



What's Next In Food Trends? Les Dames d'Escoffier Members Share What Fall 2025 Is Serving Up

By **Joyce Appelman** | September 28, 2025



In Fall 2025, food trends are leaning towards global flavors, functional ingredients, and sustainable practices. Expect to see a rise in Asian-inspired dishes, particularly those with spicy and savory notes, along with a continued focus on plant-based options.

Other notable trends include a resurgence of island flavors, a focus on functional foods, and a move towards less food waste, and the effect from tariffs.

I asked Members of Les Dames d'Escoffier International, the philanthropic organization of women leaders in the food, beverage and hospitality industries, to share their trends with our readers. Their membership is highly diversified and reflects the fields of contemporary gastronomy and hospitality.

They support their communities through grants, scholarships and mentorship. Les Dames d'Escoffier International started with one chapter in New York City in 1976, founded by Dame Carol Brock.

Today, LDEI is composed of 40 chapters in the United States, Canada, Mexico, the United Kingdom and Italy, totaling over 2,800 women leaders in the fields of food, beverage and hospitality. Here are their trend predictions for Fall 2025.

TREND – Tariffs

“For Mexican restaurants, NAFTA was one of the main reasons it became possible to bring truly authentic Mexican flavors to New York and across the country. Tariffs could reverse decades of progress, limiting access to the very ingredients that define our cuisine.”

— **Barbara Sibley, Chef/Owner of La Palapa, Co-President of Les Dames d'Escoffier New York (LDNY)**

“Imported Specialty products and ingredients will see a large increase in pricing in the next few months. On April 1st the Trump Administration place a 10 % reciprocal tariff on all imports from the EU. On August 7th, the reciprocal tariff was changed to at least a 15% tariff, which means if an item has a tariff of 6 %, the additional tariff will be 9%, if an item has a present duty of 15% or more the additional tariff will be zero. The items that will be affected the most are the items with the lowest tariff rates, such as coffee (0%), pasta (0%) and confectionery (0%). Olive Oil has seen a large increase in pricing because of supply and demand, now we will see an additional 13 percent increase because of the duty. In addition to the duty, there are two other factors affecting the pricing of imported items: the dollar euro exchange rate is about 8 percent less than it was a year ago, most manufacturers have increased their pricing about 6 % this past year. When the tariffs were first announced we were getting ready for very high prices, these tariffs are better than we expected. However, I do believe that these price changes will affect Fall menu items due to the supply side costs.”

— **Cathy Coluccio Fazzolari, Co-Owner D. Coluccio & Sons, Author – The Italian Daughter's Cookbook, LDNY Dame New York**

TREND – Food and Fashion

“Today's most successful food and beverage brands don't just taste good — they wear it well, with style and attitude. From standing out on shelves to accessorizing tables to punchy Instagram grids, brands are telling stories of aspiration and culture. For example, we're seeing a 'Modern General Store Vibe' in resort towns this summer where food is the fashion in boutiques, thoughtfully curated alongside clothing and homewear. Substance and taste is always key, but in this design led era, style steals the show. Make sure your brand is dressed to impress.” Read more at substack.com/@joyfulplate.

— **Michelle Lawton, Founder joyfulplate food beverage brand consulting, LDNY Dame New York**

TREND – Sustainability

“After working for food icons like Martha Stewart and fearless, forward-thinking magazines like Country Living, with it’s monthly column, ‘Save Our Countryside’ (about the damage big ag, pesticides and over-processed food was causing), as well as clients with organic and natural food products, I had a firsthand knowledge of the health, environmental and taste benefits of food that’s pure, natural and not filled with addictive additives.

I also knew research showed a huge and growing number of consumers – no matter what their socio-economic status – were craving products and companies they could trust, and food that not only tasted great, but was actually good for them and their families.

My first product, a Fudge sauce, was deliberate unlike anything on the market. It contains a short list of the finest, purest ingredients, including Rainforest Alliance Cocoa, Madagascar Bourbon Vanilla, from companies who are certified stewards of the environment, for a decadently delicious taste. NO preservatives, gluten, additives, trans fats – all the garbage that extends the shelf life and plumps the profit margin, but is actually addictive and harmful.

Packaging for my sauces (an Outrageous Toffee Sauce with Bourbon® and an Outrageous Raspberry Coulis® in addition to the Outrageous Fudge Sauce®) is sustainable glass canning jars. Customers and their children respond enthusiastically to why I created the sauces, are astonished by the voluptuous taste and say they can really tell the difference. They also say it’s like something their grandmother would have made, so there’s an immediate connection to a happy memory.

In short, products made only with quality ingredients, with nothing unpronounceable or added to produce a nearly unlimited shelf life, is what smart consumers want and are willing to pay extra for.”

— **Francine Ryan, Founder & Saucerness, Francine’s Outrageous Kitchen®, LDNY Dame New York**

“We’re seeing a growing demand for coffee that supports both personal and planetary health. More consumers are seeking coffee grown without harmful agrochemicals and with cleaner flavor and higher antioxidant profiles. At Buena Vida, our customers are asking not just how coffee tastes, but how it’s grown.”

— **Gally Mayer, CEO, Buena Vida Specialty Coffee, San Jose, Costa Rica, LDNY Dame New York**

TREND – Seafood

“In New Orleans, we depend on the Gulf of Mexico for the seafood that is ever present on restaurant menus around town. Harvesting sustainably has never been more important. GW Fins chef Michael Nelson is an industry leader in sustainability, dry aging primal cuts of swordfish and tuna, curing sea-cuterie like sword-adella and using bycatch in creative ways. Another local chef, Dana Honn, is working with South Louisiana fishers towards a sushi-grade Gulf fish which will bring them higher prices at the dock. Honn trained in the quick killing Japanese method, or ikejime, which preserves stellar quality and flavor. It’s a true sea-change for these generational fishers, but Honn is working on it. At Porgy’s Seafood Market, two bad ass lady fishmongers are butchering local fish inhouse, with all the bits used, from barbecue collars to crudo.”

— **Beth D’Addono, Author, City Eats New Orleans, New Orleans, LA, LDEI Board Member, 2nd Vice President**

TREND – Snacks

“This fall, I expect a season of comfort, creativity, and conscious eating, as trends point toward a flavorful blend of nostalgia, innovation, and sustainability. Snacking will evolve into a more flexible style of eating, with ‘mini meals’ like gourmet salads, loaded noodle bowls, and other satisfying small plates taking center stage. A ‘waste less’ mindset will also be on the rise, with more people upcycling leftovers into new, crave-worthy dishes. Comfort classics will hold strong in cooler months, but chefs and home cooks alike will put fresh spins on familiar favorites—think mac and cheese made richer with smoky chorizo and hot sauce, or silky mashed potatoes enhanced with umami-packed white miso.

Sweet treats will lean into nostalgia, satisfying cravings for indulgent bakes and desserts reminiscent of childhood but with elevated twists. Expect to see gourmet doughnuts, decadent cookies, and retro puddings like banoffee and lemon meringue pies making their way back into the spotlight. Meanwhile, culinary borders will continue to blur, as global mashups dominate menus. Italian pasta may get a tropical island makeover, while tacos could be filled with bold Korean flavors, creating exciting cross-cultural taste experiences.

The ‘eat like a local’ movement will remain strong, with consumers seeking out dishes made with locally sourced, seasonal ingredients that support nearby farmers and producers. This approach not only reinforces community connections but also aligns with the growing demand for sustainable dining. Overall, fall’s forecast blends comfort with adventure—celebrating the familiar while encouraging experimentation, and proving that in the months ahead, food will be just as much about mindful choices as it is about memorable flavors.”

— **Kate Howell, UK-Based Communications Advisor, specializing in food, communities, markets, London, UK, LDEI Board Member, 3rd Vice President**

TREND – Community

“Food is no longer just about feeding ourselves—it’s how we connect with our roots, create new traditions, and explore the world around us. New research from Culinary Visions® reveals just how deeply modern consumers value shared food experiences, cultural discovery, and the emotional connection that comes from a great meal. In a national survey of more than 2,000 people, the numbers spoke volumes:

- 84% enjoy creating their own food traditions when they cook for friends and family.
- 78% love sharing dishes that reflect their cultural heritage.
- 83% said they enjoy exploring different cultures through food.”

— **Sharon Olson, Executive Director Culinary Visions, Chicago, IL, LDEI Chicago Dame**