

# Culinary Trends

2025



PARKHURST  
DINING





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Keep an eye out for this icon to see examples of how Parkhurst has been a leader with these trends!



# INCORPORATING UPCYCLED INGREDIENTS

Innovative uses of upcycled ingredients are driving the reduction of food waste to near zero. Examples include using orange peels to flavor drinks and employing closed-loop systems like "nose-to-tail" or "root-to-flower" approaches. Byproducts, traditionally considered waste, now have a valuable place in culinary applications, supporting both environmental and economic sustainability.

Zero-waste practices are gaining momentum, with restaurants and food producers rethinking how they can use every part of an ingredient to create new dishes. This not only helps reduce food waste but also opens up opportunities for culinary innovation, turning what was once considered scraps into delicious offerings.



The S'mores Compost Cookie, known on Bard's campus as the "Bard Cookie," came to be as part of a project between Parkhurst Dining and Bard College's Office of Sustainability. We were looking for a way to help utilize products that would otherwise be considered "waste products" by upcycling them. The coffee grounds come from our coffee brewing station and the graham crackers are usually pieces from other items that the bakery is making. We also utilize whole wheat flour due to the fact that it has a lower carbon footprint compared to traditional white flour. As far as the cookies go, this is a very versatile recipe where the graham crackers can be switched out for potato chips, pretzels, or anything else you can think of or want in a cookie!



Making of the Bard  
S'mores Compost Cookie







# THE RISE OF GUT HEALTH

Gut health has become a central focus in the functional food and beverage market, as guests increasingly seek products that enhance their well-being with enjoyable and novel flavors.

Fiber and prebiotics remain top priorities for consumers focusing on gut health, as these ingredients are essential for feeding beneficial gut bacteria and promoting digestive regularity.

This focus on gut health has also inspired more playful and creative menu development. From effervescent prebiotic sodas to energy bars packed with prebiotics, Parkhurst has been redefining the trend with offerings that excite our guests' palates while addressing their specific health goals. As awareness of the gut-brain connection continues to grow, this trend shows no signs of slowing, paving the way for innovations that blend science, flavor, and function.



Looking to focus on gut health in 2025? A great place to start is with this recipe from our Dietitian, Alicia, for peanut butter chickpea energy bites!

*"These energy bites provide our gut bacteria some 'energy' as well. The oats and chickpeas contain prebiotic fibers that our bodies can't digest, but that our gut bacteria love to eat – keeping them healthy and producing byproducts that benefit us."*

- Alicia Dietitian



## PEANUT BUTTER CHICKPEA ENERGY BITES

### INGREDIENTS

- 1 ½ cup canned garbanzo beans; drained
- ½ cup creamy peanut butter
- 5 1/3 tbsp. honey
- ¼ tsp. cinnamon
- 5 1/3 tbsp. oat flour
- 5 1/3 tbsp. semi sweet milk chocolate chips
- ⅛ tsp. table salt

### INSTRUCTIONS

1. Place chickpeas, peanut butter, and honey in a food processor and blend for about a minute on high or until the mixture is smooth.
2. Add in cinnamon, vanilla extract, salt, and oat flour to mixture and pulse until combined. At this point the dough should be similar to cookie dough consistency. If dough is too dry, add more peanut butter. If dough is too wet, add more ground oat flour.
3. Add in chocolate chips and mix until combined.
4. Scoop out a heaping tablespoon of dough and roll between your palms to form a bite. Repeat to make 24 bites.



# TAKING FLIGHT WITH FLIGHTS!

The concept of food flights is gaining popularity and is expected to be a significant trend in 2025. Food flights involve serving small, taste-size portions of various dishes, allowing customers to sample different flavors and varieties in one sitting. This trend is not limited to beverages but is also making its way into food items. The idea is to offer a creative and engaging dining experience that encourages experimentation and personalization.

At Parkhurst, we are dedicated to personalization and customization in our food offerings by creating customized menus that reflect the seasonal bounty and the unique preferences of our guests. We are committed to engaging guest experiences which ensures that each dining experience is tailored to meet individual needs and preferences. Our chefs are given creative autonomy to create their own menu offerings and, as a result, have embraced food flights in a variety of forms.



Check out how our sites have embraced the flight trend and made it their own!



Lake Forest  
BYO Caramel Apples



Saint Vincent  
Chili Cook-off



Hamilton  
BYO Burritos



Allegheny  
Pizza Pop-up

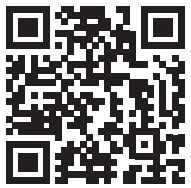


Juniata  
Chips and Dips





Juniata  
Stir-fry Pierogis



Jefferson  
Pot Pie Bowl



John Carroll  
Oat Milk Ice Cream



Bridgewater  
Apple Cider Foster

# COMFORT REDESIGNED

REINVENTING THE CLASSICS FOR MODERN PALATES

At Parkhurst, we have found success in tapping into the emotional connection that guests have with food by reimagining beloved classics with a fresh, modern twist. This trend, fondly called Comfort Redesigned, combines nostalgia and novelty, as chefs revamp traditional dishes with globally inspired flavors and innovative techniques.

Comfort foods are linked to stress relief, as their association with dopamine and serotonin makes them particularly appealing during challenging times. However, the rise of health-conscious guests has prompted a shift toward healthier comfort foods, which deliver the same soul-satisfying taste with better nutritional value.

**The Comfort Redesigned trend reflects a growing demand for foods that are both familiar and exciting, traditional yet forward-thinking.**

Innovations in this space include using whole grains, fresh ingredients, and superfoods to boost the nutritional density of comfort dishes. Additionally, improving the inclusivity of comfort foods by creating gluten-free, dairy-free, and vegan options is essential in ensuring that everyone can enjoy their favorite meals regardless of dietary restrictions.



**Check out how our sites have begun to rethink their comfort food offerings!**



# PRIORITIZING PROTEIN

Consumers are increasingly seeking to boost their protein intake aside from the usual protein powders and bars, focusing on enhancing protein consumption during meals and through whole food snacks.

Protein has evolved beyond its traditional role as it relates to athletes and muscle building; it's now highly valued by consumers aiming to sustain their energy levels throughout the day and enhance their overall health. While enduring favorites like chicken, yogurt, and cottage cheese remain popular, there is also a predicted surge in interest for collagen and a notable increase in the inclusion of plant-based proteins such as beans, lentils, and hemp seeds in everyday diets.

## VEGAN TUNA SALAD

### INGREDIENTS

- 4 ½ cup canned garbanzo beans; drained
- ½ cup tahini
- 1 tbsp. dijon mustard
- 3 tbsp. pure grade A maple syrup
- ¾ cup diced red onions
- ¾ cup diced celery
- 3.75 oz. diced dill pickles
- 1 tbsp. chopped capers
- ½ tsp. coarse ground kosher salt
- ¼ tsp. ground black pepper
- 3 tbsp. sunflower seeds

### INSTRUCTIONS

1. Collect and measure all ingredients before beginning.
2. Gather all equipment.
3. Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
4. Add tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt and pepper, and sunflower seeds to mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.







# SOCIAL MEDIA SNACKING

Platforms like Instagram and TikTok thrive on visually engaging and shareable content, propelling everything from niche snacks to reinvented classics into the mainstream. These trends often emerge as users experiment with novel twists on familiar favorites or highlight regional delicacies, creating a ripple effect that has influenced our site menus and overall cooking habits.

One notable example is the rise of Caesar beyond its traditional role as a salad or wrap. Social media users have reinvented the Caesar flavor profile by incorporating it into dips, spreads, and even roasted vegetable dressings. Another viral sensation is the “dirty soda” trend, which gained traction on TikTok. Originating from soda shops out West, dirty sodas combine soda with flavored syrups, cream, and citrus garnishes. Their playful, customizable nature and eye-catching layers make them perfect for social media, where their quirky aesthetic and indulgent flavors quickly captivated audiences.

**These trends, alongside others like cloud bread, butter boards, and pickle-flavored everything, demonstrate how social media drives experimentation in the culinary world.**

**Looking to make your own dirty soda? Try the “Tropical Twist” from our partner, PepsiCo!**

## TROPICAL TWIST

Pepsi | Coconut Syrup | Lime Juice | Whipped Cream Topping

*“PepsiCo has been a business partner of Eat’n Park Hospitality Group for almost 30 years, reaching both our Parkhurst Dining and Restaurant divisions. Our collaboration stands as a testament to the innovation and shared vision that both of our organizations carry. Together, we not only serve quality products to our guests, but continue to use their expertise to create a new spin on classic beverages for all to enjoy!”*

—Melody Director, Supply Chain





# CRUNCH: TEXTURE OF THE MOMENT

Crunchy toppings and snacks add a delightful texture and burst of flavor to a variety of dishes and meals. From salads to soups, and even desserts, these toppings can transform an ordinary dish into something extraordinary. Popular crunchy toppings include croutons, crispy onions, nuts, seeds, and granola. Each of these adds not only a satisfying crunch but also a unique taste profile.

When it comes to snacks, the options are endless and cater to a wide range of tastes and dietary preferences. Classic choices like potato chips, pretzels, and popcorn are classic staples, offering a satisfying crunch and a variety of flavors from salty to sweet. Health-conscious snackers might opt for vegetable chips, roasted chickpeas, or air-popped popcorn. Additionally, snacks like rice cakes, nut bars, and crispy seaweed sheets offer unique textures and flavors, making them popular choices for those looking to mix up their snacking routine.

Whether you're looking for a quick bite or a topping to enhance your meal, crunchy snacks and toppings are a delicious and versatile option.



Check out this Chili Crunch recipe from our very own chef at Carthage College!

*- John* Executive Chef



## CHILI CRUNCH

### INGREDIENTS

- ½ cup canola oil
- 8 cloves minced garlic
- 2 tbsp. crushed red pepper flakes
- 2 tbsp. dehydrated chopped onion
- 2 tbsp. dried garlic
- 2 tsp. granulated sugar
- 1 tsp. white sesame seeds; toasted
- 1 tsp. kosher salt
- 1 tsp. smoked paprika
- 1 tsp. red cayenne pepper
- 2 tsp. soy sauce

### INSTRUCTIONS

1. Collect and measure all ingredients before beginning.
2. Gather all equipment.
3. Mince the fresh garlic to your liking.
4. Heat the oil in a pan over medium heat. Add the garlic and cook approximately 1 minute. Garlic should be light golden brown. Do not let it burn or it will become bitter.
5. Immediately remove from the heat and add in the remaining ingredients. Stir together until combined.
6. Allow to cool and store tightly covered.



# PERSONALIZED APPROACH TO NUTRITION

As our guests become increasingly aware of the diversity in health and wellness needs, the concept of healthy eating is evolving. What works for one person may not be ideal for another, as factors like lifestyle, health history, and even DNA shape individual dietary needs. Despite a desire to eat better, barriers such as busy schedules, budget limitations, and confusion about nutrition often make achieving a balanced diet challenging. This is where personalized nutrition steps in, bridging the gap between generalized advice and individual experiences.

**At Parkhurst Dining, guest wellness is at the heart of every experience. Through our Well on Your Way program, we aim to equip guests with the knowledge and tools they need to make informed decisions about their food choices.**

By prioritizing accessibility and inclusivity, we offer a wide variety of nutritious and delicious options to cater to diverse tastes and dietary requirements. Our commitment extends beyond physical health to encompass mental and social wellness, creating a holistic approach to well-being.

Key to this personalized approach are the concepts of intuitive eating and gentle nutrition. Instead of rigid rules, our guests are encouraged to listen to their bodies and focus on what feels nourishing and satisfying for them. By meeting guests where they are and empowering them to take ownership of their nutrition, we aim to make wellness not just a goal, but a way of life.



## WELL ON YOUR WAY

*"If you haven't heard of Personalized Nutrition, you most likely will in the near future. The general idea that each individual is unique and one certain way of eating is not the best for everyone is something that Parkhurst embraces. Our Well on Your Way program is designed to provide a variety of foods, nutrients, and education around how to make the best choices for you."*

*-Alicia* Dietitian





# GLOBAL FLAVORS



Duquesne  
Paneer Tikka Masala  
with Basmati Rice



Franciscan  
Taste of Vietnam



Chatham  
Arayes



Franciscan  
Dandan Noodles

A rise in global flavors and immersive food experiences is becoming a rapidly growing trend. Being open minded to exploring diverse culinary traditions and enjoying authentic, culturally rich meals is what's driving individuals towards these flavors.

Not only are consumers seeking new options but also dining experiences that give insight into the origins and stories behind these dishes. This movement towards bold and global flavors has contributed to the increased availability of international ingredients in local markets, making it easier to experiment with these recipes. Additionally, chefs are experimenting with unique ingredients and cooking techniques from many different cultures to create exciting and memorable dining experiences.



Here's a few ways our chefs have created global dishes for our guests:



Middle East Takeover  
Franciscan



Pho Bar  
Juniata



# BYTES & BITES

The dining industry is embracing artificial intelligence to revolutionize operations and enhance guest experiences. While AI offers undeniable benefits, our approach at Parkhurst adds unmatched value by ensuring that innovation enhances, rather than replaces, the human touch. At Parkhurst, food is at the heart of everything we do, and we believe dining is more than just a meal – it's an experience.

**Farm-fresh, flavorful, and consistently prepared-from-scratch food forms the foundation of every Parkhurst location, with menus crafted by on-site chefs who understand their guests on a personal level.**


Unlike the one-size-fits-all solutions often associated with AI-driven approaches, we value customization and individuality. By taking the time to know our guests and their needs, we create menus that are as diverse as the communities we serve. This personalized approach ensure that each dish reflects local tastes, dietary preferences, and wellness goals, making every meal meaningful and memorable.

**AI may excel at analyzing trends and providing insights, but at Parkhurst, the human connection is what sets us apart.**

Our chefs take pride in:

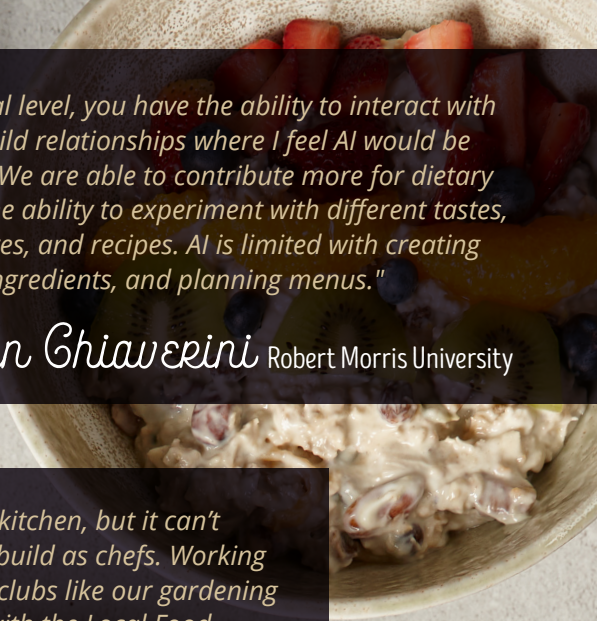
- blending innovation with tradition
- using technology to inform, not dictate, their culinary creations

The result is a dining experience that not only leverages the latest advancements but also respects the values of authenticity, flavor, and personal connection that define Parkhurst Dining. But don't just take our word for us, here's what our chefs have to say!




*"From my personal level, you have the ability to interact with our guests and build relationships where I feel AI would be one-dimensional. We are able to contribute more for dietary restrictions and the ability to experiment with different tastes, ingredients, textures, and recipes. AI is limited with creating recipes, utilizing ingredients, and planning menus."*

*-Dan Chiaverini* Robert Morris University




*"AI's got some serious potential in the kitchen, but it can't replace the hands-on connections we build as chefs. Working with student groups, teaming up with clubs like our gardening club for composting, and partnering with the Local Food Connection to serve the underprivileged in our area – that's the heart of what we do. I'm curious to see how AI can help us grow in the future, but for now, it's those personal touches that make the difference."*

*-Desmond Young* Centre College



*"AI is an awesome tool for chefs – it can help with recipe ideas, prep schedules, time management, and reducing waste. But at the end of the day, nothing beats the personal touch of a chef's creativity in the kitchen. It's like having a sous chef with endless knowledge, but it can't taste or feel the love that goes into a dish, and you can't replace the smiles and personal relationships."*

*-Corey Hayes* Peoples



*"Great food begins with care & passion as the end goal. AI will be beneficial as a tool at some point for everyone but will never be able to compensate for taste, detail, experience, & personalized innovation in our field."*

*-Gameron Glegg* Highmark



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NOT LABS  
VE'RE CRACKING *fresh*, CAGE-F  
YOU'LL LOVE OUR MILK!  
DELIVERED FRESH FROM  
Local DAIRY FARMS  
PARKHURST.  
DINING  
ma  
AS  
EY ARE  
nd  
Our Gold  
Standards  
fresh, CAGE-FREE EGGS EVERY DAY  
OUR KITCHENS  
ARE  
FRESHLY SLICED DELI MEATS MAKE FOR

# Our Gold Standards

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