

# CULINARY

## Trends

### Bacon, lettuce, onion, tomato...and egg?

When it comes to burger toppings, do consumers really need another option? Turns out, we do. For Joshua Spiegelman of Roam Artisan Burger in San Francisco, a casual restaurant focused on serving “better for you” burgers, the choice to offer eggs as a topping was easy. “Eggs taste good, and they go well with our lower-fat, 90/10 flavor profile. They have a nutritional integrity that provides an incomparable richness without weighing the burger down in saturated fat.” Despite having a clientele unaccustomed to seeing eggs outside of breakfast, Spiegelman claims that “customers are consistently blown away. Just the fact that it’s on the menu encourages people to try.”

#### SUNNYSIDE BURGER BUILD

##### INGREDIENTS

1 Pacific Coast Bakery bun  
1 slice aged Roth Käse white cheddar  
1/2 oz house-made chili sauce, corn syrup free  
1 oz caramelized onions  
1/3 cup mizuna greens  
1 slice organic tomato  
1 free range organic Chino Valley egg  
1/4 lb patty, either 100% grass-fed beef from Pacific Pastures, all natural bison from Great Range, free-range turkey from Diestel Family, or organic house-made veggie

##### METHOD

Prepare chosen patty (beef, bison, turkey or veggie). Cook egg in olive oil until the white has hardened but the middle is still runny (sunnyside style). Place all components on bun.

Roam Artisan Burgers  
San Francisco, CA

