

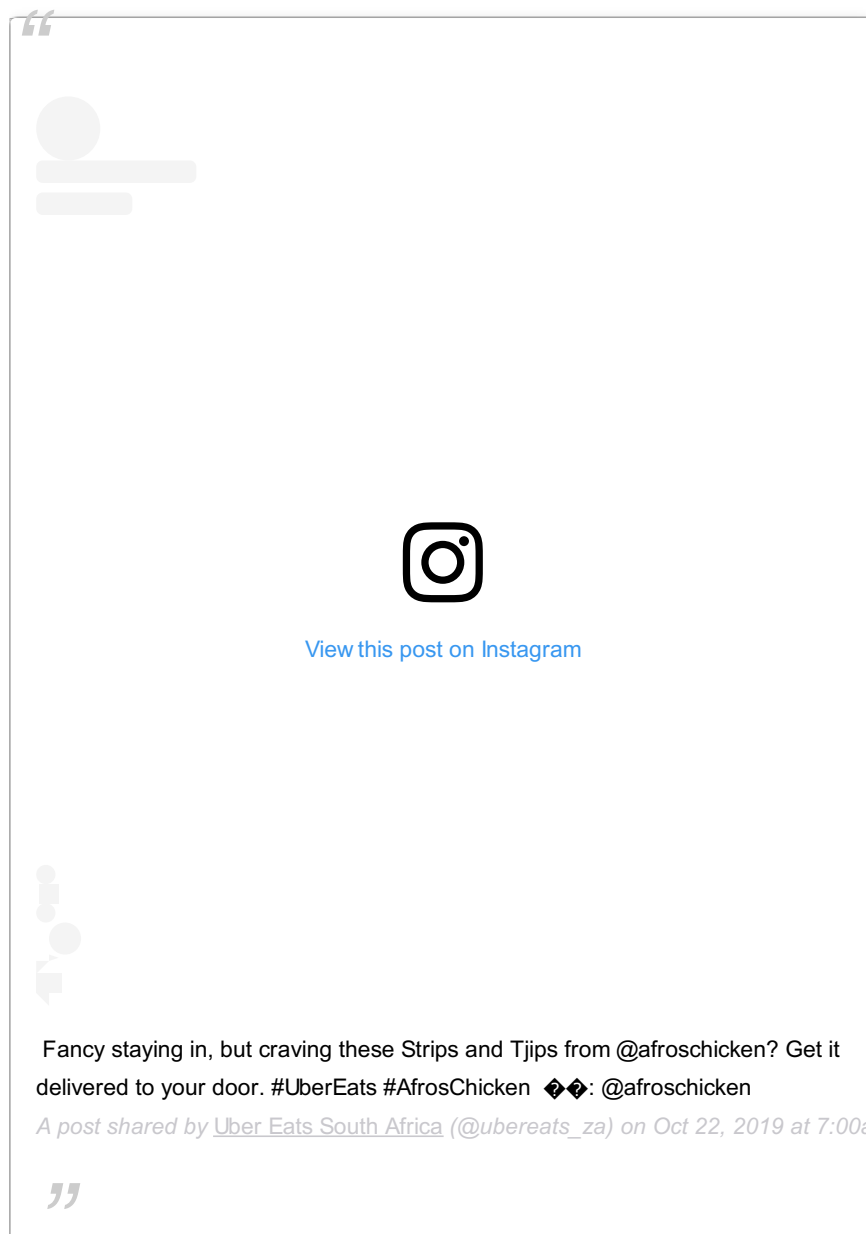
The top 2019, 2020 food trends according to Uber Eats

Uber Eats has released its takes on the trendiest food seen in 2019 as well as what it thinks will be trending tastewise in 2020.

The most popular foods across EMEA, this year, include tacos, pizza, poke and shawarma. Some of the more unique favourites include lotus, mochi and bibimbap.

Taste of 2019

In South Africa, while there was a clear trend towards healthy eating, South African's continued to show love towards their fast food options as chicken and burgers remain a firm favourite. Based on the Uber Eats Local Cravings Report, from earlier this year, it was identified that South Africans also love supporting locals and home-known flavours.



Some of the largest international food chains had to adapt menu items to cater for the Eater, with as many as 1,000 order requests asking for traditional starch to be swapped out for local pap. Chakalaka and achaar were also commonly used to replace chilli relish or BBQ sauce. And there have even been some requests that a tomato base be replaced with a chakalaka base on pizzas.

The most popular items in 2019 include:

1. Pizza
2. Cashew
3. Raw
4. Shawarma
5. Garlic
6. Protein
7. Halloumi
8. Vegetarian
9. Tempura
10. Vegan
11. Falafel
12. Tacos
13. Ginger
14. Honey
15. Poke
16. Sushi
17. Ube
18. Tofu
19. Edamame
20. Coconut

Dave Kitley, general manager, Uber Eats South Africa: "Over the last year, we've seen how important it is to celebrate local flavours. The country is rich with various unique cuisines that you aren't able to find anywhere else, and providing local restaurants with a platform to grow this was imperative.

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Running out of juice? Refuel with @lexiseatery. #UberEats 💎💎: @lexiseatery

A post shared by [Uber Eats South Africa \(@ubereats_za\)](#) on Oct 18, 2019 at 2:30am PDT

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While the usual take-out is popular, we have seen a huge jump towards a premium dining experience, and eaters looking to enjoy foods that contain added health benefits – like flaxseeds. And while it's always fun to see items like popcorn take centre stage, we've noticed a few veggie favourites are here to stay. Our customers continue to enjoy ginger, edamame and garlic and, given this healthy eating trend globally, we don't expect those to go anywhere anytime soon.”

Future food trends

But what will you be ordering in 2020? Uber Eats took a look at which foods are accelerating in popularity on the platform and uncovered a few key trends rising to the top as we quickly approach the new decade.

Looking at the sharpest increases in customer search and order volumes on the Uber Eats app, flaxseed has been identified as the emerging superfood to watch in 2020 across EMEA. Products containing CBD oil are set to appear on more restaurant menus across South Africa and kombucha will become a staple side order with meals.



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25 Jun 2019



Showing the changing palates of vegans and flexitarians and eagerness to try new things, jackfruit – which was declining in popularity last year – and tempeh are predicted to overtake other meat-free favourites like seitan and tofu.

The ‘hottest’ food trends for 2020 include:

1. Flax
2. CBD oil
3. Kombucha
4. Garlic
5. Chanterelle mushrooms
6. Cacao
7. Popcorn
8. Pumpkin
9. Jackfruit
10. Tempeh

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Nothing fancy just here snacking on one of my favorite(jackfruit). Did I say snack?? Jackfruit is so dense and filling can be eaten as a meal. I've been craving jackfruit since last night and I was not about to end my day without it 💎💎. Day 2 all raw. How many more to go? Not sure yet but so far I'm good. Just craving salt a lot! ••• #jackfruit #plantbased #rawfood #tropicalfruits #jamaicanplantbased #caribbeanfood #jamaicanfood #islandvibes #fruits #plantbasedlifestyle

A post shared by [Authentic Plantbased Eats \(@eat_plantbased_\)](#) on Nov 5, 2019 at 12:51pm PST

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The ‘hottest’ global cuisines for 2020 include:

1. Israeli
2. Scandinavian
3. Ethiopian
4. Korean
5. Armenian

The ‘coldest’ food trends we see on the decline as we head towards 2020 include:

1. Sriracha
2. Taro
3. Matcha
4. Tofu
5. Kimchi

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