

2025-2026 Trends

Soft Drinks and nonalcoholic beverages



From health care to self care



As you like it



Breaking the rules



The need for new



Moving forward with nostalgia

From health care to self care

Trend Overview

Gen-Z are leading the self care trend using technology and non-traditional sources for advice and solutions. With consumers taking a more holistic view of their wellbeing, there is decreased focus on instant satisfaction and more attention on longer-term goals.

Consumers are continuing to review their alcohol intake, creating opportunities for soft drinks and non-alcoholic beverages. Drinking less or not at all is increasingly viewed as a social norm^{*}.

What we expect to see in 2025-6

- Evolution of functional beverages gut health, immunity, brain-health, skin-health, sleep, 'clean' energy
- Personalisation
- Blurring of the lines between soft drinks and non-alcoholic beverages

Flavour inspiration

Watch List

Kiwi Blueberry Mint Blood orange Lemon balm Authentic alcohol flavours



Growing

Halo flavours Peach Ginger Watermelon Pink grapefruit

Mainstream

Lemon Orange Mango Passion fruit Raspberry

uk.synergytaste.com

*The Food People, Drinks Watching

As you like it

Trend overview

Whilst there is a continued focus on convenience, consumers have shown no willingness to compromise on quality or taste.

Many consumers now use "on-the-go" choices to meet their needs on special occasions and social meet-ups*.

With consumers cutting back on eating out, there is the opportunity for soft drinks to deliver premium solutions for nights-in, offering both convenience and quality.

What we expect to see in 2025-6

- Ready-to-drink non-alcoholic cocktails
- Premium mixers and soft drinks
- Functional beverages
- Al Vending

Flavour inspiration

Watch List

Mandarin Bitter orange Lychee Coconut Mint Blackcurrant

Growing

Elderflower Pineapple Ginger Grapefruit Peach Pineapple

Mainstream

Lemon Orange Apple Mango Raspberry Lime

uk.synergytaste.com



*Innova: Hot Topics: What's New Around the World for On-The-Go F&B?

Breaking the rules

Trend Overview

Brands and beverages are breaking the rules and pushing the boundaries! With non-alcoholic beers sitting in meal deals we continue to see lines blurring of the lines between soft drinks and non-alcoholic beverages.

Taking inspiration from alcoholic beverages, RTD cocktails are twisting the classic with different flavour combinations and even changing the classic alcohol - we've seen fruity mojitos, cucumber spicy martinis and the classic tequila Paloma made with whiskey! Soft drinks can leverage these trends and learn to break the rules!

What we expect to see in 2025-6

- Twisted lemonades tropical, stone fruits
- Twisted non-alcoholic cocktails
- Hopped water, Shandy twists

Flavour inspiration

Watch List

Guava Bitter orange Hops Tea Authentic alcohol flavours

Growing

Pink grapefruit Strawberry Chili Ginger Peach Pineapple

Mainstream

Lime Lemon Passion fruit Mint Mango





The need for new

Trend Overview

Gen Z have a heightened preference for adopting more exotic or world flavours. Over the past three years there has been 33% average annual growth in beverages with a Limited Edition claim. 1 in 2 consumers say that they are likely to make a one-time impulse purchase "when the food or beverage product is a limited edition".*

Beverage brands need to engage consumers with new flavours and exciting combinations to capitalise on impulse purchases and attract new consumers.

What we expect to see in 2025-6

- Limited edition flavours, seasonal launches
- New 'flavours' paired with mainstream favourites
- TikTok continuing to inspire beverages: From Dirty soda through to slushies, bubble tea and pink drinks!

Flavour inspiration

Watch List

Dragonfruit Pomegranate Apricot Kiwi Tea Hibiscus Mandarin

Growing Peach Watermelon Guava Rose Coconut Strawberry Pineapple

Mainstream (pairings)

Lime Lemon Orange Raspberry Mango Passion fruit



Moving forward with nostalgia

Trend overview

Everything old is new! As we move further into times of uncertainty, it's not really surprising that consumers are turning towards familiar flavours which evoke moments of comfort and offer escapism.

Food memories are more sensory-driven than other memories as they involve all five senses – when you're that thoroughly engaged with the stimulus, it has a more powerful impact.*

What we expect to see in 2025-6

- Childhood favourites making a comeback: lemonade, pink lemonade, dandelion and burdock, cherryade
- Borrowed nostalgic American influenced beverages: root beer, cream sodas
- Sweetshop and dessert-inspired profiles
- Co-branding

Flavour inspiration

Watch List

Madagascan Vanilla Dandelion and Burdock Root beer Liquorice Grape

Growing

Cherry Rhubarb Pineapple Tropical Rose



Lemon Orange Apple Blackcurrant Raspberry Cola



*Innova: Seren Charrington –Hollins - cited in Innova Reports



2025-2026 Trends

Feeling inspired?

At Synergy, we're passionate about turning insights into innovation. Using a blend of art, science and insight we can help our customers to navigate the changing demands of the marketplace with products that stand out from the crowd.

Click here to get in touch