

6 food trends to try in 2018 in Vancouver

by **Sharon Miki**

Getting tired of those tried-and-true — but now a bit boring — menu items? Had your fill of poke and acai bowls? Make this your most delicious year yet with this selection of tasty food trends in Vancouver for 2018.

1. Floral Flavours

What's the freshest (and, perhaps, the prettiest) food trend blossoming in Vancouver for 2018? Florals. Flowers have a rich history of adding botanical flavour and colour to traditional dishes — think rose water in Persian cuisine, dried lily flowers in Chinese soups and squash blossoms in Italian dishes — but they're seeing a new boom this year, bringing aroma and zest to salads, savoury dishes and cocktails in the form of rose, hibiscus, lavender elderflower and more.

- Where to find it: [Botanist](#) at The Fairmont Pacific Rim Hotel (1038 Canada Place)
- Try: from their Flowers + Trees cocktail menu, “What The Flower” with a mix of gin, electric daisies, cherry blossom tea, lemon, ginger and cardamom

2. Vegan Gelato

Living that plant-based life, but still want a creamy treat? Dairy-free, 100% vegan gelato is no longer just wishful thinking for sweet-toothed vegans and the lactose averse. Made with other trendy ingredients (think cashews, coconut milk and hemp seeds) as dairy-free bases, vegan gelato is a versatile treat that accommodates a variety of plant-based lifestyles. Look for non-dairy alternatives to traditional ice cream or Italian gelato to become a new dessert staple in the city.

- Where to find it: [Umaluma](#) (235 East Pender Ave)
- Try: “Vanilla Vanilla” for a vegan twist on a classic taste or “Strawberry Malbec” for a refreshing bite

3. Grain-to-Glass Spirits

Going organic takes on a whole new spirit this year with a drive towards grain-to-glass, hand-crafted spirits in Vancouver. Whether used in cocktails or enjoyed in their traditional form, grain-to-glass spirits satisfy a thirst for more home-grown products. “People are paying a lot more attention to where their food and beverage come from... people are looking for local every chance they get,” explains Angie Quaale of [Well Seasoned Gourmet Food Store](#). “so it's exciting to see the grain-to-glass movement growing with local craft beer and local distilleries, and you're just going to see that continue to grow and improve.”

- Where to find it: [The Liberty Distillery](#) (1491 Old Bridge Street on Granville Island)
- Try: “The Liberty Flight”, a flight of four 0.5-oz. servings of BC-grown, organic spirits including Truth Vodka, Railspur No. 1 Unaged White “Whiskey”, Endeavour Gin and Trust Whiskey

4. Middle Eastern Tastes

Hummus, tahchin, taboulleh... oh my! Rich in aroma, wholesome and offering a variety of healthy and vegetable-based options, the cuisine of the Middle East is making a splash in

Vancouver. Whether you go for fine-dining or casual restaurants, Middle Eastern flavours will call your name this year.

- Where to find it: [NUBA](#) (Gastown: 207 West Hastings Street / Mount Pleasant: 146 East 3rd Avenue / Yaletown: 508 Davie Street / Kitsilano: 3116 West Broadway)
- Try: “La Feast”, a two-course mezze sampler to share featuring Le Petite Feast, fatoush salad, Najib’s special, falafel, mjadra, vegan stew, macedonian feta, and marinated olives

5. Breakfast in a Bowl

Gone are the days when avocado toast ruled the brunch table: in 2018, breakfast decadence is all about the breakfast bowl with a twist. Pairing classic western breakfast-food basics like eggs, meat and potatoes with unusual elements like sweet finishes or fusion ingredients for a distinctive taste and experience, this year’s breakfast bowls are far from fancy, but definitely satisfying.

- Where to find it: [Breakfast Table](#) (1481 West Broadway)
- Try: “Coffee-crusting Pork Belly Hash” — a one-of-a-kind union of pork belly, Milano bourbon coffee, sunny-side-up eggs and veggies

6. Ready-to-Eat Cookie Dough

Ah, nostalgia. Remember those rainy days spent baking cookies with family? Remember sneaking a lick of the batter in the bowl? At once a throwback and brand new, specially-formulated ready-to-eat cookie dough is made without raw eggs or unpasteurized ingredients — so you can capture those feel-good flavours and memories of eating cookie dough by the spoonful, without the danger and sick feelings. Eaten on its own or incorporated into desserts, it’s one sweet trend.

- Where to find it: [Well Seasoned](#) (117-20353 64 Ave, Langley)
- Try: Classic Chocolate Chip ready-to-eat cookie dough