

Top Trends 2019

TOP 20 FOOD TRENDS

One sure way to make your next event stand out from the rest is by incorporating trends for the year. For 2019, we're seeing a continued focus on locally sourced, artisanal items while ethnic flavors and alternative cuts of meat are sure to have their shining moment. Read on to learn what trends we are projecting for this year!

1. Floral Flavors
2. Mushrooms
3. Exotic Grains
4. Street Food Menus
5. Local Breweries
6. Middle Eastern Cuisine
7. Sparkling Water
8. Zero Waste Cooking
9. Sugar Alternatives
10. Tacos
11. Plant Based Dining
12. Food Mash-ups
13. Activated Charcoal
14. Crudités
15. Israeli Flavors
16. Air Popped and Puffed Snacks
17. Superfood Powders
18. Traditional Breads
19. Plant Proteins
20. Asian Inspired Desserts

*Pictured: Jewell Events Catering Executive Chef,
Joel Hessmens's Culinary Creations*



Top Trends - 2019

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SNAPSHOT

- All Natural
- Exotic Grains
- Zero Waste

FLORAL FLAVORS

No longer are flowers reserved for centerpieces or bouquets! Expect to see floral infusions in some of your favorite beverages and desserts! Lavender Vodka Martinis, Hibiscus Tea, and Rose Infused cupcakes will be popular on menus for weddings and galas in 2019.



MUSHROOMS

Once a staple for vegetarians, mushrooms are taking the spotlight in more ways than just the dinner plate. The benefits of mushrooms range from boosting vitamin C levels to improving digestions, so it's no surprise we will be seeing them in coffee, smoothies, desserts and even hair care products!

EXOTIC GRAINS

Nutrient dense grains are having a resurgence as plant based eating becomes more mainstream. Heirloom grains such as amaranth, teff, quinoa, spelt and millet are being touted not only for their delicious flavors, but also because they are little nutrient powerhouses!! Change up your next side dish with an heirloom grain!



STREET FOOD

Ready to eat, portable, full of flavor. These are just a few things that describe just how great street food is, so it is no surprise that street food inspired cuisine is going to be popping up everywhere in 2018. From inventive to-go stations to complete menus inspired by the bold, worldly flavors that define street food, this is one trend that is not to miss!

Still Trendy - 2019

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BREWERIES

Craft breweries are no new trend, but as they pop up all over Chicago, we predict seeing these local, craft breweries gaining traction on bars at weddings, beer lists, cocktail menus, and as ingredients. Support local while you sip with our wide variety of local brewery options!

MIDDLE EASTERN CUISINE

2018 will continue to see the rise in popularity of Middle Eastern cuisine, centered around the nutty flavors of tahini, spicy peppers, and grilled meats. This family style cuisine is perfect for an intimate gathering or as a conversation starter at your next event. With all the colors and flavors, the centerpiece of your meal will be the meal itself.



SPARKLING BEVERAGES

It's hard to pass a millennial today without seeing some sort of sparkling beverage in their hand. As 2019 moves ahead, we expect to see an even broader range of sparkling beverages such as sparkling cold brew, sparkling tea, and more unique flavor combinations in sparkling water. Add on a flavorful sparkling water station to your next event.

ZERO WASTE COOKING

In 2018, Root to Leaf cooking was all the rage. 2019 sees that trend continuing on an even broader scale with chef's striving to use every part of their vegetables, grains, and meats.

