

2025 ISSUE #3

• FAMILY-OWNED AND OPERATED •
UPPER LAKES FOODS
EST 1967

The Feed

MARCH - APRIL

PREPARE FOR MOTHER'S DAY!

Celebrate all the moms and mother figures with delicious brunch ideas.

WHAT'S COMING FOR SPRING

New hand-picked products, marketing tips, and recipes to spark your creativity.



UPPER LAKES FOODS | 801 INDUSTRY AVENUE | CLOQUET, MINNESOTA 55720
800.879.1265 | UPPERLAKESFOODS.COM

Table of CONTENTS

Sip, Sip, Hooray! -----	3	ULF Specialist Services -----	9
Cinco de Mayo -----	4 - 5	Smoked Pork Belly Eggs Benedict ----	10
Mother's Day Brunch -----	6 - 7	Unlock the Power of A.I. Article -----	11
ULF Specialist Services -----	8	Desserts and Bakery -----	12



Sip, sip, hooray!

As the days grow longer and the chill of winter fades, it's time to refresh your cocktail menu with flavors that scream spring! Think bright citrus, garden-fresh herbs, and playful floral notes—ingredients that make every sip feel like a breath of fresh air.

This season is all about creativity behind the bar, with restaurant-goers craving drinks that are not only delicious but also Instagram-worthy. Whether it's a herb-infused spritz, a floral gin fizz, or a tropical tequila smash, spring cocktails are the perfect way to entice customers and keep them coming back for something new.

Here are some ideas to inspire your spring menu:

BRIGHT & CITRUSY

Tropical Spring Punch – White rum, pineapple juice, lime juice, passionfruit puree, and a splash of Prosecco.

Limoncello Collins – Limoncello, gin, fresh lemon juice, and soda water, garnished with a sprig of thyme.

FLORAL & ELEGANT

Lavender Bee's Knees – Gin, lavender-infused honey

syrup, and lemon juice, shaken and served up.

Hibiscus Margarita – Tequila, hibiscus tea syrup, lime juice, and a chili salt rim for a spicy floral kick.

FUN & UNEXPECTED

Watermelon Rosé Sangria – Rosé wine, watermelon juice, orange liqueur, and fresh berries.

Strawberry Mint Smash – Bourbon, muddled strawberries, fresh mint, lemon juice, and a touch of honey.

Just add juice

100% ASEPTIC ORANGE JUICE
223546 - 12/46 oz.

100% ASEPTIC CRANBERRY COCKTAIL JUICE
223512 - 12/46 oz.

100% ASEPTIC PINEAPPLE JUICE
223553 - 12/46 oz.



Flavor Enhancing Ideas

N/D 1" WATERMELON CHUNKS

140028 - 1/5 lb.

FRESH MINT

133321 - 1/4 oz.

FRESH THYME

133118 - 1/4 oz.



REAL LEMON JUICE

221550 - 8/48 oz.



HONEY BEAR SQUEEZE BOTTLE

353510 -12/12 oz.

CINCO DE MAYO

Cinco de Mayo is an annual holiday celebrating the Mexican Army defeating the French in battle on May 5, 1862. In the U.S., it is a day to honor Mexican culture and the perfect opportunity to promote Mexican dishes, margaritas, and limited-time offers on your menu.



FULLY COOKED PORK CARNITA MEAT
553543 - 3/5.5 lb. avg.

FULLY COOKED CHICKEN CARNITA MEAT
553547 - 3/5.65 lb. avg.

95% FAT FREE FULLY COOKED BEEF TACO MEAT
674411 - 2/5 lb.



6X6 TOMATOES
121145 - 1/25 lb.

ASSORTED PEPPERS
(Red, Yellow & Green Peppers)
129707 - 1/5 lb.

CHOPPED LETTUCE
143348 - 1/5 lb.

FRESH CILANTRO
127712 - 1/8 oz.



6" FLOUR TORTILLA
783000 - 24/12 ct.

6" YELLOW CORN TORTILLA
783043 -16/50 ct.

6" WHITE CORN TORTILLA
783045 - 12/40 ct.



5" YELLOW TACO SHELLS
202709 - 8/25 ct.

12" FRY READY FLOUR TORTILLA
782893 - 8/12 ct.



SPANISH RICE
381490 - 6/36 oz.



WHOLE VEGETARIAN REFRIED BEANS
181347 - 6/27.09 oz.



FIESTA TACO BLACK BEANS
182021 - 6/#10 can

TEXAS RANCHERO PINTO BEANS
182030 - 6/#10 can



4 CUT VALUE YELLOW TORTILLA CHIPS
783047 - 1/30 lb.



N/D PICO DE GALLO W/JALAPENO
144074 - 1/5 lb.



FEATHER SHREDDED YELLOW CHEDDAR & MONTEREY JACK CHEESE
211758 - 1/5 lb.

FETA CHEESE CRUMBLES
211456 - 1/2.5 lb.



MILD PICANTE SAUCE
291989 - 4/1 gal.

THICK & CHUNKY MILD SALSA
291997 - 4/1 gal.

ENCHILADA SAUCE
463602 - 4/138 oz.



REFRIGERATED PICO DE GALLO GUACAMOLE
114510 - 6/2 lb.

NON-GMO CHUNKY AVOCADO PULP
703129 - 6/2 lb.



WHITE QUESO SAUCE
294556 - 6/#10 can



SOUR CREAM
152297 - 1/5 lb.



SOUR CREAM
213985 - 100/1 oz.



Mother's Day BRUNCH

Whether it's wanting to treat mom to a special menu or just not wanting to do the dishes, for Mother's Day on May 11, nearly half of consumers will let restaurants do the cooking.

RICH'S

VARIETY CAKE DONUTS

(Plain, Powdered Sugar & Cinnamon Sugar)
717174 - 104/1.6 oz.

RTF JUMBO CAKE DONUT

709907 - 100/3 oz.

GLAZED APPLE FRITTERS

717172 - 8/4 ct. tray 3.74 oz.



**FROZEN
BAKERY**

**PAR BAKED
CREAM CHEESE
CINNAMON ROLL**
738870 - 6/4 ct. 4.75 oz.

**10" UNBAKED
SPINACH QUICHE**
729010 - 6/2.38 lb.



**3/4" SLICED APPLE
FRITTER BREAD**
719198 - 8/2 lb. 12 sli.

**3/4" SLICED
BLUEBERRY
FRITTER BREAD**
719199 - 8/2 lb. 12 sli.



**SLICED CURVED
BUTTER CROISSANTS**
724781 - 48/3 oz.
724866 - 72/2 oz.

**SLICED CURVED
MARGARINE
CROISSANTS**
724882 - 48/3 oz.
724884 - 72/2 oz.



**3/4" SLICED VEGAN
CRANBERRY WILD
RICE BREAD**
719180 - 6/3 lb. 18 sli.

**3/4" SLICED VEGAN
SOURDOUGH BREAD**
717818 - 6/2 lb. 14-15 sli.

**3/4" SLICED
MULTIGRAIN BREAD**
717814 - 6/2 lb. 14 sli.



**FULLY COOKED CHICKEN
SAUSAGE LINK** GF
581450 - 1/10 lb. .75 oz.

**FULLY COOKED CHICKEN
SAUSAGE PATTY** GF
581449 - 1/10 lb. 1.5 oz.



**COOKED SKINLESS
PORK LINK** GF
581458 - 1/200 ct. .8 oz.

**FULLY COOKED EXTRA
THICK CHERRYWOOD
BACON** GF
562103 - 1/240 ct.

**COOKED SKINLESS
PORK LINK** GF
581456 - 320/.5 oz.



**GRILL READY 14-
16 APPLEWOOD
SMOKED BACON**
549243 - 2/7.5 lb. GF

**10-12 DOUBLE
APPLEWOOD SMOKED
SHINGLE BACON** GF
549231 - 2/7.5 lb.



SEASONED HASHBROWNS
200329 - 6/37.5 oz.



MEDIUM EGGS
215590 - 1/15 dz.

LARGE EGGS
215608 - 1/15 dz.

EXTRA LARGE EGGS
215616 - 1/15 dz.



**SIGNATURE BREAKFAST
POTATO CUBES**
701921 - 6/5 lb.

OVAL HASHBROWN PATTY
702103 - 6/2.8 lb.

**THIN SHREDDED
HASHBROWNS**
702051 - 6/3 lb.

Marketing Insight

According to new research by the National Restaurant Association, 4 in 10 consumers plan to go out to or order in from a local restaurant. Respondents who said they plan to dine out also said incentives would impact their choice on where to go.

- 46% said they'd go to a restaurant that offers a special Mother's Day menu
 - 44% like the notion of a free add-in for Mom, such as a special cocktail, dessert, flowers, chocolates, or small gift
- 41% said they could be swayed by a special Mother's Day discount
- 36% want outdoor seating—either on a patio, deck or sidewalk



Your
Partners in
Foodservice

Partnering with Upper Lakes Foods' team of Culinary Specialists offers you a wealth of benefits designed to enhance your operations and profitability. With nearly 150 years of combined experience in areas such as culinary arts, menu planning, and staff training, the Specialist Team provides innovative solutions tailored to your unique needs.

KEY AREAS INCLUDE:

Creative Menu Solutions: From ideation to execution, the team assists with menu analysis, recipe development, and theme menu creation, ensuring your offerings are both appealing and cost-effective.

Profitability & Cost Control: Through services like food cost assessments, kitchen organization, and sales forecasting, they help streamline operations and boost your bottom line.

Training & Development: Customized workshops, including food safety audits, cooking classes, and equipment optimization, empower your staff with the skills needed for success.

By collaborating with Upper Lakes Foods' Culinary Specialists, you gain a dedicated partner committed to elevating your restaurant's performance and profitability.

MISSION STATEMENT

The Upper Lakes Foods Specialist team brings innovative operational and culinary expertise to deliver value and inspire solutions for all our partners' success.

INTERESTED IN GETTING STARTED?

Contact your salesperson or reach out to Mark Borowiak, District Sales Manager Specialist at mborowiak@ulfoods.com

NON-FOOD ITEMS



9"X9" 1-PLY WHITE BEVERAGE NAPKIN
830313 - 8/500 ct.

2-PLY WHITE FACIAL TISSUE
830321 - 30/100 ct.

16"X24" PARCHMENT PAN LINER
800075 - 1/1000 ct.



SMOKED PORK BELLY EGGS BENEDICT

1 ea. Pan O Gold English Muffin 716000

6 oz. Cloverdale Fully Cooked Applewood
Smoked Pork Belly Slab (GF) 549283

2 ea. Sparboe Large Eggs 215608

4 oz. Gold Label Hollandaise Sauce 775675

1 ea. Kitchen Kleen 90ct Baker Potatoes 141325

3 oz. Flav R Pac Baja Roasted
Vegetables 760822

0.5 oz. Cilantro 127712

0.5 oz. Lime 105353

• Cook and cut potatoes in advance.
• Combine with Baja blend
• vegetables and sauté on flat top.

• Heat hollandaise and combine
• with lime and cilantro.

• Slice and sear pork belly.

• Toast muffin, poach eggs and
• assemble on the plate.

UNLOCK THE POWER OF AI FOR YOUR RESTAURANT

Save Time | Reduce Costs | Optimize Operations

Running a restaurant means juggling a million things at once—inventory, expenses, menu pricing, and customer experience. But what if you had an assistant that could help you make smarter decisions in seconds?

That's where AI comes in! ChatGPT can analyze your data, spot trends, and provide solutions to help you save money and streamline your business. Here's how to get started:

HOW TO USE AI TO ANALYZE YOUR RESTAURANT'S DATA

To get the best insights, follow these steps to upload your data and ask ChatGPT the right questions:

STEP 1: Gather Your Data
To get meaningful insights, start by organizing key business documents, such as:

- Inventory Reports – What you order vs. what you use
- Sales Reports – Best-selling and underperforming dishes
- Cost Sheets – Ingredient costs and supplier pricing
- Labor Costs – Employee schedules and payroll expenses

TIP: Spreadsheets (CSV or Excel files) are the best format for structured data.

STEP 2: Upload Data to ChatGPT

While ChatGPT can't analyze raw files directly, you can copy and paste relevant data or summarize key details.

OPTION 1: Paste Data Directly

Copy and paste sections of your reports (e.g., weekly inventory waste numbers) and ask AI to analyze trends.

OPTION 2: Summarize and Ask AI for Insights

If you have large spreadsheets, summarize key figures (e.g., ingredient costs over the past three months) and ask AI for cost-saving strategies.

PRACTICAL WAYS TO USE CHATGPT FOR YOUR RESTAURANT

Smarter Inventory Management

Reducing waste and optimizing inventory helps save money and prevent food spoilage.

Step-by-Step Prompt:

Copy and paste a summary of your inventory waste report.

Ask:

"Based on this data, how can I optimize my ordering strategy to reduce spoilage?"

Get AI-powered recommendations to fine-tune your inventory process.

Cost Control Strategies

With thin profit margins, every dollar saved makes a difference. AI can pinpoint areas where you can reduce costs without affecting food quality.

Step-by-Step Prompt:

Copy and paste a summary of your last three months' food

costs.

Ask:

"I run a casual dining restaurant, and my ingredient costs have increased by 15 percent. Based on this data, what cost-cutting strategies can I apply while maintaining food quality?"

Get tailored strategies to cut costs while keeping your menu intact.

Cost-Effective Recipe Alternatives

Ingredient prices fluctuate, and AI can help you adjust recipes while maintaining quality.

Step-by-Step Prompt:

Copy and paste the current ingredient cost breakdown for a dish.

Ask:

"My signature dish includes salmon, but its cost has doubled. What are some high-quality, lower-cost alternatives or adjustments I can make?"

Get AI-driven suggestions for substitutions or new menu ideas.

AI helps you work smarter, not harder! By using AI as a business tool, you can make data-driven decisions, reduce costs, and optimize operations—without spending hours crunching numbers.



BAKERY AND DESSERTS



IW SLICED ICED CINNAMON SWIRL CAKE LOAF

786864 - 1/20 ct.

IW SLICED ICED LEMON CAKE LOAF

786865 - 1/20 ct.

IW SLICED ICED PARTY CAKE LOAF

786867 - 1/20 ct.



EZ8 DESSERT BAR VARIETY

(Summerberry Stack, Chocolate Peanut Butter Stack, 7 Layer Bar, Lemon Crumb, Apple Crumb, Totally Oreo Brownie, Fabulous Chocolate Chunk, & Toffee Crunch Blondie)

729330 - 1/8 ct.

FLOURLESS CHOCOLATE TORTE

729335 - 2/16 sli.



LUSCIOUS LEMON BAR TRAY

729332 - 4/2.81 lb. 16 sli.



PEANUT BUTTER RICE CRISPY BITES W/LABELS

737834 - 4-1/2 tray

CRISPY MARSHMALLOW BITES W/LABELS

737832 - 4-1/2 tray

SALTED CARAMEL CHOCOLATE CHIP CHUCK DOUGH

738200 - 200/1.5 oz.



Marketing Insight



Invest in Your Restaurant Photography!

Everyone eats with their eyes to some degree, and refreshing your food presentation, both online and in print, can be a big help for any restaurant that's working through a slow period.

If you know you've already got Instagram-worthy dishes and an inviting interior, consider reading up on restaurant photography best practices, or even hiring a professional photographer to make sure your food is looking its best across all customer touchpoints.

Though good photography can cost a considerable amount of time and money, once you have high-quality pictures of your menu staples these assets can be used extensively in advertising, social media, table talkers, and anywhere else they might fit, promising a huge return on investment.