



Look Inside!

New Takes on Brunch,
Burgers with Options
Drink It Up!



Sysco
At the heart of
food and service

Follow us @SyscoFoodie

Sysco Knows Fresh™



Start the summer with fresh ideas and solutions.



FRESH IDEAS

Summertime lends itself to seasonally inspired flavor profiles and fresh delights.

As the temperature outside increases, so can foodservice sales. Be ready for increased traffic with a menu mix that incorporates trending summer foods and ideas.

This issue's features

- 3 **PLANT BASED EATING TRENDS**
The almighty avocado
- 4 **NEW TAKES ON BRUNCH**
Happy hams, waffles, hashbrowns and eggs
- 6 **BUILDING A BETTER BURGER**
Simple & profitable ways to create a delicious burger
- 7 **SALADS & HEALTHY OPTIONS**
Add some innovation to your salad offerings
- 8 **DRINK IT UP**
Refreshing summer beverages

Check out the latest issue of Sysco Foodie at www.syscofoodie.com

For more information on becoming a Sysco customer, we welcome your call at 888-984-9272

© 2019 Sysco Corporation. All rights reserved. Unless otherwise noted, all product or brand names and their associated copyrights herein belong to their respective owners.

THE ALMIGHTY AVOCADO & PLANT BASED EATING TRENDS

A PROFITABLE MEAT ALTERNATIVE

Jump on one of the hottest food trends in the produce industry: **Avocado with everything!** Health benefits and menu versatility are driving sales for this fruit that was once only used to make guacamole. Millennials are leading the way, showcasing avocado recipes ranging from salad toppers to sandwich spreads and even ice creams.

Our avocados are Hass Avocados Southern Select have rich flavor and a creamy consistency. They pack in healthful unsaturated fats and about 20 different vitamins and minerals per serving. Avocados from Peru and Mexico, grown in mineral-rich soil, are non-GMO, and naturally free of sodium and cholesterol.

Increase sales revenues by offering easy to prepare and serve plant based protein options for these customers. Sysco offers burger and meatball plant alternatives, along with a number of other options. You can even add vegan options to your BBQ menus, with items such as Gardein meatless chicken and steak.

33%

Plan to buy more plant-based food products next year¹.

64%

of chefs surveyed said plant-based sausages and burgers are going to be a top food trend in 2019².

70%

of diners seek meat alternatives once per week³.

ASK YOUR SYSCO MARKETING ASSOCIATE
FOR PLANT-BASED RECOMMENDATIONS.

¹Mintel (2018)

²National Restaurant Association

³NPD

Ham it up!

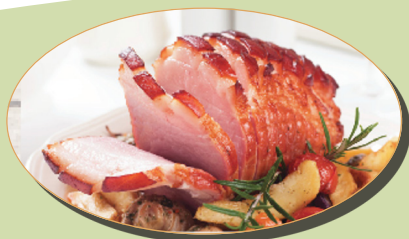


With Easter and Mother's Day in sight, it's a good time to bone up on hams. Sysco's **Butcher Block** Hams are expertly trimmed. They come in fresh or frozen varieties, and can be with or without the bone or skin. Hams with skin and bone can roast up in a moist and tender manner, with a rich flavor. And, the bone-in variety makes for great presentation at a special event carving station or a holiday gathering buffet. Boneless carving hams are easy to prepare and serve, and are high-yield, therefore helping to reduce your labor and plate costs. Sysco offers the highest quality hams from grain-fed hogs. There are 6 primary forms of boneless carving hams. Select the variety perfect for your clientele. As your Sysco Marketing Associate for guidance, if needed.

Hams are a delicious and savory protein waiting for your unique application. Emerging on menus again: The Croque Monsieur, French for "mister crunch," is essentially a ham and cheese sandwich which has been baked or fried and then topped with topped with béchamel sauce. Add a fried egg to the top of the Croque Monsieur for a Croque Madame. Los Angeles magazine recently featured several versions of this trending sandwich, including those gaining price premiums for offering a side of caviar or the choice of a variety of specialty cheeses. This spring, refresh traditional breakfast items for broader appeal.

9 out of 10

consumers surveyed
eat brunch at a restaurant
at least occasionally⁴



Buffet Hams

Buffet hams are a flavorful and economical choice. These hams provide good plate coverage and flexible portion control, making them ideal for entrée applications. Our hams are made with quality cuts and are naturally smoked to give you a product that has consistent taste and visual appeal.



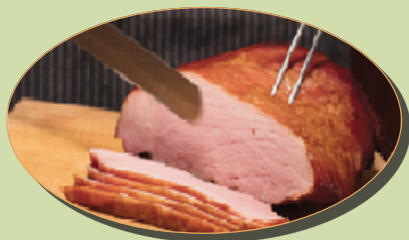
Spiral Hams

The most popular hams for holidays and special occasions, bone-in and spiral cut hams are available both uncut and in whole and half pre-sliced spirals, with a size option to serve any need. Bone-in and spiral-cut traditional hams come in both smoked and honey cured flavors.



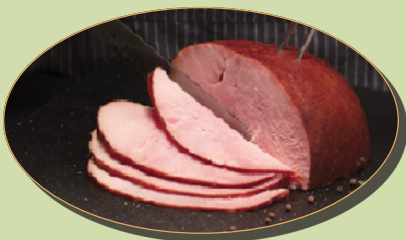
D-Shaped Hams

Smoked hams are boneless and appear more natural than hams because they're made of only premium ham cuts. These hams offer great plate coverage and eye appeal and perform well on carving stations or on a slicer and served warm or cold.



Carver Hams

This ham offers an easy-to-carve option so no carving stand is needed. Just lay the ham on your carving station's cutting board and slice it from side to side with ease. You will quickly enhance your buffet line with this new, delicious, uniquely at-shaped ham.



Pit Hams

Whole muscle and boneless, PIT (Partial Internal Trimmed) carving hams combine an old fashioned appearance with a higher yield compared to many bone-in hams. PIT hams are ideal for carving traditional ham steaks and offer an upscale, natural look.



4x6 Hams

Offer almost 100% yield and consistency for slicing and deli shaving. These hams make sandwich-making easy with lean, uniform slices that hold together well and stack elegantly. Steamed or boiled-in-a-bag cooking methods creates a pink outer ring instead of the traditional brown ring found on smoked hams.

New Takes on Brunch

This spring, refresh traditional breakfast items for broader appeal. Today's brunch menu includes everything from ethnic flavors and mash-ups to traditional staples like hams, quiches and eggs.



Sysco Classic Hashbrowns

Hashbrowns

Sysco Classic hashbrowns are appealing, satisfying and dependable. They are made from real potatoes and are easy to use. Just add water to our dry hashbrowns, throw them on the grill, and in 4 minutes or less, you have nicely seasoned, golden hashbrowns your patrons will love. **Sysco Classic** hashbrowns are available in two varieties: Golden Grill, which offers a unique seasoning and signature flavor, and Redi-Shred, which are unseasoned. Give them a twist by adding bold flavors like curry, chimichurri, or Furikake (seaweed and sesame seasoning). You can even add chorizo, pulled pork and/or salsa verde.

What's on Your Waffle?

Sysco offers Belgium and regular waffle mixes, as well as thaw and serve fully cooked waffles. Ask your Sysco Marketing Associate for the varieties in the **Baker's Source** brand. Waffles offer great appeal and can help you build plate profitability with their massive plate coverage and appeal. Spruce them up on your brunch menus by offering to top them with poached eggs and hollandaise for a twist on eggs benedict. Or, combine ricotta and smoked kielbasa with siracha for a savory flavor. Of course, don't forget the fried chicken option, too!



Baker's Source Waffles



Pica y Salpica Crumbled Queso Fresco

Chilaquiles

Chilaquiles are trending, and are a savory, yet fresh, component to breakfast. Sysco's top chefs recommend cutting corn tortillas into quarters and then lightly frying. Green or red salsa is then poured over the crisp tortilla triangles. Simmer until the tortilla quarters soften. Top with pulled chicken and garnish with **Sysco's Pica y Salpica** Crema Fresca, crumbled queso fresco, shaved onions and avocado slices. Serve on a bed of scrambled eggs, made with **Wholesome Farms** Liquid Eggs, and refried beans on the side.

Eggs

Eggs become easier with **Sysco's Wholesome Farms** Liquid Eggs. Liquid eggs offer a labor-saving advantage to a busy breakfast daypart. With great taste and consistency, liquid eggs are the back drop to emerging ethnic flavors being added to eggs in North America.



Wholesome Farms Liquid Eggs

51% of millennials and 43% of Gen Z want to see more ethnic items and flavors offered at breakfast⁵



The bun and patty are half the battle when building a burger; combined, they account for almost three-fourths of the cost. If you can get those two things right, the rest is just a matter of following good layering practices, making good product selections and maximizing creativity with add-ons to increase marketability.

- BUILD A - BETTER BURGER

“

You want to see color. I think that's when burgers kind of got elevated, when we started adding garnish to them, because the original burgers were all about sautéed onion, meat and cheese on a bun. Color helps the burger feel fresher and overall more appealing.”

— Chef Neil Doherty, Senior Director of culinary development at Sysco

1 BUTTER ME UP

The bun is the bedrock. It's the ceiling and the ground floor — what holds the whole thing together. **Sysco Classic Buns** allow customers to press down on the top bun, making the burger easier to eat.

2 MORE CHEESE, PLEASE

Consider offering softer, less traditional burger cheese options, such as Gouda or Havarti, for an ideal melt and a bolder taste that will take burgers to a whole new level.

3 ICE COLD ONION BATH

To reduce acidity, slice onions thin and rinse in cold water before serving in burgers.

4 PICKLE MY FANCY

Candied jalapeño pickles go great with brisket and pulled pork, elongated pickles elevate sandwiches and gourmet burgers, and dill chips perfectly complement classic burgers.

5 TOO LITTLE TOMATO

Consider using two thick tomato slices on full-sized burgers. This fresh, juicy layer acts as a nice contrast to the savory patty.

6 SPREAD IT ON THICK

Transform mayonnaise into spicy or savory house-made aiolis by mixing in flavorful condiments such as barbeque sauce, ketchup or wasabi.

Crab Cake Sliders

Portico Imperial and **Portico Classic** crab cakes are available in four flavors: Maryland Style, Southwest Style, Southern Creole, and Hatch-Jalapeno. Made with 53-65% crab meat, these savory delights feature other natural ingredients and an authentic back of house, fresh-made look. Set your summer menu apart by offering them as an entrée or as a crab cake slider appetizer. Sliders can be easily made by broiling, topping with shredded cheese varieties and summer dill pickles.



Say Cheese, Please!

Bold, new flavors are trending for burgers. High-heat varieties of cheese, such as **Block & Barrel** Natural Ghost Pepper Jack, bring added value along with an intensely spicy kick. Another up-and-coming flavor profile is the smoky-char category, which brings the nostalgic flavor of a backyard burger to the restaurant table. Block & Barrel Natural Chipotle Jack Slice (which offers a little heat with the smoke) or a traditional-style **Block & Barrel** Natural Smoked Cheddar Slice is a great way to get that straight-off-the-charcoal taste.



Salads / Healthy Options

Spring is still here and it time to enjoy great food! This time of the year is all about getting together to enjoy games and other events, sharing special moments like graduations, and summer games with the kids. Sysco has the perfect combination of products and ingredients to succeed in an innovative way.

Looking to eat light and healthy? The best way to WOW guests are with the new **Cutting Edge Solutions** Riced Vegetable Confetti Blend. A true vegetable medley, this flavorful blend of riced broccoli, cauliflower, yellow carrots, and zucchini delivers a vibrant grain substitute, garnish or side.

These products are uniquely designed for foodservice operators and offer a revolutionary way to celebrate catering and party occasions. Developed with versatility in mind, with the advantage of eliminating waste and maximizing labor because they are easy to use and perfect for portion control.



RICED VEGETABLE CONFETTI BLEND

Mix with quinoa for a protein boost that is delicious, nutritious and colorful. Add chickpeas and a tablespoon of red vinegar for a quick salad special.

MENU IDEAS



Drink it Up!

Refreshing Summer Beverages

Sysco Imperial Fruit & Vegetable Juice Concentrates are built for foodservice – tastes great, can work in many applications, and are concentrates, which offer improved cost and better margins. These vibrant fruit & vegetable juice fusions are available in 3 delicious flavors: Apple & Greens, Berry Beet And Citrus Carrot. They are made with NO Artificial Flavors or Preservatives, NO High Fructose Corn Syrup, and NO Added Sugars.

Sysco Classic drink bases for punch and lemonade also help any operator create refreshing, sparkling fruit-flavored drinks in minutes. Serve fresh made drinks over ice, with creative fruit garnishes or as classic thirst quenchers. Mix them with sparkling beverages for an effervescent punch.



Summer beverages can be paleo and keto friendly. Consider offering ...

Citavo Sweet Peachberry Shaker Tea

SERVES 1

- 1 oz. frozen or 2 oz. fresh strawberries
- 1 oz. frozen or 2 oz. fresh peaches
- 4 fresh mint leaves
- 1 oz. vanilla infused simple syrup
- 8 oz. Citavo Fresh Brewed iced tea.
- 1 shot vodka (optional)
- 2 fresh strawberries, sliced for garnish

In a cocktail shaker combine strawberries, peach, mint leaves and syrup and muddle together.

Add tea and ice and shake.

Pour the mix over fresh ice and garnish with fresh strawberries to serve.

To make this into a delicious adult cocktail add your favorite vodka before pouring over ice.



Citavo Cold Brew Coffee

Concentrate delivers a consistent cold brew in just minutes with minimal labor investment, saving time and heating up profits. The gentle extraction process for cold brew uses time instead of heat to yield a perfectly balanced, distinctively smooth, subtly sweet coffee flavor.



Need Sweeteners for your iced tea? Sysco offers the full range of sweeteners. Sysco offers a variety of pack forms, from table top to beverage bar to back of house. Offering a variety of choices gives your satisfied customers the great taste and consistency they expect.



For all the products mentioned in this brochure contact your local Sysco Marketing Associate for availability and selection.

