

What's on Menu



New Shrimp Scampi[^]
Lighter Italian Fare
Shrimp sautéed in a garlic sauce, tossed with asparagus, tomatoes, and angel hair pasta.



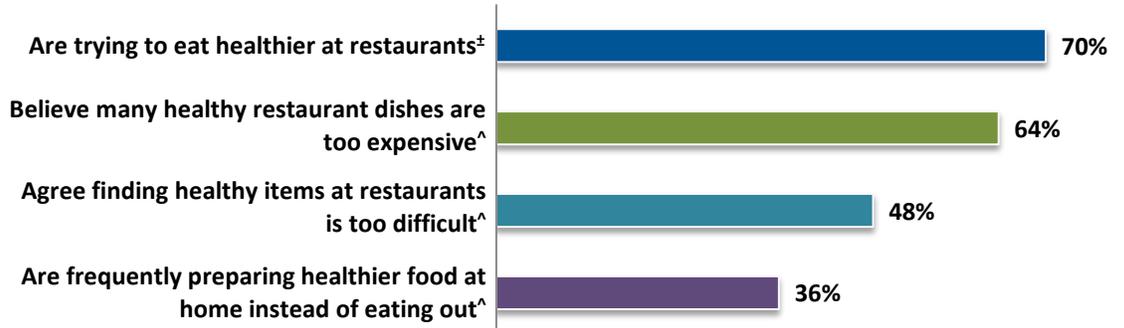
Housemade Meatloaf[^]
Little Less Menu
A smaller portion of comfort food – Housemade ground beef and sausage. Roasted and served with mashed potatoes and then topped with skillet beef gravy.



Fire-Grilled Cobb Salad[‡]
New Item – June 2016
Romaine lettuce with sweet corn, bleu cheese, bacon, **chopped egg**, plum tomatoes, asparagus and grilled chicken. Served with choice of dressing.

Health-Conscious Consumers Choose to Eat Out Less

% of diners saying they...



Consumer Highlights

Data suggests there are two primary barriers preventing health-conscious consumers from eating out more often: 1) affordability and 2) finding healthy items on menus. Below are some suggestions:

- **Customize It:** Food intolerances/allergies prevent some people from eating out. Create more options by allowing customers to customize their orders. “Customizable Bowls” are showing up more on menus at every daypart. Customizable Bowls allow consumers the option to load up on ingredients they perceive to be healthy while excluding others they do not.
- **Make it Affordable:** Healthy options do not need to be expensive. For example, Eggs provide a great source of protein while keeping protein costs relatively low. Also, Pasta and Potatoes can add value to your veggie and protein-filled dishes while controlling food costs.
- **Make it Easy:** Healthy eating means different things to different people. Some are looking for lower calorie options while others are seeking out menu items that are “free” of specific ingredients. Create easy to read symbols that reflect different eating styles such as Gluten-Free.

Menu Highlights

To enhance the healthfulness of your menu, consider including some of the following terms in your menu descriptions:

- **Popular “Better-for-You” Preparations:** steamed, broiled, baked, grilled, poached, or roasted.^Δ
- **Growing Health-Focused Terms:** Gluten-Free (+450% since 2012), Protein (up 71%) and Whole Grain (growing nearly 50%).[‡]

Menu Inspiration

- Select **MICHAEL FOODS** to be your value-added partner in creating delicious and nutritious menu items. With more consumers seeking Gluten-Free, Quality Protein and Whole Grain, you can rely on our brands to help you to easily deliver dishes your customers will crave and feel good about.
- Visit **PAPETTI'S**, **SIMPLY POTATOES**, **SAROKA GROWERS** for recipes that will help you meet your customers' need for healthy menu items!

Cucumber Basil & Egg Salad

Cucumber egg salad made with Basil & Egg Whites — Serve as a sandwich or salad



Moroccan Potato Crisps

Lentil-seasoned sliced potatoes served with harissa yogurt for an any time of day global flair



Market Chopped Salad

Ditalini pasta, kale, butternut squash, bacon, pumpkin mixed with a house-made vinaigrette



Sources: [‡]Trending Healthy, National Restaurant Association Research; ^ΔRestaurant Hospitality – Mintel Research, April 2016; ¹NPD Crest YE Sept 2016; ^{*}Technomic Away-From-Home Breakfast Report, MFI Proprietary Research, August 2016 ^ΔDatassential MenuTrends; [^]Websites; ^ΔAmerican Heart Association-