

# Restaurant HOSPITALITY

## Six grain bowls that blend flavor, nutrition

Foodservice operators get creative with tasty, customizable grain bowls.

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With so many health-conscious consumers — many of whom have traveled the globe — it's no surprise that foodservice operators from fast-casual eateries to Ivy League universities to lavish hotel restaurants have embraced grain bowls offering big, bold flavor profiles.

Grain bowls are gaining fans across the restaurant spectrum who love the delicious blend of wholesome, flavorful ingredients meshed together in a dazzling array.

Grain bowls are almost always customizable, which fits perfectly in today's 'I want it the way I want it,' world. If one person wants to turn up the heat, they can always add sriracha while their spouse might opt for the grain bowl with a protein add-on.

The following grain bowl examples are but a few of the unique and flavorful combinations that have made their way onto U.S. menus — and all are reportedly selling briskly.

### Plenty of greens, grains + optional protein



At 5 Napkin Burger, which is located in New York and Boston, the Greens and Grains Bowl also can be customized in a variety of ways. Executive chef Andy D'Amico's dish sells for \$17 and includes brown rice, wheatberry, arugula, peas, shaved Brussels sprouts, avocado, pecorino, scallions and citrus vinaigrette. It can be topped with a variety of proteins including a beef burger, Italian spiced turkey burger, Merguez lamb burger, veggie burger, tuna tataki steak, teriyaki salmon fillet and grilled chicken breast.

"We love the way our burgers eat over a salad, and, in this case, the Greens and Grains Bowl, which is our second most popular salad on the menu," explains D'Amico. He says the dish is popular with millennials, women and health-conscious guests of all

ages.

