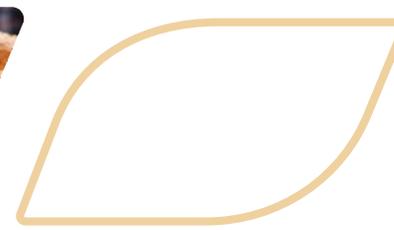
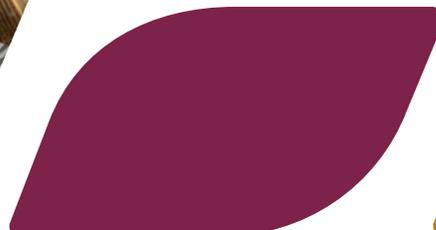
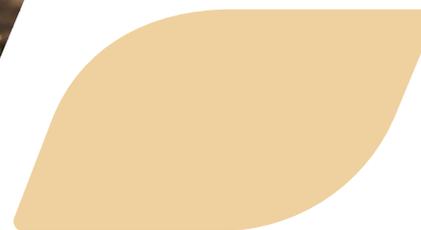




A glimpse into the culinary world that drives food and beverage innovation and inspires your next flavor breakthrough.

2026 Global Culinary Trend Outlook



Identifying Trends Through the Culinary Lens

At ADM, our global culinary team is driven by an unrelenting passion for food and drink and a shared curiosity about what's next.

With a worldwide lens and deep local immersion, we explore emerging ingredients, inventive techniques, bold flavor expressions, and vibrant visual cues across cultures and cuisines. From boundary-pushing chefs and fast-moving food scenes to everyday eating moments gaining cultural momentum, ***we continually track how culinary ideas evolve from inspiration to influence and ultimately into the mainstream.***

The ADM Culinary Trends Report brings these insights together, ***translating real-world discovery into a clear view of where flavor innovation is headed.***

Grounded in what we taste, see, and experience firsthand, this report highlights the most impactful culinary forces shaping 2026, ***encompassing regions, ingredients, formats, and applications across the food and beverage sectors.***

These trends not only reflect what's happening now, but also signal what's next, guiding the development of meaningful, scalable flavor solutions that help our customers lead the future of food.

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From immersive dining to snackable innovation, the 2026 Culinary Trend Outlook dives into what's driving taste, texture, and experience across the globe.

Inspiring your next flavor breakthrough...

What's on the Menu?

Third Culture Cuisine

Global fusion gets personal, bold, and boundary-breaking. Third Culture Cuisine is storytelling through flavor, rewriting what "authentic" means, and giving space for new food identities to thrive.

Social Approval

Menus adapt to new social values, from inclusivity to affordability to responsibility. It's more than the next step in sustainability; it's the next evolution of conscious eating.

Big-Impact Bites

Allows consumers a personalized experience in a more flexible, social, and approachable way. As eating habits shift, driven by GLP-1 based medication, wellness goals, or simply a desire to explore more without the heaviness, chefs are rethinking how to make every bite count.

Maxxing Your Way

The cultural shift toward doing whatever you do to the fullest. It's less about excess and more about intentional intensity: doubling down on the lifestyle, wellness approach, or dietary path that feels most aligned with you.

Experiencing the Experience

Take a moment to truly appreciate your surroundings – and redefine what it means to dine out in a world where consumers need a compelling reason to leave home.



Identity, Heritage, and Personal Creativity

Third Culture Cuisine

Third Culture Cuisine reveals a new era of food **where identity, heritage, and creativity intersect in ways that feel both deeply personal and universally exciting**. It's the food of people who grew up between cultures, across cultures, or surrounded by cultural influences that shaped how they eat, cook, and express themselves. **It pulls from childhood comfort foods, family rituals, immigrant kitchens, global travel, and digital food communities** to create dishes that are proudly hybrid, emotionally resonant, and wildly expressive.

- Heritage with a modern twist
- Menus that tell personal stories
- Ingredient mash-ups/fusion with meaning
- Community-centered concepts
- Mixing Worlds through visuals

Food Flavor Highlights

- Heritage
- Roasted & Toasted
- Natural Indulgence
- Street Food Icons
- Bright & Bold
- Cross-Cultural Desserts
- Sauce-Forward Heat

Beverage Flavor Highlights

- Tea-infused
- Global Savory Profiles
- Smoke/Heat
- Earthy & Nutty
- Sensorial Experiences
- Bright & Crisp Profiles

Cultures of Note:

Levantine
Okinawan Diet
East Asian
Nepali
San Sebastián
LATAM Regional
Regional African



From inclusivity, to affordability, to responsibility.

Social Approval

Social approval is more than the next step in sustainability; it's ***the next evolution of conscious eating***. While sustainable practices continue to drive culinary innovations that appeal to food critics and consumers alike, ***social approval represents a broader, more human-centered evolution***. It goes beyond carbon footprints and responsible sourcing to acknowledge how food shapes identity, community belonging, and cultural expression.

- Hyper-local
- Eating with a cause, flavor with a purpose
- Shared responsibility
- Inclusivity-focused
- Make taste, not waste
- The rise of the modern homestead
- Budget-friendly options

Food Flavor Highlights

- Hyper Local/Foraged
- Botanical & Aromatic
- Heritage Grains & Circular Inputs
- Fermentation/Preservation
- Cultured & Elevated
- Sweet with Depth
- Breads & Dough
- Global Comfort
- Oceanic & Savory Greens

Beverage Flavor Highlights

- Bitter/Herbal
- Tea/Botanicals
- Global Grains
- Functional Focus (Fermentation)
- Zero Proof

Chef Notes:

Local farming & foraging
Sophisticated grilling
Fermentation
In-house milling
Konbini
All day Omakase



Intentionally small, but creatively huge.

Big Impact Bites

Big Impact Bites speaks to a growing appetite for moments, not just meals. Whether it's a single, intensely layered bite or a Michelin-level tasting menu designed to create lasting memories, the through-line is the same: diners want impact. ***That impact can come from a smaller portion that delivers unexpected complexity, a bold flavor that hits with precision, or an experience so thoughtfully crafted it becomes unforgettable.***

- One-bite flavor bombs
- Micro plates
- Tasting Menus
- “Grazing” and “Shareable” experiences
- Snacking sections
- Premium ingredients, smaller formats
- Choose-your-journey dining
- Unforgettable (and unexpected) Flavor Experiences

Food Flavor Highlights

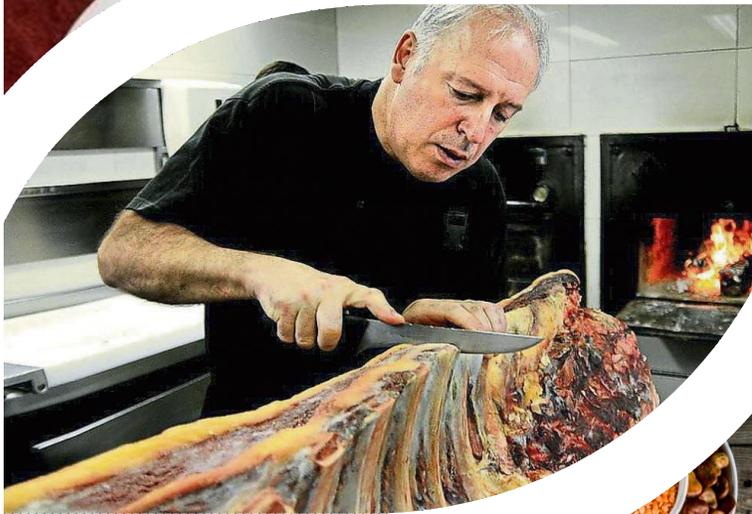
- Umami Bombs
- Controlled Chaos
- Sweet & Savory
- Street Food Inspired
- Nostalgic Takes
- Elevated Mouthfeel
- Texture Plays

Beverage Flavor Highlights

- Vegetal Forward
- Fermentation & Acidity
- Spices/Herbal
- Bitter
- Heat
- Textural & Visual Plays

Big Impact Bites in a Bag

Spice bags deliver everything Big Impact Bites stands for. Massive flavor density, playful irreverence, cultural mashup energy, and a deeply social eating ritual that's meant to be passed around and remembered.



Whatever you do, do it to the MAX!

Maxxing Your Way

Maxxing is less about excess and more about intentional intensity: doubling down on the lifestyle, wellness approach, or dietary path that feels most aligned with you. For some, maxxing means minimizing. For example, embracing the zero-proof movement, simplifying ingredient lists, or choosing more fresh food preparations. For others, it's about more: more protein, more fiber, more plants, more flavor, more functionality, or more metabolic support.

- Hyper-specific/focused menu pathways
- Customization as a core feature
- Functional callouts
- Lifestyle callouts (keto, vegan, zero-proof)
- Maxxed Out Minimalism
- Maxxed Out Themes (nostalgia, kitschy, etc.)

Food Flavor Highlights

- Sweet & Nostalgic Maxxing
- Indulgent to Perfection
- Unexpected Formats
- Elevated Comfort
- Flavor Intensity Overload
- Functionally Driven
- Preparation Callouts

Other Diet/Lifestyle Callouts Gaining Traction:

Vegan/Vegetarian
Keto/Low Carb
Low-FODMAP
Sustainable/Regenerative
OMAD-Friendly
Zero Proof/Low Alc

Beverage Flavor Highlights

- Classic Revivals
- Creamy & Indulgent
- Fermented & Funky
- Grain-Based
- Fresh & Hydrating



Take a minute and truly appreciate your surroundings.

Experiencing the Experience

With at-home cooking, delivery, meal kits, and convenience culture at an all-time high, chefs are creating immersive, awe-inspiring, emotionally sticky experiences that can't be replicated in a kitchen or on a couch. This trend celebrates the full sensory spectrum: dramatic tableside moments, theatrical uses of fire and ice, unexpected flavor journeys, inventive service formats, and atmospheres that feel like stepping into another world.

- Theatrical tableside moments
- Immersive environments
- Entertainment as a course
- Hyper-Unique Concepts
- Unique service models
- Celebrity Collaborations

Spotlight: The Rise of Listening Bars

Low-Volume, High-Depth Flavors
 Spirit-Forward, Minimalist Cocktails
 Tea-Driven & Non-Alcoholic Offerings
 Savory Snack & Small Plate Pairings
 Timeless & Comforting Flavors

Food Flavor Highlights

- Low Volume, High Depth Flavors
- Tasteful Journeys
- Elemental/Sensory
- Familiar & Comforting
- Subtle Complexity
- Cultural Influence

Beverage Flavor Highlights

- Name Driven (Fire & Ice)
- Showy & Theatrical
- Classic Twists
- Unexpected Adventures

Thank You.

