

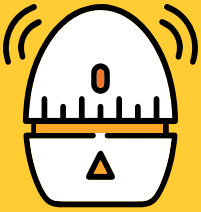
Eggs-cellent fall trends

As summer turns to autumn, Canadians are trading lazy days for jam-packed schedules, including back to school and the return to onsite work. This consumer time crunch offers plenty of opportunity for Canada's foodservice industry. Fall means "go time"—here's how eggs can help.



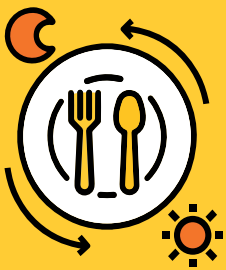
Easy does it—with eggs

Staffing shortages and rising food prices make a strong case for low-cost, high-margin foods that can be prepared by kitchen staff of all skill levels. Here's why eggs should be part of your winning recipe.



Time saving

Forget roasting, braising or grilling: eggs eat up less prep time than other proteins! And when every second counts, pre-shelled or pre-hardboiled eggs will trim additional time off every dish.



Menu flexibility

From portable breakfast sandwiches to savoury tea eggs or spicy eggs biryani, egg dishes make versatile any-time-of-day-or-night foods. Bonus: eggs are easy to store and long-lasting, so you can stock up without risking spoilage.

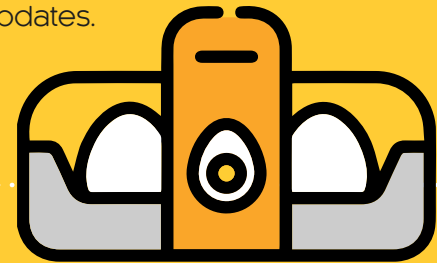


Ease of preparation

A condensed menu with delicious, quick-prep dishes can be a gamechanger during hectic times. Eggs have an easy learning curve, enabling new kitchen staff to master your menu—fast!

Grab-and-go menu picks

As Canadians get back into the swing of things, demand for on-the-go foods will remain strong. Portable food means quick sales, so consider boosting your bottom line with these eggs-citing menu updates.



Breakfast sandwiches

So popular that major quick-serve chains offer them any time of day, breakfast sandwiches are a convenient way to serve up protein-packed, comfort-food meals on the run.

Egg cups

Not just for breakfast, snacky egg cups, egg muffins and sous-vide eggs are variants on low-carb egg bites that can be cooked ahead of time and heated to order.

Egg wraps and burritos

Wraps pair hardboiled eggs with lettuce, tomatoes and hummus, while burritos feature scrambled eggs with sausage, cheese and salsa, for two different takes on handheld eggs.

Box lunches and snacks

Meal boxes can be made in advance and sold straight from the fridge. They're also adaptable, from Japanese bentos with tamago sushi, to keto packs with hardboiled eggs, veggies and nuts.

Crack into 2022's

top foodservice trends

Canadians are back at it and busier than ever. Two industry trends that remain strong in Q3? Booming brunch demand and creative solutions to staffing shortfalls.

Going back to brunch

Restaurants are a key draw as socializing Canadians take advantage of the final weeks of patio season. Brunch is a natural choice given its menu options and timing flexibility. Consider introducing an all-day brunch menu to capitalize on this beloved weekend tradition.



Crack this trend:

Update your menu with a shareable brunch board loaded with fresh fruit, hardboiled eggs, yogurt, and pastries. Or try a baked egg skillet with veggies and mushrooms, which can be served right in the pan. Both delicious options reduce labour while elevating presentation.

Labour-saving solutions

With understaffing an ongoing industry reality, businesses must continue to pivot. You may be short-staffed one day and have a food delivery delayed by a supplier's staffing challenges the next. Versatility and flexibility in ingredients are key when operating a smaller, leaner kitchen.



Crack this trend:

Boost staff efficiency while battling food inflation, with easy-to-prepare, high-satiety/low-cost proteins like eggs. Look for shorter prep times and simplified cooking methods, as exemplified by bowl meals, breakfast pizzas and comfort-food sandwiches.

Try it!

Refresh your menu and social feed with TikTok trends. Try grated eggs or egg-topped avocado toast.



Try it!

Go with your gut and season your menu with fermented probiotics like kimchi, which pairs beautifully with egg fried rice.



Try it!

Catch the meat-free trend by showcasing harvest veggies in plant-forward salads, stir fries and casseroles, all of which can be topped with a poached or fried egg.

