

# THE FALLS FOOD HALL SPREAD

DECEMBER 2025

## TRENDING Now!

Food trends to look for in the new year from the Whole Foods Market's Top Food Trends for 2026



### Focus on Fiber

Fiber-rich diets are stealing protein's spotlight and popping up in everything -- just don't overdo it; your dietitian says to increase slowly and stick mostly to real foods



### Mindful Sweets

Naturally sweetened treats made with fruit line grocery store shelves



### Very Vinegar

Bold flavors, small-batch craft, and creative uses from cocktails to condiments

## TRY OUR RECIPES

WOW your friends and family this holiday season with FLIK's Flourless Chocolate Brownie Peppermint Crinkle Cookie FIT



scan for  
recipe



## SEASONAL TABLE

Cold outside, cozy in the kitchen. Here are some of our team's favorite winter dishes to warm up your plate.



Josh Misner  
Executive Chef

When the weather cools, Brussels sprouts turn sweet. Roast or flash-fry until the edges crisp, then toss with vinaigrette, bacon, or a maple glaze for cozy comfort. I don't make these at home, I leave it to local restaurants to get that perfect caramelized crunch.



Amanda Veneman  
Wellness Manager

I can't get enough roasted delicata squash. Oven on 425°, cut squash in half lengthwise, remove seeds, slice, then toss in oil, a little maple syrup, cayenne pepper, salt & pepper. Roast on a sheet pan for ~20 minutes, flipping halfway through. Sweet, spicy, savory - not your average veggie side!



Let's Talk  
FLIK



Scan the QR  
Code and Submit  
Your Feedback

# CAFE HOLIDAY SCHEDULE

Please take note of our schedule adjustments to ensure you don't miss a meal. The Riverfront Market will be open around the clock, fully stocked with fresh items, even when all other services are closed.

<b>Monday, December 22</b>	Normal Monday Operations
<b>Tuesday, December 23</b>	Falls Food Hall open with Monday stations
<b>Wednesday, December 24</b>	<b>Falls Food Hall Closed</b> Steamboat Cafe, 7am - 12pm
<b>Thursday, December 25</b>	Closed
<b>Friday, December 26</b>	Closed
<b>Monday, December 29</b>	Normal Monday Operations
<b>Tuesday, December 30</b>	Falls Food Hall open with Monday Operations
<b>Wednesday, December 31</b>	Falls Food Hall open (View menu @ go/FLIK) Steamboat Cafe, 7am - 12pm
<b>Thursday, January 1</b>	Closed
<b>Friday, January 2</b>	Closed

## NUTRITION AT HUMANA

### WOW LIVE: NUTRITION WEBINAR

#### What's Trending

We're revisiting last year's December topic! Join Amanda Veneman and Humana associate Michael Shelton as we check in on 2025 food trend predictions, look ahead to 2026, and share a few viral recipes.

TO REGISTER:  
Search "WOW  
Live: Nutrition"  
in the Learning  
Center

Earn 100  
Personify  
Health  
points!



12/11



1:00pm EST



go/nutritionTV



#### MEET

**Kerry Cheap**

Flik District Manager

#### ABOUT ME

I'm passionate about the amazing partnership between Flik & Humana and love creating café and catering experiences that feel truly special.



**Salute NRG**  
celebrated the  
**Marine's 250<sup>th</sup>**  
Birthday and we  
got to make the  
cake!

Contact Corrie.Pennington@compass-usa.com or Kitty.Mason@compass-usa.com for all your catering needs!