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## 6 Food Trends Experts Are Excited To See In 2026



Food trends in 2026 will shape new product launches, menu items, and the popularity of certain ingredients (lest we forget the great [cottage cheese shortage of 2025](#)). To see what industry pros are excited about in the new year, I asked dozens of chefs, bartenders, restaurateurs, and cookbook authors to weigh in on the food trends they expect to pop off in 2026.

### Simplicity

One particular trend leads the pack by a long shot, and it's all about keeping things simple. "We're ready to leave flashy, overdone trends behind and focus on food and drinks that feel honest and well-made," says Tana Kokanot, Head Bartender at [Jeong Yuk Jeom](#).

In lieu of novel-length menus and infinite options, chefs and bartenders want to cut out the noise and focus on quality. "I think there's a broader move towards keeping it simple and technical, and less complicated and overly done in terms of menus," says James Bailey, Executive Chef at [Majordomo](#).

"As we look ahead to 2026, I'm encouraged by a continued return to ingredient integrity and thoughtful restraint," says Antelmo Ambrosio, Executive Chef at [Mezze on the River](#). Many chefs are moving away from overcomplication, instead allowing exceptional products to take center stage." Oscar Simoza, Spirits Director of [BCB3 Hospitality](#), refers to the trend as "simplicity with purpose: fewer ingredients, better sourcing, and clearer identity."