58 | Ethnic fusion cuisine  | <b>59%</b>           | 26%                 | 14%                   |
| 59 | Non-wheat flour (e.g. peanut, millet, barley, rice)          | <b>59%</b>           | 27%                 | 14%                   |
| 60 | Pop-up/temporary restaurants                                 | <b>59%</b>           | 31%                 | 10%                   |
| 61 | Small plate menus/restaurant concepts                        | <b>59%</b>           | 25%                 | 16%                   |
| 62 | Vegan entrees  | <b>58%</b>           | 23%                 | 18%                   |



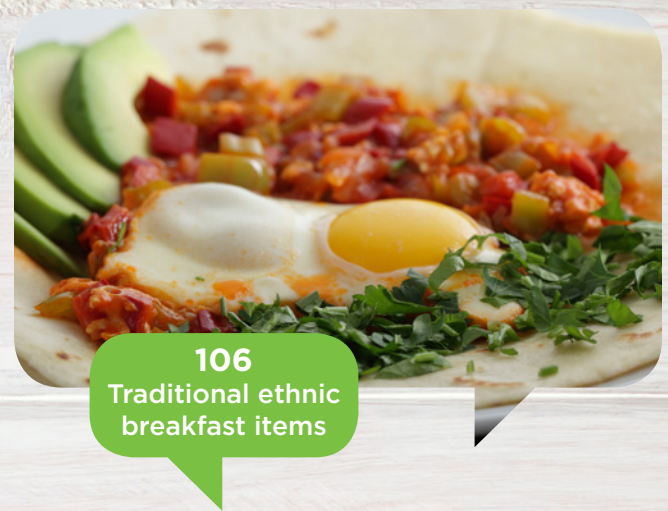


|    |  | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|--|----------------------|---------------------|-----------------------|
| 63 | Ethnic-inspired kids' dishes (e.g. tacos, teriyaki, sushi)                     | <b>58%</b>           | 25%                 | 18%                   |
| 64 | Oven-baked items in kids' meals (e.g. baked chicken fingers, oven-baked fries) | <b>58%</b>           | 22%                 | 20%                   |
| 65 | Latin American flavors   | <b>58%</b>           | 15%                 | 27%                   |
| 66 | Specialty iced tea (e.g. Thai-style, Southern/sweet, flavored, matcha)         | <b>58%</b>           | 19%                 | 23%                   |
| 67 | Inexpensive/underused cuts of meat (e.g. brisket, shoulder, skirt steak)       | <b>57%</b>           | 16%                 | 28%                   |
| 68 | Hybrid fruits/vegetables (e.g. kale-Brussels sprouts, pluot, broccoflower)     | <b>57%</b>           | 29%                 | 14%                   |
| 69 | Ethnic flour (e.g. fufu, teff, cassava/yuca)                                   | <b>57%</b>           | 32%                 | 11%                   |
| 70 | Savory jam/jelly (e.g. bacon jam, tomato jam, hot pepper jelly)                | <b>57%</b>           | 23%                 | 20%                   |
| 71 | Farro  | <b>56%</b>           | 32%                 | 12%                   |
| 72 | Cheeks (e.g. beef, pork, fish)   | <b>56%</b>           | 29%                 | 15%                   |
| 73 | Lower-sodium entrees   | <b>56%</b>           | 26%                 | 18%                   |
| 74 | Alternative red meats (e.g. buffalo/bison, ostrich/emu, goat)                  | <b>56%</b>           | 30%                 | 15%                   |
| 75 | Coconut oil  | <b>56%</b>           | 29%                 | 15%                   |
| 76 | Superfruit (e.g. acai, goji berry, mangosteen)                                 | <b>55%</b>           | 32%                 | 13%                   |
| 77 | 3D food printing   | <b>55%</b>           | 38%                 | 8%                    |



|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 78 | Quinoa  | <b>54%</b>           | 33%                 | 13%                   |
| 79 | Smoked dessert ingredients  | <b>54%</b>           | 38%                 | 8%                    |
| 80 | Tapas/meze/dim sum (e.g. small plates)  | <b>53%</b>           | 23%                 | 24%                   |
| 81 | 100% juice options in kids' meals   | <b>53%</b>           | 16%                 | 31%                   |
| 82 | Grilled items in kids' meals  | <b>53%</b>           | 18%                 | 28%                   |
| 83 | Middle Eastern flavors  | <b>53%</b>           | 21%                 | 25%                   |
| 84 | Specialty salt (e.g. flavored, smoked, regional)                                | <b>53%</b>           | 32%                 | 14%                   |
| 85 | Natural sweeteners (e.g. agave, honey, concentrated fruit juice, maple syrup)   | <b>53%</b>           | 21%                 | 26%                   |
| 86 | Alternative bacon (e.g. face bacon, beef bacon, lamb bacon)                     | <b>53%</b>           | 35%                 | 12%                   |
| 87 | Seafood charcuterie   | <b>52%</b>           | 34%                 | 14%                   |
| 88 | Hybrid desserts (e.g. croissant-donut, townie, ice cream cupcake)               | <b>52%</b>           | 35%                 | 13%                   |
| 89 | Dark greens (e.g. kale, mustard greens, collards)                               | <b>52%</b>           | 20%                 | 28%                   |
| 90 | Amuse-bouche/bite-size appetizers   | <b>51%</b>           | 25%                 | 23%                   |
| 91 | Micro-vegetables/micro-greens   | <b>51%</b>           | 35%                 | 14%                   |
| 92 | Extra hot peppers (e.g. habanero, Ghost Pepper, Carolina Reaper, Scotch Bonnet) | <b>51%</b>           | 34%                 | 15%                   |
| 93 | Heirloom tomatoes   | <b>51%</b>           | 15%                 | 34%                   |
| 94 | Southeast Asian flavors   | <b>49%</b>           | 16%                 | 35%                   |
| 95 | Non-traditional eggs (e.g. duck, quail, emu)                                    | <b>49%</b>           | 39%                 | 12%                   |





**106**  
Traditional ethnic  
breakfast items

|     |  | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|-----|--|----------------------|---------------------|-----------------------|
| 96  | Smoking  | <b>49%</b>           | 13%                 | 37%                   |
| 97  | Prepaid tickets (e.g. alternative to reservations)                           | <b>49%</b>           | 40%                 | 11%                   |
| 98  | Game meats (e.g. venison, game birds, boar, rabbit)                          | <b>48%</b>           | 26%                 | 26%                   |
| 99  | Ricotta pancakes   | <b>48%</b>           | 37%                 | 15%                   |
| 100 | Root vegetables (e.g. parsnip, turnip, rutabaga)                             | <b>48%</b>           | 19%                 | 33%                   |
| 101 | Underutilized/"trash" fish (e.g. mackerel, bluefish, sea robin, redfish)     | <b>47%</b>           | 40%                 | 13%                   |
| 102 | Vegetable dessert ingredients  | <b>47%</b>           | 42%                 | 11%                   |
| 103 | On-a-stick/skewer items in kids' meals                                       | <b>46%</b>           | 33%                 | 21%                   |
| 104 | Sous vide  | <b>46%</b>           | 37%                 | 17%                   |
| 105 | Asian noodles (e.g. soba, udon)  | <b>45%</b>           | 25%                 | 30%                   |
| 106 | Traditional ethnic breakfast items (e.g. huevos rancheros, shakshuka, ashta) | <b>45%</b>           | 22%                 | 33%                   |
| 107 | Sliders/mini-burgers in kids' meals  | <b>45%</b>           | 22%                 | 33%                   |
| 108 | Mediterranean flavors  | <b>45%</b>           | 16%                 | 39%                   |
| 109 | Flatbreads (e.g. naan, pappadum, lavash, pita, tortilla)                     | <b>45%</b>           | 25%                 | 29%                   |
| 110 | Mocktails (e.g. non-alcoholic cocktails)                                     | <b>45%</b>           | 34%                 | 21%                   |
| 111 | Low-calorie entrees  | <b>44%</b>           | 33%                 | 23%                   |
| 112 | Low-fat/non-fat milk in kids' meals  | <b>44%</b>           | 28%                 | 28%                   |

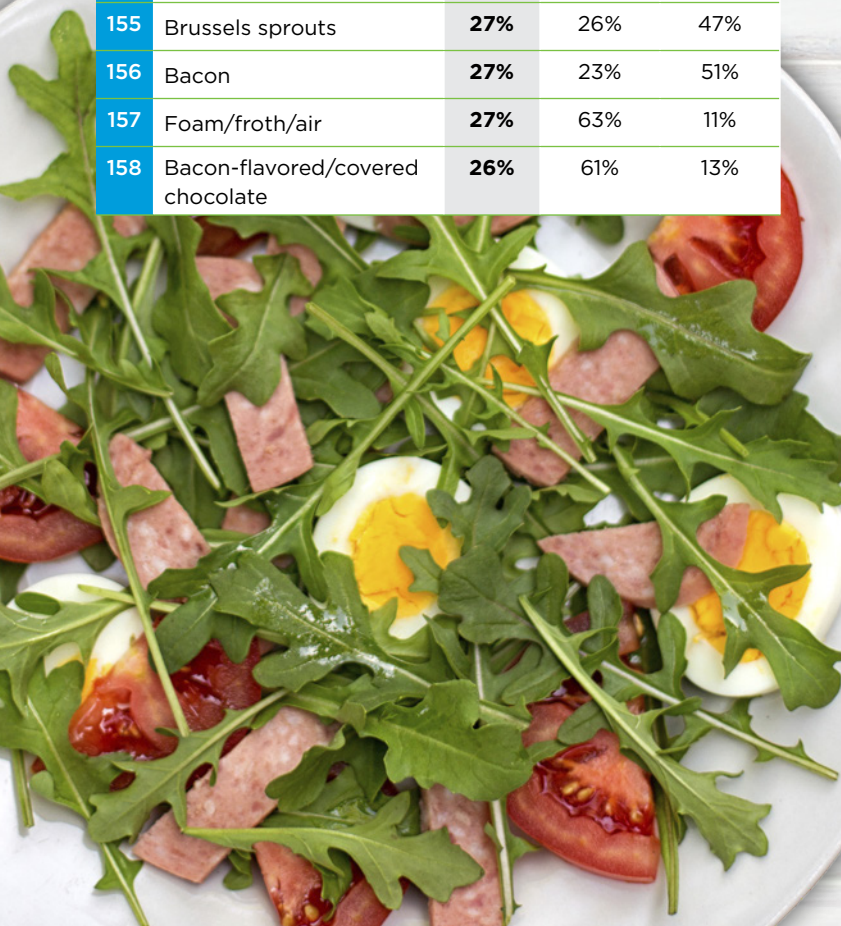
|     |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|-----|---|----------------------|---------------------|-----------------------|
| 113 | Banh mi   | <b>43%</b>           | 33%                 | 24%                   |
| 114 | Fresh beans/peas (e.g. fava, English, snow)               | <b>43%</b>           | 18%                 | 39%                   |
| 115 | Fire roasting   | <b>43%</b>           | 12%                 | 45%                   |
| 116 | Coconut water   | <b>43%</b>           | 47%                 | 10%                   |
| 117 | Ethnic dips (e.g. hummus, baba ganoush, tzatziki, dukkah) | <b>41%</b>           | 26%                 | 33%                   |
| 118 | Breakfast for lunch/dinner                                | <b>41%</b>           | 25%                 | 33%                   |
| 119 | Bone broth  | <b>41%</b>           | 32%                 | 26%                   |
| 120 | Low-carb entrees  | <b>40%</b>           | 42%                 | 18%                   |
| 121 | Gelato  | <b>40%</b>           | 28%                 | 32%                   |
| 122 | Flavored/enhanced water                                   | <b>40%</b>           | 47%                 | 14%                   |
| 123 | Cold brew coffee  | <b>40%</b>           | 28%                 | 32%                   |
| 124 | Kale salads   | <b>39%</b>           | 48%                 | 13%                   |
| 125 | Liquid nitrogen chilling/freezing                         | <b>39%</b>           | 52%                 | 9%                    |
| 126 | 24-hour dining  | <b>39%</b>           | 29%                 | 33%                   |
| 127 | Pork belly  | <b>38%</b>           | 31%                 | 30%                   |
| 128 | Hanger steak  | <b>38%</b>           | 37%                 | 25%                   |
| 129 | Octopus   | <b>37%</b>           | 40%                 | 23%                   |
| 130 | Fish in kids' meals                                       | <b>37%</b>           | 37%                 | 26%                   |
| 131 | Prix fixe brunches  | <b>36%</b>           | 37%                 | 27%                   |
| 132 | Shrimp in kids' meals                                     | <b>36%</b>           | 40%                 | 25%                   |
| 133 | Molecular gastronomy                                      | <b>34%</b>           | 58%                 | 8%                    |
| 134 | Poke/ceviche  | <b>33%</b>           | 40%                 | 27%                   |
| 135 | Ramen   | <b>33%</b>           | 44%                 | 23%                   |
| 136 | Regional gravy (e.g. sausage, black pepper, tasso ham)    | <b>33%</b>           | 17%                 | 50%                   |





|     |  | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|-----|--|----------------------|---------------------|-----------------------|
| 137 | Whole grain bread/rolls  | 33%                  | 27%                 | 40%                   |
| 138 | Greek yogurt   | 33%                  | 37%                 | 30%                   |
| 139 | Food halls   | 33%                  | 48%                 | 19%                   |
| 140 | Bone marrow  | 32%                  | 50%                 | 19%                   |
| 141 | Jerky (e.g. beef, fish, turkey, boar, bison)                     | 32%                  | 44%                 | 24%                   |
| 142 | Lentils  | 32%                  | 34%                 | 35%                   |
| 143 | Duck   | 32%                  | 24%                 | 44%                   |
| 144 | Arugula  | 32%                  | 24%                 | 44%                   |
| 145 | Confit   | 32%                  | 23%                 | 45%                   |
| 146 | Fruit desserts (e.g. cobbler, crisp, tart, pie)                  | 31%                  | 19%                 | 50%                   |
| 147 | Flatbread appetizers   | 30%                  | 54%                 | 16%                   |
| 148 | Offal (e.g. heart, tripe, liver, sweetbreads)                    | 29%                  | 49%                 | 22%                   |
| 149 | Egg white omelets/sandwiches                                     | 29%                  | 45%                 | 27%                   |
| 150 | Fingerling potatoes  | 28%                  | 37%                 | 35%                   |
| 151 | Comfort foods (e.g. chicken pot pie, meat-loaf, roasted chicken) | 27%                  | 18%                 | 56%                   |
| 152 | Pizza in kids' meals   | 27%                  | 26%                 | 47%                   |
| 153 | Rhubarb  | 27%                  | 35%                 | 38%                   |
| 154 | Cauliflower  | 27%                  | 31%                 | 42%                   |
| 155 | Brussels sprouts   | 27%                  | 26%                 | 47%                   |
| 156 | Bacon  | 27%                  | 23%                 | 51%                   |
| 157 | Foam/froth/air   | 27%                  | 63%                 | 11%                   |
| 158 | Bacon-flavored/covered chocolate                                 | 26%                  | 61%                 | 13%                   |

|     |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|-----|---|----------------------|---------------------|-----------------------|
| 159 | Oysters   | 25%                  | 22%                 | 53%                   |
| 160 | Brown/wild rice   | 25%                  | 38%                 | 37%                   |
| 161 | Sliders/mini-burgers                                      | 24%                  | 49%                 | 27%                   |
| 162 | Grits   | 24%                  | 32%                 | 44%                   |
| 163 | Fun-shaped children's items                               | 24%                  | 50%                 | 26%                   |
| 164 | Mussels   | 23%                  | 29%                 | 48%                   |
| 165 | Lemon-flavored desserts                                   | 23%                  | 27%                 | 50%                   |
| 166 | Polenta   | 22%                  | 40%                 | 38%                   |
| 167 | Barbecue  | 22%                  | 16%                 | 62%                   |
| 168 | Classic pastries (e.g. scones, kouign-amann, profiterole) | 22%                  | 23%                 | 54%                   |
| 169 | Doughnuts   | 22%                  | 27%                 | 51%                   |
| 170 | Blood sausage/cake  | 21%                  | 62%                 | 17%                   |
| 171 | French toast  | 21%                  | 22%                 | 58%                   |
| 172 | Hot tea   | 21%                  | 23%                 | 56%                   |
| 173 | Smoothies   | 21%                  | 34%                 | 45%                   |
| 174 | Sparkling water   | 21%                  | 32%                 | 47%                   |
| 175 | Sweet potato fries  | 20%                  | 49%                 | 31%                   |
| 176 | Pulled pork   | 20%                  | 23%                 | 57%                   |
| 177 | Breakfast burritos  | 20%                  | 41%                 | 39%                   |
| 178 | Insects   | 20%                  | 71%                 | 9%                    |
| 179 | Bread service/bread baskets                               | 19%                  | 37%                 | 44%                   |
| 180 | Custard-based desserts                                    | 19%                  | 28%                 | 52%                   |
| 181 | Eggs Benedict   | 19%                  | 29%                 | 52%                   |
| 182 | Biscuits  | 19%                  | 19%                 | 62%                   |
| 183 | Chocolate-covered fruit                                   | 17%                  | 42%                 | 41%                   |
| 184 | Zucchini  | 17%                  | 29%                 | 54%                   |
| 185 | Skewers   | 16%                  | 51%                 | 33%                   |
| 186 | Wedge salads  | 15%                  | 59%                 | 26%                   |
| 187 | Fried chicken   | 15%                  | 22%                 | 63%                   |
| 188 | Chicken wings   | 14%                  | 34%                 | 52%                   |
| 189 | Lumberjack breakfast (e.g. large American breakfast)      | 14%                  | 44%                 | 42%                   |
| 190 | Deviled eggs  | 13%                  | 49%                 | 38%                   |
| 191 | Tater tots  | 13%                  | 49%                 | 37%                   |
| 192 | Frying  | 13%                  | 27%                 | 60%                   |





# WHAT'S HOT

## ALCOHOL



**15**  
Prohibition-era  
cocktails

|    |  | HOT<br>TREND | Yesterday's<br>News | Perennial<br>Favorite |
|----|--|--------------|---------------------|-----------------------|
| 1  | Craft/artisan spirits                                  | 77%          | 11%                 | 12%                   |
| 2  | Locally produced beer/<br>wine/spirits                 | 77%          | 8%                  | 15%                   |
| 3  | Onsite barrel-aged drinks                              | 71%          | 17%                 | 12%                   |
| 4  | Culinary cocktails (e.g.<br>savory, fresh ingredients) | 70%          | 19%                 | 11%                   |
| 5  | Regional signature<br>cocktails                        | 69%          | 13%                 | 18%                   |
| 6  | Food-beer pairings                                     | 66%          | 13%                 | 21%                   |
| 7  | Edible cocktails                                       | 63%          | 28%                 | 10%                   |
| 8  | House-brewed beer                                      | 63%          | 15%                 | 22%                   |
| 9  | Food-liquor/cocktail<br>pairings                       | 59%          | 19%                 | 22%                   |
| 10 | Non-traditional liquors<br>(e.g. soju/sochu, cachaca)  | 59%          | 31%                 | 10%                   |
| 11 | Craft beer   | 58%          | 13%                 | 29%                   |
| 12 | Organic beer/wine/spirits                              | 57%          | 26%                 | 16%                   |
| 13 | Beer-based cocktails                                   | 55%          | 31%                 | 14%                   |

|    |   | HOT<br>TREND | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|--------------|---------------------|-----------------------|
| 14 | Cask beer/ale   | 53%          | 27%                 | 20%                   |
| 15 | Prohibition-era cocktails<br>(e.g. Gin Rickey, Mint<br>Julep, French 75, Sidecar) | 51%          | 21%                 | 28%                   |
| 16 | Gluten-free beer  | 50%          | 39%                 | 11%                   |
| 17 | Infused/flavored tequila  | 50%          | 32%                 | 17%                   |
| 18 | Herbal/botanical liqueurs<br>(e.g. absinthe, Chartreuse,<br>Benedictine, Campari) | 49%          | 28%                 | 23%                   |
| 19 | Hard cider  | 48%          | 27%                 | 25%                   |
| 20 | Flower essence in cock-<br>tails (e.g. elderflower,<br>lavender, hibiscus)        | 47%          | 38%                 | 15%                   |
| 21 | Wine on tap/draft wine  | 46%          | 36%                 | 17%                   |
| 22 | Spicy cocktails   | 42%          | 33%                 | 25%                   |
| 23 | Moonshine   | 42%          | 39%                 | 19%                   |
| 24 | Vaporized cocktails   | 40%          | 52%                 | 8%                    |
| 25 | Low-alcohol cocktails   | 39%          | 42%                 | 18%                   |
| 26 | Sharable cocktails  | 35%          | 45%                 | 20%                   |
| 27 | Shrubs  | 32%          | 55%                 | 12%                   |
| 28 | Bitter cocktails  | 32%          | 47%                 | 22%                   |
| 29 | Mules   | 32%          | 43%                 | 24%                   |



# WHAT'S HOT

## CATEGORIES

### Alcoholic beverages

|    |   | <b>HOT TREND</b> | Yesterday's News | Perennial Favorite |
|----|---|------------------|------------------|--------------------|
| 1  | Craft/artisan spirits   | <b>77%</b>       | 11%              | 12%                |
| 2  | Locally produced beer/wine/spirits  | <b>77%</b>       | 8%               | 15%                |
| 3  | House-brewed beer   | <b>63%</b>       | 15%              | 22%                |
| 4  | Non-traditional liquors (e.g. soju/sochu, cachaca)                          | <b>59%</b>       | 31%              | 10%                |
| 5  | Craft beer  | <b>58%</b>       | 13%              | 29%                |
| 6  | Organic beer/wine/spirits   | <b>57%</b>       | 26%              | 16%                |
| 7  | Cask beer/ale   | <b>53%</b>       | 27%              | 20%                |
| 8  | Gluten-free beer  | <b>50%</b>       | 39%              | 11%                |
| 9  | Infused/flavored tequila  | <b>50%</b>       | 32%              | 17%                |
| 10 | Herbal/botanical liqueurs (e.g. absinthe, Chartreuse, Benedictine, Campari) | <b>49%</b>       | 28%              | 23%                |
| 11 | Hard cider  | <b>48%</b>       | 27%              | 25%                |
| 12 | Wine on tap/draft wine  | <b>46%</b>       | 36%              | 17%                |
| 13 | Moonshine   | <b>42%</b>       | 39%              | 19%                |



**2**  
Locally produced beer



**8**  
Ceviche

### Appetizers/Small plates

|    |   | <b>HOT TREND</b> | Yesterday's News | Perennial Favorite |
|----|---|------------------|------------------|--------------------|
| 1  | Fresh/house-made sausage  | <b>67%</b>       | 14%              | 19%                |
| 2  | House-made charcuterie  | <b>59%</b>       | 22%              | 19%                |
| 3  | Vegetarian appetizers   | <b>59%</b>       | 21%              | 20%                |
| 4  | Ethnic/street food-inspired appetizers (e.g. tempura, taquitos, kabobs) | <b>53%</b>       | 23%              | 25%                |
| 5  | Seafood charcuterie   | <b>52%</b>       | 34%              | 14%                |
| 6  | Amuse-bouche/bite-size appetizers                                       | <b>51%</b>       | 25%              | 23%                |
| 7  | Ethnic dips (e.g. hummus, baba ganoush, tzatziki, dukkah)               | <b>41%</b>       | 26%              | 33%                |
| 8  | Poke/ceviche  | <b>33%</b>       | 40%              | 27%                |
| 9  | Bone marrow   | <b>32%</b>       | 50%              | 19%                |
| 10 | Jerky (e.g. beef, fish, turkey, boar, bison)                            | <b>32%</b>       | 44%              | 24%                |
| 11 | Flatbread appetizers  | <b>30%</b>       | 54%              | 16%                |
| 12 | Oysters   | <b>25%</b>       | 22%              | 53%                |
| 13 | Sliders/mini-burgers  | <b>24%</b>       | 49%              | 27%                |
| 14 | Mussels   | <b>23%</b>       | 29%              | 48%                |
| 15 | Skewers   | <b>16%</b>       | 51%              | 33%                |
| 16 | Wedge salads  | <b>15%</b>       | 59%              | 26%                |
| 17 | Chicken wings   | <b>14%</b>       | 34%              | 52%                |
| 18 | Deviled eggs  | <b>13%</b>       | 49%              | 38%                |

## Breakfast/Brunch

|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 1  | Ethnic-inspired breakfast items (e.g. Asian-flavored syrups, Chorizo scrambled eggs, coconut milk pancakes) | <b>68%</b>           | 17%                 | 15%                   |
| 2  | Ricotta pancakes  | <b>48%</b>           | 37%                 | 15%                   |
| 3  | Traditional ethnic breakfast items (e.g. huevos rancheros, shakshuka, ashta)                                | <b>45%</b>           | 22%                 | 33%                   |
| 4  | Prix fixe brunches  | <b>36%</b>           | 37%                 | 27%                   |
| 5  | Regional gravy (e.g. sausage, black pepper, tasso ham)  | <b>33%</b>           | 17%                 | 50%                   |
| 6  | Egg white omelets/sandwiches  | <b>29%</b>           | 45%                 | 27%                   |
| 7  | Doughnuts   | <b>22%</b>           | 27%                 | 51%                   |
| 8  | French toast  | <b>21%</b>           | 22%                 | 58%                   |
| 9  | Breakfast burritos  | <b>20%</b>           | 41%                 | 39%                   |
| 10 | Eggs Benedict   | <b>19%</b>           | 29%                 | 52%                   |
| 11 | Biscuits  | <b>19%</b>           | 19%                 | 62%                   |
| 12 | Lumberjack breakfast (e.g. large American breakfast)  | <b>14%</b>           | 44%                 | 42%                   |



2  
Culinary cocktails

## Cocktails/Cocktail ingredients

|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 1  | Onsite barrel-aged drinks   | <b>71%</b>           | 17%                 | 12%                   |
| 2  | Culinary cocktails (e.g. savory, fresh ingredients)                         | <b>70%</b>           | 19%                 | 11%                   |
| 3  | Regional signature cocktails  | <b>69%</b>           | 13%                 | 18%                   |
| 4  | Food-beer pairings  | <b>66%</b>           | 13%                 | 21%                   |
| 5  | Edible cocktails  | <b>63%</b>           | 28%                 | 10%                   |
| 6  | Food-liquor/cocktail pairings   | <b>59%</b>           | 19%                 | 22%                   |
| 7  | Beer-based cocktails  | <b>55%</b>           | 31%                 | 14%                   |
| 8  | Prohibition-era cocktails (e.g. Gin Rickey, Mint Julep, French 75, Sidecar) | <b>51%</b>           | 21%                 | 28%                   |
| 9  | Flower essence in cocktails (e.g. elderflower, lavender, hibiscus)          | <b>47%</b>           | 38%                 | 15%                   |
| 10 | Spicy cocktails   | <b>42%</b>           | 33%                 | 25%                   |
| 11 | Vaporized cocktails   | <b>40%</b>           | 52%                 | 8%                    |
| 12 | Low-alcohol cocktails   | <b>39%</b>           | 42%                 | 18%                   |
| 13 | Sharable cocktails  | <b>35%</b>           | 45%                 | 20%                   |
| 14 | Shrubs  | <b>32%</b>           | 55%                 | 12%                   |
| 15 | Bitter cocktails  | <b>32%</b>           | 47%                 | 22%                   |
| 16 | Mules   | <b>32%</b>           | 43%                 | 24%                   |



6  
Egg white omelets



## Culinary themes

|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 1  | Chef-driven fast-casual concepts  | <b>78%</b>           | 9%                  | 13%                   |
| 2  | Hyper-local sourcing (e.g. restaurant gardens, onsite beer brewing, house-made items)         | <b>77%</b>           | 12%                 | 11%                   |
| 3  | Natural ingredients/ minimally processed food   | <b>76%</b>           | 8%                  | 16%                   |
| 4  | Environmental sustainability  | <b>74%</b>           | 9%                  | 18%                   |
| 5  | Artisan butchery  | <b>69%</b>           | 15%                 | 16%                   |
| 6  | Food waste reduction/ management  | <b>67%</b>           | 11%                 | 22%                   |
| 7  | Street food/food trucks   | <b>66%</b>           | 16%                 | 18%                   |
| 8  | Simplicity/back to basics   | <b>66%</b>           | 9%                  | 25%                   |
| 9  | Nutrition   | <b>65%</b>           | 7%                  | 27%                   |
| 10 | Grazing (e.g. small-plate sharing/snacking instead of traditional meals)                      | <b>64%</b>           | 19%                 | 17%                   |
| 11 | Home delivery meal kits (e.g. pre-measured ingredients and instructions for home preparation) | <b>63%</b>           | 27%                 | 10%                   |
| 12 | Nose-to-tail/root-to-stalk cooking  | <b>62%</b>           | 23%                 | 15%                   |
| 13 | Gluten-free cuisine   | <b>61%</b>           | 24%                 | 15%                   |
| 14 | Pop-up/temporary restaurants  | <b>59%</b>           | 31%                 | 10%                   |
| 15 | Small plate menus/ restaurant concepts  | <b>59%</b>           | 25%                 | 16%                   |
| 16 | 3D food printing  | <b>55%</b>           | 38%                 | 8%                    |
| 17 | Prepaid tickets (e.g. alternative to reservations)  | <b>49%</b>           | 40%                 | 11%                   |
| 18 | 24-hour dining  | <b>39%</b>           | 29%                 | 33%                   |
| 19 | Molecular gastronomy  | <b>34%</b>           | 58%                 | 8%                    |
| 20 | Food halls  | <b>33%</b>           | 48%                 | 19%                   |



## Dessert

|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 1  | House-made/artisan ice cream                                      | <b>71%</b>           | 11%                 | 18%                   |
| 2  | Bite-size/mini-desserts   | <b>60%</b>           | 23%                 | 17%                   |
| 3  | Savory desserts   | <b>60%</b>           | 25%                 | 15%                   |
| 4  | Smoked dessert ingredients  | <b>54%</b>           | 38%                 | 8%                    |
| 5  | Hybrid desserts (e.g. croissant-donut, townie, ice cream cupcake) | <b>52%</b>           | 35%                 | 13%                   |
| 6  | Vegetable dessert ingredients                                     | <b>47%</b>           | 42%                 | 11%                   |
| 7  | Gelato  | <b>40%</b>           | 28%                 | 32%                   |
| 8  | Fruit desserts (e.g. cobbler, crisp, tart, pie)                   | <b>31%</b>           | 19%                 | 50%                   |
| 9  | Lemon-flavored desserts   | <b>23%</b>           | 27%                 | 50%                   |
| 10 | Classic pastries (e.g. scones, kouign-amann, profiterole)         | <b>22%</b>           | 23%                 | 54%                   |
| 11 | Custard-based desserts  | <b>19%</b>           | 28%                 | 52%                   |
| 12 | Chocolate-covered fruit   | <b>17%</b>           | 42%                 | 41%                   |



### 1 Ethnic condiments

## Global flavors

|   |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|---|---|----------------------|---------------------|-----------------------|
| 1 | Ethnic condiments/<br>spices (e.g. harissa, curry,<br>peri peri, sriracha ,<br>chimichurri) | <b>71%</b>           | 12%                 | 16%                   |
| 2 | Authentic ethnic cuisine  | <b>70%</b>           | 9%                  | 20%                   |
| 3 | African flavors   | <b>62%</b>           | 24%                 | 13%                   |
| 4 | Ethnic fusion cuisine   | <b>59%</b>           | 26%                 | 14%                   |
| 5 | Latin American flavors  | <b>58%</b>           | 15%                 | 27%                   |
| 6 | Middle Eastern flavors  | <b>53%</b>           | 21%                 | 25%                   |
| 7 | Southeast Asian flavors   | <b>49%</b>           | 16%                 | 35%                   |
| 8 | Mediterranean flavors   | <b>45%</b>           | 16%                 | 39%                   |



### 10 On-a-stick kids' meals

## Kids' meals

|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 1  | Healthful kids' meals   | <b>73%</b>           | 10%                 | 17%                   |
| 2  | Fruit/vegetable kids' side<br>items   | <b>65%</b>           | 13%                 | 22%                   |
| 3  | Whole grain items in<br>kids' meals   | <b>65%</b>           | 20%                 | 14%                   |
| 4  | Kids' entree salads   | <b>60%</b>           | 26%                 | 14%                   |
| 5  | Gourmet items in kids'<br>meals   | <b>60%</b>           | 31%                 | 9%                    |
| 6  | Ethnic-inspired kids'<br>dishes (e.g. tacos, teriyaki,<br>sushi)                        | <b>58%</b>           | 25%                 | 18%                   |
| 7  | Oven-baked items in<br>kids' meals (e.g. baked<br>chicken fingers,<br>oven-baked fries) | <b>58%</b>           | 22%                 | 20%                   |
| 8  | 100% juice options in<br>kids' meals  | <b>53%</b>           | 16%                 | 31%                   |
| 9  | Grilled items in kids'<br>meals   | <b>53%</b>           | 18%                 | 28%                   |
| 10 | On-a-stick/skewer items<br>in kids' meals   | <b>46%</b>           | 33%                 | 21%                   |
| 11 | Sliders/mini-burgers in<br>kids' meals  | <b>45%</b>           | 22%                 | 33%                   |
| 12 | Low-fat/non-fat milk in<br>kids' meals  | <b>44%</b>           | 28%                 | 28%                   |
| 13 | Fish in kids' meals   | <b>37%</b>           | 37%                 | 26%                   |
| 14 | Shrimp in kids' meals   | <b>36%</b>           | 40%                 | 25%                   |
| 15 | Pizza in kids' meals  | <b>27%</b>           | 26%                 | 47%                   |
| 16 | Fun-shaped children's<br>items  | <b>24%</b>           | 50%                 | 26%                   |





## Main dish/Center of the plate

|    |  | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|--|----------------------|---------------------|-----------------------|
| 1  | Locally sourced meats and seafood  | <b>80%</b>           | 6%                  | 13%                   |
| 2  | New cuts of meat (e.g. culotte/sirloin cap, Denver cut, tri-tip, pork T-Bone chop) | <b>71%</b>           | 15%                 | 14%                   |
| 3  | Sustainable seafood  | <b>71%</b>           | 12%                 | 17%                   |
| 4  | Free-range pork/poultry  | <b>65%</b>           | 16%                 | 19%                   |
| 5  | Street food-inspired main courses (e.g. tacos, satay, kabobs)                      | <b>62%</b>           | 20%                 | 19%                   |
| 6  | Grass-fed beef   | <b>61%</b>           | 21%                 | 18%                   |
| 7  | Half-portions/smaller portions for a smaller prize                                 | <b>61%</b>           | 19%                 | 20%                   |
| 8  | Meatless/vegetarian items  | <b>59%</b>           | 19%                 | 22%                   |
| 9  | Vegan entrees  | <b>58%</b>           | 23%                 | 18%                   |
| 10 | Inexpensive/underused cuts of meat (e.g. brisket, shoulder, skirt steak)           | <b>57%</b>           | 16%                 | 28%                   |
| 11 | Cheeks (e.g. beef, pork, fish)   | <b>56%</b>           | 29%                 | 15%                   |
| 12 | Lower-sodium entrees   | <b>56%</b>           | 26%                 | 18%                   |
| 13 | Alternative red meats (e.g. buffalo/bison, ostrich/emu, goat)                      | <b>56%</b>           | 30%                 | 15%                   |
| 14 | Tapas/meze/dim sum (e.g. small plates)   | <b>53%</b>           | 23%                 | 24%                   |
| 15 | Game meats (e.g. venison, game birds, boar, rabbit)                                | <b>48%</b>           | 26%                 | 26%                   |
| 16 | Underutilized/"trash" fish (e.g. mackerel, bluefish, sea robin, redfish)           | <b>47%</b>           | 40%                 | 13%                   |

|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 17 | Low-calorie entrees   | <b>44%</b>           | 33%                 | 23%                   |
| 18 | Banh mi   | <b>43%</b>           | 33%                 | 24%                   |
| 19 | Breakfast for lunch/dinner                                      | <b>41%</b>           | 25%                 | 33%                   |
| 20 | Low-carb entrees  | <b>40%</b>           | 42%                 | 18%                   |
| 21 | Kale salads   | <b>39%</b>           | 48%                 | 13%                   |
| 22 | Pork belly  | <b>38%</b>           | 31%                 | 30%                   |
| 23 | Hanger steak  | <b>38%</b>           | 37%                 | 25%                   |
| 24 | Octopus   | <b>37%</b>           | 40%                 | 23%                   |
| 25 | Ramen   | <b>33%</b>           | 44%                 | 23%                   |
| 26 | Duck  | <b>32%</b>           | 24%                 | 44%                   |
| 27 | Offal (e.g. heart, tripe, liver, sweetbreads)                   | <b>29%</b>           | 49%                 | 22%                   |
| 28 | Comfort foods (e.g. chicken pot pie, meatloaf, roasted chicken) | <b>27%</b>           | 18%                 | 56%                   |
| 29 | Barbecue  | <b>22%</b>           | 16%                 | 62%                   |
| 30 | Blood sausage/cake  | <b>21%</b>           | 62%                 | 17%                   |
| 31 | Pulled pork   | <b>20%</b>           | 23%                 | 57%                   |
| 32 | Fried chicken   | <b>15%</b>           | 22%                 | 63%                   |

## Non-alcoholic beverages

|    |  | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|--|----------------------|---------------------|-----------------------|
| 1  | House-made/artisan soft drinks   | <b>65%</b>           | 25%                 | 11%                   |
| 2  | Gourmet lemonade (e.g. house-made, freshly muddled)                    | <b>60%</b>           | 17%                 | 22%                   |
| 3  | Specialty iced tea (e.g. Thai-style, Southern/sweet, flavored, matcha) | <b>58%</b>           | 19%                 | 23%                   |
| 4  | Mocktails (e.g. non-alcoholic cocktails)                               | <b>45%</b>           | 34%                 | 21%                   |
| 5  | Coconut water  | <b>43%</b>           | 47%                 | 10%                   |
| 6  | Flavored/enhanced water  | <b>40%</b>           | 47%                 | 14%                   |
| 7  | Cold brew coffee   | <b>40%</b>           | 28%                 | 32%                   |
| 8  | Hot tea  | <b>21%</b>           | 23%                 | 56%                   |
| 9  | Smoothies  | <b>21%</b>           | 34%                 | 45%                   |
| 10 | Sparkling water  | <b>21%</b>           | 32%                 | 47%                   |

## Other ingredients

|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 1  | Farm/estate branded items   | <b>69%</b>           | 17%                 | 14%                   |
| 2  | House-made/artisan pickles  | <b>67%</b>           | 16%                 | 18%                   |
| 3  | House-made condiments   | <b>63%</b>           | 13%                 | 24%                   |
| 4  | Protein-rich grains/seeds (e.g. hemp, chia, quinoa, flax)                     | <b>62%</b>           | 21%                 | 17%                   |
| 5  | Artisan cheeses   | <b>61%</b>           | 12%                 | 27%                   |
| 6  | Artisan/specialty bacon   | <b>61%</b>           | 24%                 | 15%                   |
| 7  | Ethnic cheeses (e.g. queso fresco, paneer, lebeh, halloumi)                   | <b>61%</b>           | 18%                 | 21%                   |
| 8  | Vinegar/flavored vinegar/house-made vinegars                                  | <b>60%</b>           | 21%                 | 19%                   |
| 9  | Non-wheat flour (e.g. peanut, millet, barley, rice)                           | <b>59%</b>           | 27%                 | 14%                   |
| 10 | Ethnic flour (e.g. fufu, teff, cassava/yuca)                                  | <b>57%</b>           | 32%                 | 11%                   |
| 11 | Savory jam/jelly (e.g. bacon jam, tomato jam, hot pepper jelly)               | <b>57%</b>           | 23%                 | 20%                   |
| 12 | Coconut oil   | <b>56%</b>           | 29%                 | 15%                   |
| 13 | Specialty salt (e.g. flavored, smoked, regional)                              | <b>53%</b>           | 32%                 | 14%                   |
| 14 | Natural sweeteners (e.g. agave, honey, concentrated fruit juice, maple syrup) | <b>53%</b>           | 21%                 | 26%                   |
| 15 | Alternative bacon (e.g. face bacon, beef bacon, lamb bacon)                   | <b>53%</b>           | 35%                 | 12%                   |
| 16 | Non-traditional eggs (e.g. duck, quail, emu)                                  | <b>49%</b>           | 39%                 | 12%                   |
| 17 | Flatbreads (e.g. naan, pappadum, lavash, pita, tortilla)                      | <b>45%</b>           | 25%                 | 29%                   |
| 18 | Bone broth  | <b>41%</b>           | 32%                 | 26%                   |
| 19 | Whole grain bread/rolls   | <b>33%</b>           | 27%                 | 40%                   |
| 20 | Greek yogurt  | <b>33%</b>           | 37%                 | 30%                   |
| 21 | Bacon   | <b>27%</b>           | 23%                 | 51%                   |
| 22 | Bacon-flavored/covered chocolate  | <b>26%</b>           | 61%                 | 13%                   |
| 23 | Insects   | <b>20%</b>           | 71%                 | 9%                    |



**2**  
House-made/  
artisan pickles

## Preparation methods

|   |                                   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|---|-----------------------------------|----------------------|---------------------|-----------------------|
| 1 | Pickling                          | <b>61%</b>           | 16%                 | 24%                   |
| 2 | Fermenting                        | <b>60%</b>           | 25%                 | 15%                   |
| 3 | Smoking                           | <b>49%</b>           | 13%                 | 37%                   |
| 4 | Sous vide                         | <b>46%</b>           | 37%                 | 17%                   |
| 5 | Fire roasting                     | <b>43%</b>           | 12%                 | 45%                   |
| 6 | Liquid nitrogen chilling/freezing | <b>39%</b>           | 52%                 | 9%                    |
| 7 | Confit                            | <b>32%</b>           | 23%                 | 45%                   |
| 8 | Foam/froth/air                    | <b>27%</b>           | 63%                 | 11%                   |
| 9 | Frying                            | <b>13%</b>           | 27%                 | 60%                   |



**2**  
Fermenting



## Produce

|    |   | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|---|----------------------|---------------------|-----------------------|
| 1  | Locally grown produce   | <b>77%</b>           | 6%                  | 17%                   |
| 2  | Heirloom apples   | <b>65%</b>           | 15%                 | 21%                   |
| 3  | Organic produce   | <b>63%</b>           | 15%                 | 22%                   |
| 4  | Unusual/uncommon herbs (e.g. chervil, lovage, lemon balm, papalo)               | <b>63%</b>           | 21%                 | 16%                   |
| 5  | Exotic fruits (e.g. rambutan, dragon fruit, paw paw, guava)                     | <b>59%</b>           | 27%                 | 13%                   |
| 6  | Hybrid fruits/vegetables (e.g. kale-Brussels sprouts, pluot, brocco-flower)     | <b>57%</b>           | 29%                 | 14%                   |
| 7  | Superfruit (e.g. acai, goji berry, mangosteen)                                  | <b>55%</b>           | 32%                 | 13%                   |
| 8  | Dark greens (e.g. kale, mustard greens, collards)                               | <b>52%</b>           | 20%                 | 28%                   |
| 9  | Micro-vegetables/micro-greens   | <b>51%</b>           | 35%                 | 14%                   |
| 10 | Extra hot peppers (e.g. habanero, Ghost Pepper, Carolina Reaper, Scotch Bonnet) | <b>51%</b>           | 34%                 | 15%                   |
| 11 | Heirloom tomatoes   | <b>51%</b>           | 15%                 | 34%                   |
| 12 | Root vegetables (e.g. parsnip, turnip, rutabaga)                                | <b>48%</b>           | 19%                 | 33%                   |
| 13 | Fresh beans/peas (e.g. fava, English, snow)                                     | <b>43%</b>           | 18%                 | 39%                   |
| 14 | Arugula   | <b>32%</b>           | 24%                 | 44%                   |
| 15 | Rhubarb   | <b>27%</b>           | 35%                 | 38%                   |
| 16 | Cauliflower   | <b>27%</b>           | 31%                 | 42%                   |
| 17 | Brussels sprouts  | <b>27%</b>           | 26%                 | 47%                   |
| 18 | Zucchini  | <b>17%</b>           | 29%                 | 54%                   |



## Starches/Sides

|    |  | <b>HOT<br/>TREND</b> | Yesterday's<br>News | Perennial<br>Favorite |
|----|--|----------------------|---------------------|-----------------------|
| 1  | Ancient grains (e.g. kamut, spelt, amaranth, lupin)    | <b>68%</b>           | 22%                 | 10%                   |
| 2  | Non-wheat noodles/pasta (e.g. quinoa, rice, buckwheat) | <b>65%</b>           | 23%                 | 11%                   |
| 3  | Black/forbidden rice                                   | <b>61%</b>           | 28%                 | 10%                   |
| 4  | Pickled vegetables                                     | <b>60%</b>           | 23%                 | 17%                   |
| 5  | Farro  | <b>56%</b>           | 32%                 | 12%                   |
| 6  | Quinoa   | <b>54%</b>           | 33%                 | 13%                   |
| 7  | Asian noodles (e.g. soba, udon)                        | <b>45%</b>           | 25%                 | 30%                   |
| 8  | Lentils  | <b>32%</b>           | 34%                 | 35%                   |
| 9  | Fingerling potatoes                                    | <b>28%</b>           | 37%                 | 35%                   |
| 10 | Brown/wild rice  | <b>25%</b>           | 38%                 | 37%                   |
| 11 | Grits  | <b>24%</b>           | 32%                 | 44%                   |
| 12 | Polenta  | <b>22%</b>           | 40%                 | 38%                   |
| 13 | Sweet potato fries                                     | <b>20%</b>           | 49%                 | 31%                   |
| 14 | Bread service/bread baskets                            | <b>19%</b>           | 37%                 | 44%                   |
| 15 | Tater tots   | <b>13%</b>           | 49%                 | 37%                   |

## METHODOLOGY

The National Restaurant Association conducted an online survey of 1,575 members of the American Culinary Federation in September 2015. The chefs were given a list of 221 items and were asked to rate each item as a “hot trend,” “yesterday’s news” or “perennial favorite” on restaurant menus in 2016.

Note: Figures may not add to 100% due to rounding.

## ABOUT THE NATIONAL RESTAURANT ASSOCIATION



Founded in 1919, the National Restaurant Association is the leading business association for the restaurant industry, which comprises 1 million

restaurant and foodservice outlets and a workforce of 14 million employees. We represent the industry in Washington, D.C., and advocate on its behalf. We operate the industry’s largest trade show ([NRA Show](#) May 21-24, 2016, in Chicago); leading food safety training and certification program ([ServSafe](#)); unique career-building high school program (the NRAEF’s [ProStart](#)); as well as the [Kids LiveWell](#) program promoting healthful kids’ menu options. For more information, visit [Restaurant.org](#) and find us on Twitter [@WeRRestaurants](#), Facebook and YouTube.

## ABOUT THE AMERICAN CULINARY FEDERATION



The American Culinary Federation, Inc. (ACF), established in 1929, is the standard of excellence for chefs in North America. With more than 17,500 members spanning nearly 200 chapters nationwide, ACF is the leading culinary association offering

educational resources, training, apprenticeship and programmatic accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States, with the Certified Executive Chef®, Certified Sous Chef®, Certified Executive Pastry Chef® and Certified Culinary Educator® designations accredited by the National Commission for Certifying Agencies. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](#). Find ACF on Facebook at [www.facebook.com/ACFChefs](#) and on Twitter [@ACFChefs](#).

**Watch the “What’s Hot in 2016” video on the National Restaurant Association’s website:**

[Restaurant.org/FoodTrends](#)



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