



10 Trends to Watch in 2016

1. GET REAL

Demand for more transparency in foods and beverages in favor of “real,” easily identifiable ingredients.

2. SOME LIKE IT HOT

Americans’ love affair with spicy, fiery foods is expected to continue to heat up in 2016.

3. FRIED CHICKEN TAKES WING

Fried chicken nevertheless is feeling a renewed wind beneath its wings these days as restaurateurs devise new ways to prepare and present it. Arlene Spiegel of Arlene Spiegel and Associates in New York called fried chicken sandwiches “the buzz food of 2016.”

4. WAKING UP TO OPPORTUNITY

The quick-service breakfast wars will escalate.

5. VEGETABLES TAKE CENTER STAGE

While the U.S. is undeniably a meat-centric culture when it comes to dining preferences, Americans are increasingly making more room

on their plates for vegetables. “Vegetables are not second-class citizens anymore,” says Arlene Spiegel.

6. LOBSTER ROLLS ROCK

The indulgent lobster roll is rocking menus across the country.

7. EAST HEADS WEST

Americans’ appreciation of Asian fare is encouraging chefs and restaurateurs to take a deeper dive into the culinary styles.

8. SUGAR AND SPICE

Retail sales trends reveal a transition from sweet to savory snacks.

9. CULINARY CONSCIOUSNESS

Sustainability will continue to gain traction in professional kitchens.

10. HOT AND COLD

The pairing of ingredients served at different temperatures will heat up dessert menus in 2016.