

# ATA GLANCE



## **CULTURAL CONNECTIONS**

This chilly season calls for meals that evoke emotional comfort, authenticity, and family celebrations.



### MIND + BODY

Research shows a connection between the gut and brain—making probiotic foods more popular than ever.



## **ALL IN ONE PLACE**

Earn loyalty by meeting your customers' unique dietary preferences.



### **CHEF TECH**

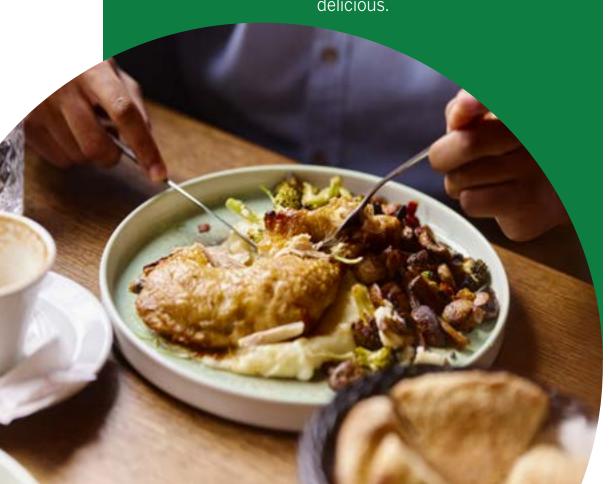
Al is here to stay—how to harness its power for good.



## MODERNIZED TRADITION

## **EMOTIONAL SUPPORT MEALS**

In these economically uncertain times, customers are increasingly cautious of overly processed foods—instead looking to nostalgic, authentic dishes made with whole fruits, vegetables, and meats that are dependably delicious.



- Sweetgreen emphacizes "real food" with a seasonal, plant-forward menu. Dishes like the Harvest Bowl with sweet potatoes and apples and the Chicken Pesto Parm Bowl with spicy broccoli and garlic breadcrumbs are comforting and healthy—very on-trend.
- True Food Kitchen offers seasonal soups such as creamy roasted butternut as well as sourdough pizzas that focus on toppings like roasted mushrooms, caramelized onions, and fresh herbs rather than processed meats.
- **Earl's** uses only real avocado in their chunky guacamole, then updates it with charred corn and the popular spice blend Tajin.
- **Urban Plates** pairs grass-fed chimichurri steak with garlicky mashed potatoes, charred Brussels sprouts, and grilled rustic bread. Simple yet sophisticated.

FAMILY RECIPES 2.0



**GUT HEALTH ERA** 

## INCLUSIVE EATING

## MENUS TO MEET EVERY DIET

Today's customers have a multitude of needs and desires. Whether it's GLP-1, gluten-free, vegan, kosher, halal, low salt/sugar, or eschewing alcohol...it's critical to offer a variety of choices for everyone at the table.



- Vegan and vegetarian diners used to be rare, but numbers have increased, especially for those that aren't strict and just focus on plant-based ingredients. Including meat-free options can increase customer traffic and repeat business/ loyalty.
- Easy-to-substitute ingredients that can make recipes gluten-free include cauliflower rice, almond flour, lettuce wraps, rice noodles, and corn tortillas.
- GLP-1 dieters prioritize lean proteins and load up on fiber-rich, whole produce.
   Smaller portions and healthy fats like avocados are also key.
- Gen Z drinks less alcohol than any previous age group, making mocktails a profit opportunity. Thoughtful combinations with social media appeal layer sour, bitter, spicy, and savory notes with fruit juices, fresh herbs, edible flowers, and house-made shrubs.

SOMETHING FOR EVERYONE



SMART KITCHEN TECH

AI: TO HELP, NOT REPLACE

Labor shortages, rising operational costs, and global supply issues...Al can help reduce a wide range of problems, allowing chefs to get creative and restaurants to operate more profitably without replacing the human workforce.

#### **OPERATIONS**

STAFF SCHEDULING RESERVATIONS PERSONALIZED MARKETING TABLE TURNOVER

#### **MENUS**

SEASONALITY
ON-TREND
INGREDIENTS
INNOVATIVE
PAIRINGS
CUSTOMER
PREFERENCES

## WASTE REDUCTION

REAL-TIME
INVENTORY
PREDICTIVE
DEMAND
CROSS
UTILIZATION IDEAS
PORTION CONTROL

# THE HOT LIST



- · Crunch & tang
- Better-for-you cocktails
- Late-night comeback
- High fiber & protein-rich
- Laotion cuisine
- Snackable options
- Banana milk
- C-store breakfasts
- Texture
- Fast food value meals
- Berbere
- Zero-waste initiatives
- Global flavors
- Vegan charcuterie boards
- Sourdough pizzas
- Sea greens
- Beef tallow
- Caper berries
- LTO collabs
- Dill pickle everything

- Saba
- Subscription packages
- Local sourcing
- Savory pastries
- Hybrid venues
- Indigenous ingredients
- Giardiniera
- Reinvented buffets
- Complex chile flavors
- Dubai chocolate
- "Forgotten" vegetables
- Pop ups
- Streamlined menus
- Sudachi citrus fruits
- International steakhouses
- Kabocha squash
- · Healthy Greek food
- Mushroom garum
- Smaller pizza sizes
- Mood food therapy



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#### FRESH CROP

A weekly rundown of the fresh produce market including prices, supply levels, and quality.

#### TRENDS

Forecasts what is on the culinary horizon four times per year.

#### SOURCES

Baum + White
Datassential
Entrepreneur Loop
Flavor & The Menu
Food Technology Magazine
Foodservice Director
Friday Feed
Malou
Mintel

Nation's Restaurant News ProChef Smartbrief Produce Bluebook QSR Magazine Restaurant Business Restaurant Hospitality Restaurant Smartbrief The New York Times

