

The San Diego Union-Tribune

DINING AND DRINKING

Restaurant pros dish on the decade's top food trends — and what they want to go away in 2020

Food delivery apps, fermented everything, gluten allergies, fast casual eateries and plant-based options were some of the legacies of the last 10 years, say San Diego restaurant owners, chefs, pastry chefs and beverage directors

By MICHELE PARENTE DEC. 26, 2019 | 5 AM

Kombucha, keto, hating on gluten, casual dining and food delivery apps. Those are some of the trends that will define the decade of dining that's coming to a close on Tuesday.

They're also among the things that left a bad taste in the mouth of some San Diego restaurant industry professionals.

With the 2010s ending and 2020 beginning, we asked 15 local restaurant owners, managers, chefs, pastry chefs and beverage directors to reflect on the culinary legacies of the past decade, what trends they hope end when the clock strikes 12 on New Year's Eve and what they predict the future will bring. Here are their (lightly edited) responses.

What will be the culinary legacy of the 2010s?



Rachel King, founder and culinary director of Kaneh Co. (Becca Batista photo)

“Bacon in everything, Brussels, pork belly, gluten-free everything, and fast casual.” —
Rachel King, founder and culinary director of [Kaneh Co.](#) cannabis edibles

Trends you hope end with 2019

“Everything being labeled ‘craft’ and ‘farm to table’ when it’s not actually craft or farm to table. Also, can we lose the ampersand in names?” — *King*

Trend predictions for the next decade/2020

“CBD is huge now and ultimately THC in food products will continue to grow with education and demand. Cannabis dinners and food experiences will be a big thing!”
— *King*