



GLOBAL DUMPLINGS C-STORE OPPORTUNITIES PLANTS! HI-LOW DINING



ATA GLANCE

FILL 'EM UP!

Dumplings can be customized with myriad flavors from around the world for just about any menu.



CORNER CONVENIENCE

No longer just beer and packaged snacks...C-stores are gaining ground in healthy foods.



NOSTALGIC WITH A HINT OF WOW

Diners love their childhood foods, especially when garnished with glam.



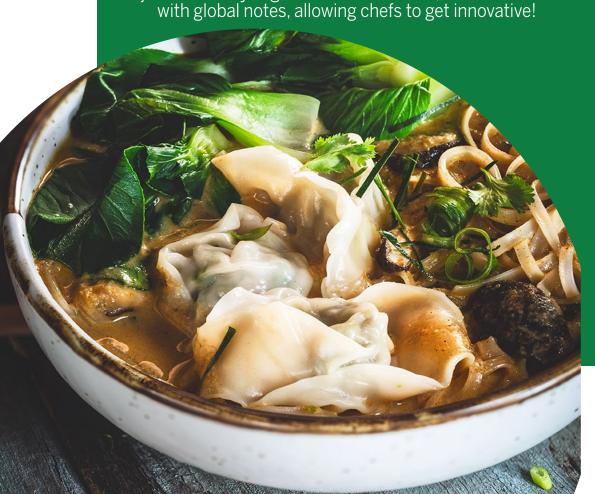
PLANT-FORWARD EATING

Vegetables are moving to the center of the plate as more Millennials and Gen Z report nutrient-density as a dining priority.

Eggplant masala is completely vegan and absolutely delicious.

WRAPPED UP FLAVOR! BLANK CANVASES

Pierogis, gyozas, dim sum, samosas, empanadas, cepelinai, and wontons...humble dumplings go by many names. These familiar comfort foods can be filled with just about any vegetables and/or meat, then accented with global notes, allowing chefs to get innovative!



- **Appetizers:** Indian samosas are crunchy on the outside, tender on the inside. Typically filled with mashed potatoes and other vegetables, the combinations are limitless.
- **Soups:** Xiao long bao (XLB!) are the trendy soup dumplings that burst in your mouth, while wontons enjoy a long history of comfort soup popularity.
- **Spicy:** Empanadas are flaky pastry pockets filled with meat and/or vegetables, especially chile peppers, onions, and garlic. Serve with fiery salsas.
- **Sweet:** German dampfnudel dumplings are made with cream, sugar, butter, flour, and yeast. Topped with fresh strawberries and vanilla sauce, they are light, fluffy, and can be adapted for many menus.

THE PERFECT BITE?

SNACKS RSS AUTHENTIC GUACAMOLE CELERY & PEANUT BUTTER BLUEBERRIES RSS BABY CARROTS BEVERAGES RSS ORANGE JUICE RSS MARGARITA MIX RSS LEMONADE RSS LIME JUICE SANDWICHES RSS WASHED & TRIMMED ROMAINE MFC TOMATOES RSS SHREDDED GREEN CABBAGE RSS SLICED RED ONIONS

FRESH PRODUCE MFC STRAWBERRIES MFC APPLES MFC ORANGES RSS RIO CITRUS SALAD

BOLD FLAVOR PICKLED ONIONS CABBAGE KIMCHI RSS GUACAMOLE CALIENTE RSS PEELED GARLIC SALADS TO-GO RSS BISTRO BUTTER BLEND RSS SHREDDED KALE MFC ARTISAN ROMAINE RSS HERITAGE BLEND

> Move over retail grocery! From snacking to grab-n-go meals, convenience stores are gaining market share as the place to fulfill food needs.

CONVENIENT & FRESH

NOSTALGIA + INDULGENCE



- Universally loved, potatoes can be baked, roasted, mashed, or fried. Add a dollop of salty, briny caviar to elevate this humble ingredient.
- Cauliflower is healthy and budgetfriendly. Top with decadent truffle butter for an exciting side dish.
- Add chunks of lobster to what is arguably America's favorite comfort food, mac & cheese.
- Take typical street tacos to new heights with wagyu beef, huitlacoche (corn mushrooms), and a side of consommé. Load with colorful pickled red onions, guacamole, fresh cilantro, sliced radishes, corn, and diced chiles for maximum visual appeal.

CASUAL + CLASS



PLANT-FORWARD DINING

Whether flexitarian or vegetarian, the number of fruit- and vegetable-focused eaters continues to increase, making this market a budget-friendly opportunity to increase customer traffic in all foodservice sectors.



ARANCINI ROASTED VEG PASTA BRUSCHETTA CAPONATA MEXICAN LAYERED BEAN

DIPS CAULI STREET TACOS ENCHILADAS NACHOS

ASIAN

POTSTICKERS VEGAN RAMEN TTEOBOKKI CHANA MASALA

THE HOT LIST



- Ramps
- Heirloom vegetables
- Functional foods
- Local sourcing
- "Kidulting" recipes
- Kumquats
- Savory coffees
- Cloud kitchens
- Complex pepper profiles
- No- or low-alc beverages
- Technology integration
- Sustainability
- Solo diners
- International snacking
- Global pastries
- Southeast Asian flavors
- Pikliz
- Orange wines
- Smoke & Char

- Satisfying salads
- Fermented foods
- Cottage cheese
- Summer squashes
- Ghee
- Cilantro cocktails
- Afro-Brazilian cuisine
- Batter-fried mushroom rings
- Value-focused LTOs
- Guava
- Seasonal menus
- Sourdough
- Crunchy textures
- Pavlovas
- Culinary upcycling
- Cacao
- Sea vegetables
- Ultra-spicy ingredients
- Passion fruits



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FRESH CROP

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

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

TRENDS

QSR Magazine

Taylor Farms

Technomic

The Kitchn

TIK TOK

Restaurant Business

Restaurant Hospitality

Synergy Consultants

SOURCES:

Datassential Flavor & The Menu Food Business Foodservice Director Mintel Nation's Restaurant News New York Times Produce Bluebook



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