

Plant-Based Dishes for Events

By **Barbara Scofidio** - March 4, 2020



Toasted quinoa lettuce cups at Kenneland (Credit: Sarah Jane Sanders)

Hotels are making it easy for meeting planners to offer plant-based dishes. What used to be an occasional request is now 10 percent or more of all meals served.

Plant-based menus are here to stay, both for vegans and those just wanting to cut down on fat. Chef Vincent Cani of the [Hilton Orlando](#) reports a tripling of requests for alternate meals, lead by plant-based dishes: "Our overall percentage of alternate meals due to dietary restriction and/or allergens during event functions used to be somewhere around 3 to 5 percent of the total guarantee. Over the past 9 years, we have seen this number rise to somewhere around 10 to 15 percent."

He sees plant-based eating as a permanent, societal change. "I believe that this is more than a trend, this is a lifestyle. People want to know where their food is coming from. Local footprints, as well as organics, have created an awareness of how food processing has affected us in many ways, in a sense reverting our culture back to its localized agricultural roots, and a sense of 'gathering.' "

Plant-based Dishes

Here are examples of delicious plant-based dishes from 8 venues that can be used as swaps and included in group banquet orders:

Cauliflower Truffle Cappuccino

Instead of a creamy truffle-based risotto: plant-based cauliflower cappuccino, which features black truffle.

Source: Executive Chef Bruno Carvalho, Zemi Beach House