



Sysco
FOODIE
Solutions

Wholesome Dining Toolkit

Innovative tools and resources to help you capture additional revenue by adding wholesome dining offerings for your consumers.



Meeting customer expectations for wholesome dining.

Consumers are demanding more foods that support their health and wellness lifestyles. "They still want food that's craveable and tastes good, with many people are also looking for wholesome choices that support their personal sense of wellness—however they define it" states Valerie Hoover, Registered Dietitian at Sysco.

Promoting menu call outs such as plant-based protein, vegan, and gluten-free are important to this growing number of consumers and can give operators the opportunity to increase their profitability. Sysco offers a wide variety of products that make it easy for operators to offer menu options that meet this rising trend and satisfy their patrons.

Sysco has put together the following recommendations and resources to help you set up your wholesome dining experience. We always encourage you to put the safety and comfort of your guests and employees first.

Please review federal, state and local regulations to ensure your compliance with the law. For safety and sanitation, stay up to date and check the latest information on [CDC.gov](https://www.cdc.gov). Consult your legal advisors regarding any risks associated with starting a new venture or implementing any recommendations.



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Sysco Shop

[CLICK HERE TO VIEW SYSCO SIMPLY PLANT-BASED FOODS](#)

Using Sysco Simply Plant-Based Foods During COVID-19

The COVID-19 virus and subsequent social distancing have restaurants looking for a new way to add some intrigue to their menus while adapting to a sudden change in business practice. *Sysco Simply Plant-Based* products from Cutting Edge Solutions are a good way to break up your customer's self-isolation boredom with a little variety and adventure. Plus, the inclusion of these items can bring in a new, or entice an existing customer base of vegans, vegetarians and flexitarians.



Consistent Performance:

Even during uncertain times, these items are prepared to be reliable in your kitchen and perform each day.



Easy to Prepare:

Good, nutritious food without requiring extensive back of the house labor.



Travels Well:

These items do well in takeout containers, staying fresh and retaining temperature during delivery or carry-out.



Plant-based Options

“**RIGHT NOW PLANT-BASED EATING** is the most talked-about food trend—and it’s one that has stickiness. Plants are here to stay,” says Chef Neil Doherty, Sysco’s Senior Director of Culinary Development. “Consumers still want food that tastes good, but many are also looking to food to be their fuel. They want their food to provide nutrition for their body and they want to be empowered with menu choices that support their personal sense of wellness—however they define it.” As more consumers go green and pile their plates with plants, Sysco saw the need to build more plant-based options into its assortment.

Vegetarian entrée options have always been based around vegetables and grains: stuffed squashes, tofu, pasta and rice dishes. Now consumers are also looking for plant-based proteins that have the taste, texture and satisfaction of meat. Sysco has responded to the market demand by developing the certified-vegan Sysco Simply Plant Based Meatless Burger Patty, which has a meat-like taste and texture and can be used in all your favorite burger preparations. We have featured it here in the Feisty Feta and Avocado Burger (pictured, on page 6). Another new alternative protein, Sysco Simply Plant Based Ground Bulk, has the same attributes as the burger and can be used for preparations such as tacos, vegan meatloaf or wherever you would normally use ground beef. Both products are gluten-free, dairy-free and non-GMO.



OTHER PLANT-BASED ALTERNATIVES

JACKFRUIT

Tropical jackfruit has a neutral flavor and dense texture that is perfect for replacing shredded chicken or pork.

TOFU

Soy-based tofu has been the backbone protein of meatless dining. Sysco Simply’s version is both delicious and easy to prepare.

SEITAN

Seitan has the right texture to satisfy a versatile range of alternative meat offerings.

BEANS

Whole or mashed, blended into soups or folded into tacos, beans are always satisfying. Pair with rice for a great balance of nutrition.

Consumers Crave Choice

Build more inclusive menus to meet the dietary lifestyles of today's diner.

Consumer tastes are always evolving. As millennials and Gen Z'ers become the new wave of restaurant consumers, they are changing the foodservice landscape. Heavily influenced by digital media, they care passionately about their health and that of the planet. And they are driving healthy lifestyles such as plant-based/vegan and high-protein diets like keto and Whole30. According to a recent Technomic survey, "The majority of consumers who follow a specialty diet describe themselves in flexible terms, such as 'semi-vegetarian' or 'flexitarian.'" What they are looking for is options. Operators can attract a broader crowd by offering menu choices that cater to various dietary lifestyles, such as plant-based alternatives, meatless versions of existing dishes, fish-based dishes and high-protein snacks. Sysco has both the products and resources to help navigate these shifting consumer behaviors.



[CLICK HERE TO VIEW THIS RECIPE](#)

ADD A FEISTY FETA BURGER WITH SYSCO SIMPLY PLANT BASED MEATLESS BURGER PATTY TO YOUR MENU

Protein Snacks

The grab-and-go phenomenon is here to stay. Consumers today—from university students to busy parents—are not necessarily sitting down for three square meals but are instead partaking in several smaller meals and snacks throughout the day. More and more, diners are looking for nutrition-packed, high-protein snacks that are not only tasty and high-quality but are also convenient enough to take in the car, to work, to pick up the kids—wherever their day may take them.

From old-school low-carb diets like Atkins to keto, paleo and Whole30, protein is one very popular nutrient—and for good reason. Unlike carbs protein makes you feel fuller for longer—which also makes it the perfect snack.

Sysco's Block & Barrel Snack Sticks, which come in tempting flavors like Sriracha and teriyaki, can be conveniently placed next to your point of sale. They even come with their own custom-designed display case. The Block & Barrel Kindred Creamery Snack Trays feature combinations of protein-packed cheese, nuts, crackers and dried fruits. And Olli Salumeria Snack Packs from European Imports offer the perfect mix of Italian-style cheeses and salami. Place these in your refrigerated case along with carbonated beverages, and you've got the perfect snack or light lunch to go.



«««
OLLI ANTIPASTO SNACK TRAY



»»»
BLOCK & BARREL KINDRED CREAMERY SNACK TRAY



»»»
OLLI SALUMERIA SNACK PACK



»»»
BLOCK & BARREL SNACK STICKS



Sysco | Shop

Click [Here](#) to View What Items Are Available Locally on Sysco SHOP

Build Your Own Box

To make your own protein-based snack packs for consumers on the go, use your imagination plus plain plastic four-square containers. Simply fill with the proteins of your choice. Start with a wedge of cheese and sliced deli meats from Sysco's Block & Barrel brand. Fill in the squares with items like edamame; turkey or beef jerky; roasted almonds, cashews or walnuts; vegetables with hummus; and a hard-boiled egg. You can balance out the box with fruits that travel well, such as green and red grapes and apple slices.

1

A hard-boiled egg is the perfect protein snack. Portable when you're on the go, a large egg gives you 77 calories, 6 grams of protein and 5 grams of fat

2

Grilled chicken breast is a lean, low-fat source of protein that pairs well with other snacks. One 3.5-ounce serving offers 26 grams of protein.



3

Cured meats have a salty, satisfying taste that matches with most cheeses. Each ounce provides about 6 grams of protein.

4

The tangy flavor of aged blue cheese satisfies your taste buds and your hunger. Each one-ounce slice has 6 grams of protein.*

Talk to your Sales Consultant about container options in your local assortment, and also about how Sysco can help you build a more inclusive menu for today's dining lifestyles.

*All nutrition information is from U.S. Department of Agriculture, Agricultural Research Service, FoodData Central, 2019. fda.na

Seafood Stands Out

Seafood is a beneficial addition to any dietary lifestyle—whether someone calls themselves a pescatarian (a vegetarian who incorporates seafood into their diet) or not. In fact, shrimp and many finfish are known for providing a powerful punch of protein, without much saturated fat.

Although shrimp and salmon reign as the most popular seafood among U.S. consumers, creative operators can also achieve great success by serving something slightly different, like a delicious grilled branzino with roasted beets or fillet of snapper rubbed with jerk spices. Although we usually think of seafood as a dinner or lunch ingredient, you can use it across the dayparts and across your menu to make the most of your inventory. For example, elevate and lighten up a breakfast by replacing smoked meats with seafood. Smoked salmon makes a terrific substitute for ham or sausage, and also raises your check average by several dollars.



Diners have become increasingly interested in the wholesomeness of their food. **Sysco's Portico Simply tier of chemical-free, additive-free, all-natural seafood meets this market demand. All of Portico's seafood undergoes stringent supplier controls and quality assurance processes.**

45%

of those eating more seafood say they're doing it because they're trying to eat healthier.

—Technomic

SALMON

Delicious salmon is one of the fattier fish, but it is swimming in healthy omega-3 oils, as well as being high in protein.

SHRIMP

They may be small, but shrimp are packed with protein and light on calories. Make them a mainstay of your menu year-round.

SNAPPER

A 3-ounce serving of snapper comes with 23 delicious grams of protein, along with plenty of vitamin B12.



This delicious flexitarian bowl contains Beyond Meat Sausage, a modern miracle of meatiness crafted with plant based-ingredients. Learn more about this product on the [Sysco Simply website](#).

Building a Better Bowl

Bowls allow health-conscious customers to experience on-trend ethnic flavors paired with better-for-you ingredients. These fresh dishes traditionally include plant-based proteins, whole grains, vegetables, sauces and broths, nuts and seeds that allows for customization with every bowl.

OFFER PLATES THAT FOCUS ON PLANT-BASED FOODS

A sizeable portion of the dining public will not consider an entrée unless there is a protein on the plate, and plant protein doesn't cut it for them. Catering to these folks while still helping them stick to a healthier eating style is simple enough: downsize the protein, amp up the veggies.

REPLACE STAPLES WITH PLANT-FOOD SUBSTITUTES

Zucchini, beet and carrot “noodles;” cauliflower “rice” and mashes; and lettuce wraps in place of taco shells and pita bread all provide healthy and tasty options for diners looking to avoid gluten, carbs and too many calories. In fact, vegetable carb substitutes ranked number seven among top food trends in the 2018 National Restaurant Association “What’s Hot” chef survey.

A close-up photograph of a person's hand holding a silver fork with a small portion of food on it. The person is seated at a dark wooden table. In the background, there is a white cup of tea on a saucer. In the foreground, a blue plate contains a colorful salad with green leafy vegetables, orange slices, and other ingredients.

Flexitarian

A flexitarian diet centers around eating mainly a plant-based diet, but occasionally eating meat.

WITH A HOLISTIC APPROACH TO HEALTH, MORE AND MORE CONSUMERS ARE TURNING TO A PLANT-FORWARD LIFESTYLE FOR MULTIPLE REASONS:

- **To be healthy**
- **To feel better physically**
- **For sustainability reasons**

49% of consumers are likely or extremely likely to order dishes described as plant-based while 41% say they're eating more vegetables than a year ago. ⁶

Appeal to these diners by offering meat dishes and creative meatless options. Quality goes farther than quantity when appealing to flexitarian diners. Use customization to flex your veggies, layering different ingredient combinations to create a unique dish.

⁶ Restaurant Business

Keeping Healthy Food Safe

Produce Care & Safety

During these uncertain times, diners will be more concerned with safety and sanitation. Produce can carry harmful pathogens if not handled properly. Please see steps below to ensure you are serving your products safely.

Rinse Produce

Rinse fresh fruits and veggies under running water just before eating, even if you plan to cut or peel them, because bacteria can spread from the outside to the inside during cutting or peeling.

- Firm-skinned fruits and veggies should be rubbed by hand or scrubbed with a clean brush while rinsing under running water.
- Packaged fruits and veggies labeled “ready-to-eat,” “washed” or “triple-washed” should not be washed. Doing so may increase the risk for cross-contamination.
- Dry fruits and veggies with a clean cloth or paper towel.
- Do not use soap or bleach to wash produce. These products are not intended for consumption.
- For more information, check out the Produce Profact sheet at fightbac.org.

Product Highlight



Antimicrobial Fruit & Vegetable Treatment, by Keystone can help you be smart and certain. Treating the wash water and the surfaces of fruits and vegetables reduces harmful pathogens and spoilage. In addition, it helps to reduce waxes and residues with no rinsing required.

1993338 | 2/1 GAL

[CLICK HERE TO VIEW THIS ITEM](#)

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TIP: Always refer to the CDC guidelines and your local Restaurant Association guidelines for current safety procedures and standards.

Menu and Product Ideas

Menu Labels

Consumers and operators alike benefit from menu transparency. Calling out keywords on your menu such as organic or gluten-free, can help consumers make more informed decisions when ordering and help them feel like they have better control over the foods they eat.



Easy Menu Ingredients

Speed-scratch ingredients make it easy to create delicious meals with a fraction of the work and allow foodservice operators to reduce their overall labor costs and prep time. Sysco Imperial Soups offer ultimate back-of-house convenience and make a perfect wholesome dining option. With heat and serve convenience and available in a variety of on-trend flavors and gluten-free and low sodium options, our soups can be served in smaller portions to complement salads and sandwiches or made into a main entree by adding proteins.

Wholesome Menu Items

Mixed nuts and dried fruits are a snack that consumers can feel good snacking on, without the guilt of ruining their appetite. Dried fruits add value to menus and allow guests to satisfy their sweet tooth without consuming too much sugar, whereas mixed nuts can be offered as a bar snack, used as a topping for salads or soups or pre-packed for wholesome convenience and caterings. Salty olives and fiber-rich, tender beans and legumes enhance the overall flavor and texture of a dish and are highly popular add-ons among consumers (especially those seeking plant-based meals).

Products

Offer a wide range of dietary options for customers to choose from while meeting specific standards regarding ingredient statements and nutritional labeling.



Grain Blends



Cauliflower Pizza Crust



Whole Dairy Products



Juice



Pasta



Fruit & Veggie Snacks



Seafood



Clean Cheesecake



Nuts

Packaging

Sysco's extensive line of takeout packaging can step-up your disposables game to ensure that your customers have restaurant-quality meals, regardless of where they consume them.



Cutlery Kit



Container Paper Takeout Craft



Paper Brown Bag with Handle



Napkins



Clear Plastic Container Hinged



Portion Control Cups



Mineral Filled Polypropylene (MFPP) Disposables



Container Plastic 8x8



Foil Disposables



Tamper-Evident Labels



Compartment Containers

Signage

A way to make first and lasting impressions is to ensure you have the proper signage. After all, your success is all about your branding and marketing, right? This includes giving attention to your curb appeal, brand recognition through signage, and the ability to stand out from every other restaurant in your area.

TIP: Good outdoor lighting also means well-lit signage where people can read and remember your restaurant's name while driving or walking by.



Aarco Aluminum A-Frame Sidewalk Poster/Sign Holder
36" H x 24" W
APR-SAF2436



Aarco "The Rocker" Sidewalk Sign with Write-On Surface
36" H x 24" W
APR-ROC2



Aarco Roll A-Frame Black Double Sided Sidewalk Sign
36" H x 24" W
APR-RAF3



Aarco Booster Black "Boaster" Freestanding Double Sided Poster Holder
22¼" x 63"
APR-BPH1BK



Aarco "The Rocker" Double Sided Sidewalk Sign
36" H x 24" W
APR-ROC5



Aarco Roll A-Frame White Double Sided Sidewalk Sign
36" H x 24" W
APR-RAF1



Aarco Roll A-Frame White Double Sided Write-On Sidewalk Board
36" H x 24" W
APR-RAF5



AARCO Brass Neon Marker Board and Menu/Poster Holder
48" x 25"
APR-P-17B



Aarco Booster Silver Freestanding Double Sided Poster Holder
22¼" x 63"
APR-BPH1S



Aarco Products Inc. MA1B A-Frame Sidewalk Board
42" x 24"
APR-MA1B



Aarco Roll A-Frame Double Sided Sidewalk Board with Poster Holder
36" x 24"
APR-RAF6



Aarco Products Black All Purpose Poster Holder
22¼" x 59½"
APR-PHS1B

supplies  onthefly.com
a Sysco company

*Pricing and product availability are subject to change at any time.

Menus & Marketing

Sysco Marketing Services has you covered for all your wholesome dining marketing needs

Now that you have thought through your wholesome dining strategy, it's time to spread the word about the new space, safety/comfort measures, and wholesome dining menu you have put in place. Sysco Marketing Services has you covered with all our marketing tips, tricks and our services aimed to take the work off so you can concentrate on what you do best!

MENU

First and foremost, include those items that have higher profit margins, require shorter prep times, and transport easily while maintaining their quality. Review the 4Ps of menu engineering to help you strategize your menu and boost your profitability! Make ordering easy and mobile device friendly, encouraging them to return again and again.

SPREAD THE WORD

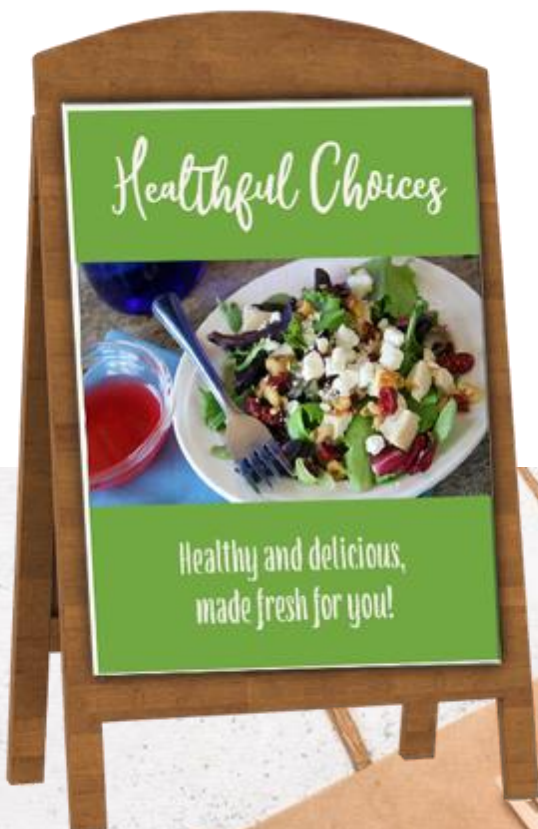
Frequent communication and marketing via all your social media channels is essential to reach your existing customers and capture new ones. To get the word out, post photos of your new wholesome dining items, including options for fruits and healthy snacks on all your social media channels.

SIGNAGE

Always have visible signage. Consider patio easels, sidewalk signs, and banners. Sysco can help you create these. We believe "the bigger the better" for your signage so it can be spotted by those walking or driving by.

Sysco Marketing Concierge can also help you customize any of the materials in this toolkit.

Contact us at 1-800-380-6348 or info@syscomarketingservices.com



Menu Engineering

Manage Your Menu Content

- Focus on what you do best – provide a consistent, quality product that your customers can count on.
- Evaluate and update your menu considering the **4Ps** of menu engineering:

PROFITABILITY

- Review current item costs and make pricing adjustments based on current market conditions.
- Identify areas where you can switch out ingredients to enhance profitability without compromising quality.

POPULARITY

- Feature your signature items – what are you famous for?
- Review past history or competitive analysis for key offerings.

PREPARATION

- Select items that require limited preparation and assembly.
- Cross-train your kitchen staff for maximum efficiency.
- Review and reduce your inventory to minimize stand-alone items and excess stock.

PORTABILITY

- Ensure your items package and travel well – maintaining their quality and freshness.
- Invest in the proper carryout containers to maintain temperature and presentation to most closely mirror dine-in experience.

Sysco | Studio

DASHBOARD DESIGNS MENU ENGINEERING RECIPES INGREDIENTS

Menu Engineering > Lancher > What If

Luncheon: "What If" Profit Calculator

Dashboard with various scenarios. What happens when you change an item's price, or increase its sales? Find out!

Based on your last month of sales history, Jan, 2020

	Avg Menu Price	Avg Food Cost \$	Avg Food Cost %	Avg Item Price	Monthly Units Sold	Monthly Profit	Annual Profit
	\$19.26 +5.17	\$4.01 ---	35% -1%	\$6.25 +0.19	1,246 ---	\$7,335.62 +492.00	\$88,827.36 +3,763.00
Item	Menu Price	Food Cost \$	Food Cost %	Item Price	Monthly Units Sold	Monthly Profit	Annual Profit
Cheesesticks	\$7.99	\$2.28	29%	\$5.7	225	\$1,282.5	\$15,390.00
Chicken Wings (12)	\$16.99	\$8.43	50%	\$6.56	88	\$377.28	\$6,927.36
Chips & Salsa	\$5.29 +7.00	\$0.84 ---	16% -4%	\$4.45 +1.00	480 ---	\$2,136.00 -480.00	\$25,832.00 +4,762.00
Chicken Wings (6)	\$8.99	\$3.54	40%	\$5.45	142	\$773.9	\$9,286.8
Shrimp Basket	1 12.25	11.70	49%	16.02	96	318.00	\$4,110.21
Curry	\$17.29	\$4.77	40%	\$6.52	79	\$308.55	\$6,702.71
Steak's Pizza	\$12.99	\$4.16	33%	\$8.83	213	\$2,057.39	\$24,688.68



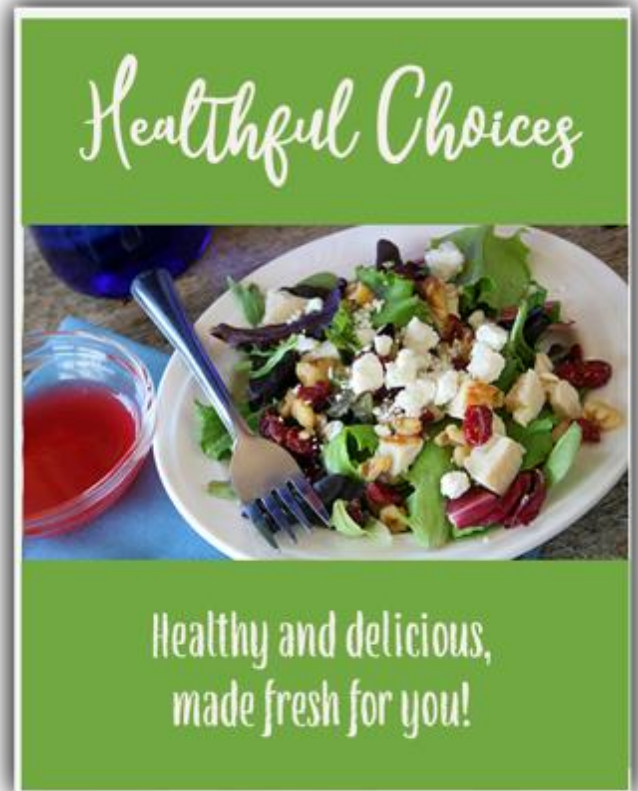
Healthful Foods Marketing Kit

Let your customers know that you have expanded your services to offer wholesome dining options by communicating via these marketing essentials.

8.5x11 Menu



11x17 Poster



QR Code



Social Media Post




10'x2.5' Banner



Social Media

Conversational content is designed to increase engagement with your customers. Ask for answers or poll your audience to learn more about their dietary preferences. This will increase engagement and keep your brand top of mind.

 **Tip: Shoot vertical pictures and videos for a full screen mobile experience.**
For more information, [click here](#)

- **POST COPY EXAMPLE:**

We love our customers, and we want to hear from you. What's your favorite healthy or wholesome meal? Salad wrap or club sandwich? **#CustomerPoll**

- **Use Relevant Hashtags: #cleaneating #healthylife #CustomerPoll**
- You can use [hashtag generators engines](#) to find more relevant hashtags. The more hashtags you use the more chances for exposure and higher reach



Masks & Social Distancing Marketing Kit

Let your customers know that you are following recommended safety and social distancing guidelines by communicating via these marketing essentials. Sysco Marketing Concierge is here to help you customize these pieces for your establishment, providing you with print-ready PDF files for you to print locally.

Contact us at 1-800-380-6348 or info@syscomarketingservices.com

11x17 Posters



Floor Decals





Social Distancing

For the foreseeable future, we will need to continue to exercise social distancing of at least 6' between us in all environments. To achieve this many restaurants are operating at or below 50%. Be sure to check your local guidelines for continuous updates on these restrictions.

In addition to masks and sanitation, there is a second tier of equipment you may need to consider. Check out the products below.



Rosseto® Avant Guard Sneeze Guard with Pass-Through Window
24" x 15.5"



Rosseto® Avant Guard Sneeze Guard Acrylic
48" x 28"



Rosseto® Avant Guard Sneeze Guard with Pass-Through Door
48" x 40"



Cal-Mil Free-Standing Barrier with Window
40" x 31.75" x



Cal-Mil Wesport Social Distancing Sign
17.5" x 22"



American Metalcraft Protective Barrier Line Hinged Guard
28"



American Metalcraft Black Barrier Post and Base System
84"



Wall/Floor Indoor Social Distancing Decal
13" x 18" Case of 4



Indoor Wall/Floor with Small Shoe Prints Floor Decal
13" x 18" Case of 4



Indoor Wall/Floor Decal Thank You for Practicing Social Distancing Text
13" x 18" Case of 4



Indoor Social Distancing Wall Poster 20# Paper
11" x 17"



Bon Chef Health Partitions Restaurant Table Partitions
18' x 48' x 60'

GRILLED PINEAPPLE CREAM SMOOTHIE



INGREDIENTS

4 oz. Imperial Fresh pineapple, peeled and sliced into ½-inch slices (reserving 1 wedge for garnish)
2 oz. Sysco Imperial blood orange shallot vinaigrette, strained
1 oz. Sysco Classic clover honey
2 oz. cooking cream
2 oz. coconut milk
4 oz. crushed ice

DIRECTIONS

1. Grill the pineapple for 1 to 2 minutes per side.
2. Remove from the grill and allow to cool.
3. In a blender, combine the pineapple, vinaigrette, honey, cream, coconut milk and ice, and pulse until smooth.
4. Pour into a tall glass and garnish with a grilled pineapple wedge.

SHOP AVAILABLE INGREDIENTS

Recipes

BEYOND MEAT SUSHI ROLL

DIRECTIONS

1. Beyond Meat® Sushi Roll: In medium bowl, toss mushroom caps and pesto to combine; roast in 400° oven for 10 minutes or until tender. Cool; slice ¼-inch thick on large bias. In large bowl, combine quinoa, cauliflower, red pepper, green onions, Beyond Meat® Beyond Burger™ Patties, cilantro, pistachio butter, chili powder, cumin, nutmeg, salt, black pepper, and cardamom. Divide mixture into 4 (8-inch) logs; wrap logs in plastic wrap and roll up tight. Tie end pieces in knots to secure; poke holes in logs. Place in steamer for 10 minutes or until cooked through; let cool. Shingle sliced mushroom caps on top of plastic wrap into an 8-inch long strip; unwrap 1 Beyond Meat® log and place on top. Using plastic wrap, roll mushrooms tightly around log; tie end pieces in knots to secure. Repeat with remaining mushroom slices and Beyond Meat® logs; store under refrigeration for up to 5 days.
2. Pistachio Smoked Parsnip Yogurt: In medium saucepan of salted boiling water, cook parsnips 5 minutes or until soft. In smoker, smoke parsnips for 10 minutes. In food processor, process parsnips until smooth; transfer to medium bowl. Add yogurt, pistachio paste, zest and salt; stir to combine. Cover and refrigerate up to 1 week.
3. Chickpea Curry: In medium sauté pan, heat olive oil over medium-high heat. Add garlic and ginger; cook 30 seconds, stirring frequently. Stir in coconut milk and red curry paste; bring to simmer. Add lime juice; cook 5 minutes or until mixture thickens. Stir in Pulse Melange Chickpeas; cook 2 minutes or until heated through. Cover and refrigerate up to 3 days.
4. To Serve: In small sauté pan, heat ½ cup Chickpea Curry over medium-high heat until heated through; place on desired serving plate. Spoon ¼ cup Pistachio Smoked Parsnip Yogurt down center of serving plate. Slice 1 Beyond Meat® Sushi Roll into 1-inch-thick slices; place on top of Pistachio Smoked Parsnip Yogurt. Sprinkle Beyond Meat® Sushi Roll with 1 tablespoon micro greens and ¼ teaspoon amaranth seeds; serve with lime wedges and additional Pistachio Smoked Parsnip Yogurt for dipping.

INGREDIENTS

Beyond Meat® Sushi Roll

- 4 portobello mushroom caps
- 2 tb Minor's GreenLeaf Basil Pesto
- 10 oz cooked quinoa
- 10 oz steamed cauliflower florets, minced
- 8 oz roasted red pepper, minced
- 2 oz thinly sliced green onions
- 4 Beyond Meat® Beyond Burger™ Patties, thawed if necessary
- ¼ c minced fresh cilantro
- ¼ c pistachio butter
- 1 t chili powder
- 1 t ground cumin
- ½ t ground nutmeg
- ½ t kosher salt
- ¼ t ground black pepper
- ⅛ t ground cardamom

Pistachio Smoked Parsnip Yogurt

- 4 medium parsnips, chopped
- 1 c non-fat plain Greek yogurt
- 1 tb pistachio paste
- ½ t lime zest
- ¼ t kosher salt

Chickpea Curry

- 2 t olive oil
- 1 garlic clove, minced
- 1 t grated fresh ginger
- 1 c canned coconut milk
- 1 tb red curry paste
- 3 tb lime juice
- 2 cs Path of Life Pulse Melange Chickpeas

For Serving

- ¼ c micro greens
- 1 t popped amaranth seeds
- lime wedges

YIELDS 4 SERVINGS



Sysco Solutions Partners

The Sysco Solutions Catalog features best-in-class companies to make sure you have the right tools to optimize your business and increase traffic. Our holistic collection of offerings encompasses specialized services, technology, tools, and personalized consultations designed to make you more efficient, increase your profits, and make it easier for you to manage your operations.

Sysco Solutions Partners

Uber Eats

ON-DEMAND FOOD DELIVERY PARTNERSHIP

Company Description:

Uber Eats is an on-demand food delivery app and website that helps bring millions of people around the world the food they want, at the tap of a button.

Value:

The demand for delivery is skyrocketing, and the industry is changing fast. Uber Eats is helping 600,000+ restaurants get their food to more hungry customers using the Uber platform.

Advantage:

Uber Eats' global average delivery time of delivery people using the Uber platform is under 30 minutes. Speed and convenience matters when customers are hungry, and Uber Eats is able to get food to them quickly by connecting your restaurant with our large network of delivery partners on the road.

Product Offering:

Uber Eats offers three ways for restaurants to serve customers: Customer Pick Up, Uber Delivery, and Use Your Own Delivery Staff. Choose the option(s) that best suits your business!



Sysco
Exclusive
Pricing:

New customers receive savings that are valued at \$600!

This includes a waived activation fee (\$350 value), large photoshoot (\$250 value), and 30 days waived marketplace fee for Uber Eats delivery.

Existing customers receive savings that are valued at \$350!

This includes a large photoshoot (\$250 value) and \$100 Eats Offers credit redeemed towards free delivery promo.

Contact your Sales Consultant for more information or please visit rising.sysco.com

Sysco Solutions Partners

cheddrsuite 

**SCHEDULING, INVENTORY,
INVOICES, & MORE!**

Company Description:

CheddarSuite is a cloud-based, SAAS business management software for restaurants that serves as a one-stop platform to streamline all of your restaurant management needs like scheduling, communication, inventory, documentation, and more.

Value:

CheddarSuite eliminates the need for multiple apps, and can be accessed from anywhere at any time. There are no annual contracts, and users receive access to free online trainings, webinars, and live support.

Advantage:

Gone are the days of bundling packages and using multiple programs. With CheddarSuite, users only pay one price per month and receive access to all the tools and business solutions they need to manage the day to day operations of their restaurant. That means less time keeping up with programs and logins and more time running the business.

Product Offering:

CheddarSuite replaces the paper clutter mess of invoices, schedules, spreadsheets, and complicated POS reports to help you better communicate issues shift to shift and understand if you are making or losing money - and why. This inclusive tool features scheduling capabilities, log documentation, inventory management, document storage, vendor management, comprehensive overviews of revenue, cost, and goals, as well as centralizing staff communication into a single, easy-to-use platform.



*Sysco
Exclusive
Pricing:*

Sysco customers receive **FREE** scheduling software for life!

Our **PLUS Plan \$49/month**, normally \$99/month, gives you all the advanced restaurant management tools you need. Our end-to-end restaurant management **PRO Plan \$89/month**, normally \$139/month, gives you all the "Plus" features along with the ability to integrate with your POS system.

Visit www.cheddrsuite.com/form/sysco or call 855-805-0722 for more information!

Sysco Solutions Partners



WEBSITE
ONLINE ORDERING
SOCIAL POSTING

Company Description:

Ordereze is a restaurant-specific online marketing/online presence solution where everything from your website and your social media, to your online ordering and more is managed from one dashboard with one company. We provide restaurants with the ability to seamlessly engage with, promote to, and provide exceptional products and services to their customers.

Value:

Ordereze is the only company of its kind, providing restaurants with a cost-effective and easy solution to manage their entire online presence. We are also truly a company that is by restaurants for restaurants, our founder is a restaurant owner himself and went through the struggles of trying to find a marketing company that understood him as a restaurant owner and how to successfully market a restaurant. We are well known for our customer service - in fact, we have the lowest churn rate in the industry and the typical lifetime of our customer is over 6 years - over 85% of our staff overall has worked in the food service industry as well!

Product Offering:

Custom packages are created based off each customer's specific needs, goals, day-to-day operations, and budget. Offerings include: Web Hub, Social Hub, Social Website, Do it for Me Social Posting, Do it for Me Review Response, Do It For Me Email Marketing, Online Ordering Pro, Wi-Fi Connect, Menu Sync.



Sysco
Exclusive
Pricing:

Setup fees waived or reduced for all Sysco customers. Fees not waived can be financed up to 8 months.
All services discounted, reach out below for more information on the specific services and offers you need.
Contact your Sales Consultant for more information or please visit rising.sysco.com

Sysco Solutions Partners



**CONTACTLESS MENU & ORDERING SOLUTION.
NO APP NEEDED!**

Company Description:

Ready connects guests to hospitality venues directly on their phone so they can view the menu, order, pay, review and redeem rewards all in one seamless, connected experience. We're laser focused on providing best in class tech to help restaurants remove all the friction that gets in the way of providing great hospitality.

Value:

Allow guests to connect directly to a digital menu, order, pay, review and redeem rewards contactlessly with their phone. No app download, no account sign-up, no additional labor and no hardware is required.

Advantage:

Ready is a first party, fully integrated 100% contactless solution that's payment processor agnostic and flexible to any workflow. From restaurants to hotels to stadiums, Ready caters to operators wanting to provide the ultimate guest driven connected dining experience.

Product Offering:

At Ready our hospitality product suite encompasses the entire dining experience. We support Digital Menus, Order Ahead, Order to Seat, Table or To-Go, Virtual Drive Thru, Virtual Kiosk and Pay at Table. We facilitate payments with Apple Pay, Google Pay, VISA, Mastercard and all major credit cards.



*Sysco
Exclusive
Pricing:*

**Sysco customers receive
1 MONTH FREE!**

Pricing varies based on modules needed and number of locations. Fill out the form for more information on pricing.

www.readytopay.com/sysco



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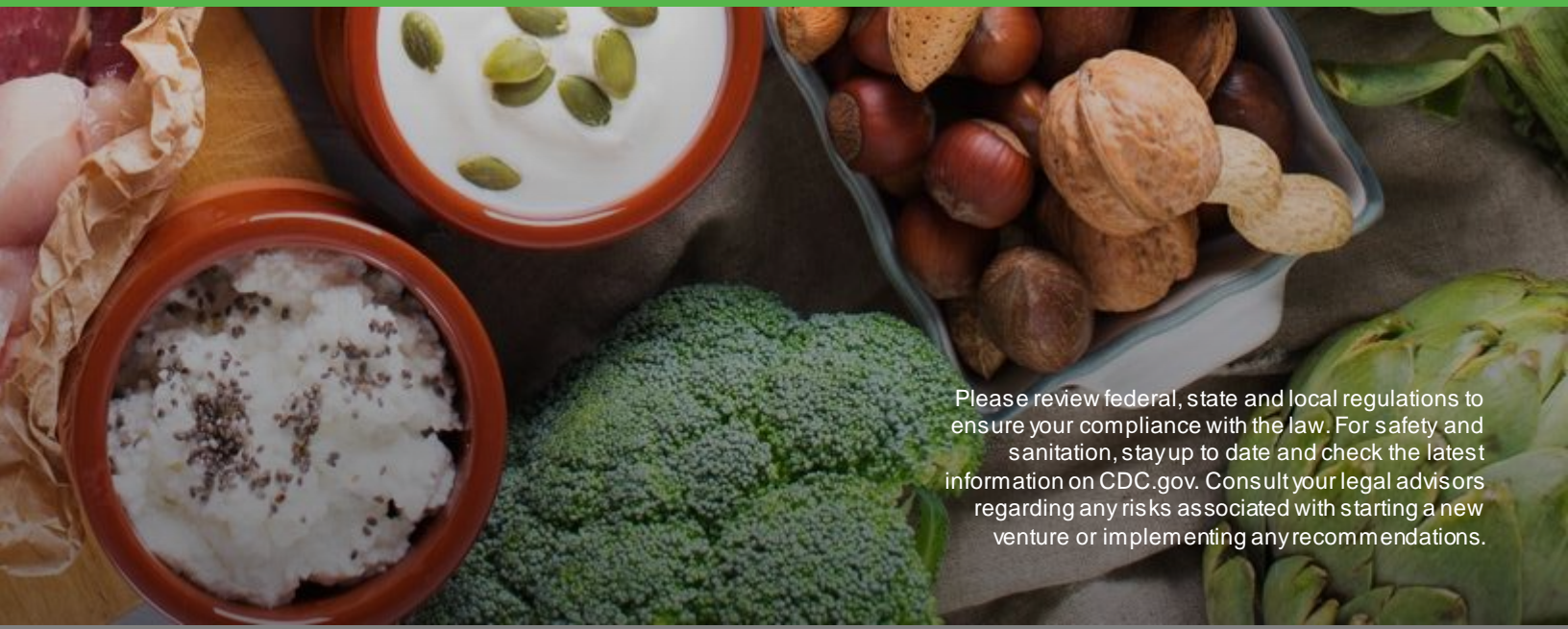
Sysco
FOODIE
Solutions

Need help with setting up wholesome dining?

Contact your Sales Consultant or our Sysco Concierge Service.

Our team of associates are available to help build or update your marketing materials to make you more profitable.

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Please review federal, state and local regulations to ensure your compliance with the law. For safety and sanitation, stay up to date and check the latest information on [CDC.gov](https://www.cdc.gov). Consult your legal advisors regarding any risks associated with starting a new venture or implementing any recommendations.