



Super-Retro foods

Look out for quirky dishes with a hint of Seventies revival – think vol-au-vents, canned fish, prunes and cottage cheese.



The micro-Mediterranean diet

Portuguese and Greek cuisine will play a role, with fish and vegetarian recipes inspired by traditional dishes.



Plant butchery

This innovative trend uses plant proteins to create 'mock meat' aiming to mimic the look and taste of the real thing.



Seaweed

Whether as a snack or a grain bowl topping, expect to see more seaweed and sea veg on menus this year.



Fermented food

Believe what you will. Fermented kimchi, sauerkraut, kombucha tea and Japanese koji are becoming more visible.



Seeds

The quest for nature's toppings continues with sesame, chia, flax, sunflower and even watermelon seeds.

Food Trends 2017

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Alternative sugars

As customers explore different types of sugars, coconut and date sugars will become more popular.



Turmeric

Spicy shots, golden lattes, pickles, curries and soup – turmeric's still on trend this year.



Bean pasta

Forget courgetti – the new reduced-carb contenders are edamame spaghetti, chickpea fusilli and black bean rotini.



Wholegrains

From oats and buckwheat to sorghum and teff, we'll see plenty of grain-based breakfasts and bowls in 2017.