



**SFORMATO is an egg dish that highlights fresh vegetables**



MenuTrends Stage:

**INCEPTION**

**8%**  
of consumers  
HAVE TRIED IT

**17%**  
of consumers  
WANT TO TRY

**What it is:** An egg-based dish traditionally cooked in a form and served unmolded onto a plate.

**Why it matters:** Sformato is an Italian dish that's described as lighter than a custard but not as airy as a soufflé. Sformato is typically prepared by mixing pureed fresh vegetables with egg custard or bechamel sauce. It often includes cheese and a vegetable such as asparagus or spinach, and can be found menued as a light appetizer or side dish. The word sformato translates to "unmolded," and at its most traditional, sformato is a savory creation baked in ramekins and served unmolded onto a plate. More broadly, operators have also used sformato to describe custard-based desserts that are similarly served. Chocolate sformato is popular and is similar to panna cotta – but unlike panna cotta, sformato does not contain gelatin and is always baked (panna cotta often sets in a refrigerator).

## Find It At...

**Cotogna** | San Francisco, CA  
**SPINACH SFORMATO (\$13.00)**  
With Raschera cheese fonduta.

**Union Square Café** | New York, NY  
**SUNCHOKE SFORMATO (\$14.00)**  
Tuscan kale, roasted peppers, parmigiano.

**Nana** | Chicago, IL  
**CHOCOLATE SFORMATO (\$6.00)**  
Whipped cream, fresh basil.

**Modo Mio** | Philadelphia, PA  
**SFORMATO (\$8.00)**  
Crab and ricotta cake, roasted red pepper, pecorino guazzetto.

**Formento's** | Chicago, IL  
**HANGAR STEAK (\$21.00)**  
Arugula, giardiniera, potato sformato.

**Scampo** | Boston, MA  
**CRISP CRUMBLed HADDOCK PARMIGIANO (\$18.00)**  
Chantenay carrot sformato and snap peas.