

Beer and Salad Pairing Guide

Beer Flavours	Beer Style Examples	Food Pairing
Clean & Crisp	Golden & Light Lagers	Green salad with crisp, sweet greens like red or green or Boston lettuce. Poached chicken or fish. Fresh cheeses. Cucumber, garden, watermelon and Caprese salads.
Bready & Snappy	Pilsners, Session IPA's	Peppery or snappy greens (arugula, mustard). Fresh herbs (cilantro, basil, chives). Creamy additions like mayonnaise, avocado, bloomy-rind cheese. Tropical and citrus fruits. Potato, Cesar or tuna salads.
Toasty & Smooth	Amber lagers, Dunkels, Bocks	Lightly bitter greens with croutons or nuts. Sweet, caramelized flavours like roasted squash. Asian-style or balsamic dressings. Earthy spices like cumin, coriander, cinnamon. Soba noodle salad.
Lightly Fruity & Spicy	German & Belgian Wheats, Kolsch	Spicy (coriander, clove, anise, tarragon, chives) or fruity flavours (citrus, melon, banana), like a Thai mango salad. Salmon and white fish. Fresh chevre, avocado. Cesar and fruit salads.
Nutty & Caramelly	Brown & Amber Ales	Lentils, couscous or grain-based salads, roasted or grilled vegetables (Squash etc.), Moroccan cuisine, aged gouda & alpine cheese. Bacon bits, ham. Lentil and bean salads. Couscous with grilled vegetables.
Bold & Citrusy	American Pale Ales & IPA's	Peppery or earthy greens like kale, dandelion, arugula. Salmon steaks, avocado. Bright tropical flavours (mango, pineapple). Fresh herbs. Curry spices. Aged cheddars, blue cheese. Cob, Cesar and steak salads.
Biscuity & Earthy	English Pale Ales & Bitters	Earthy vegetables like beets, squash and mushrooms. Nuts, toasted bread. Grain-based salads (barley, quinoa, couscous). Sharp or nutty hard cheeses like aged cheddar or gouda. Moroccan-style couscous. Lentil and bean salads.
Funky & Dry	Farmhouse Ales	Peppery or snappy greens. Bright, spicy or peppery flavours. Legume-based salads. Stone fruit, tropical fruit, citrus. Washed-rind cheeses with lightly funky flavours. Pork, chicken or shrimp. Asian-style salads.
Golden & Spicy	Triples & Belgian Strong Golden Ales	Asparagus, Brussel sprouts. Bitter chard or mustard greens. Rich creamy dressings. Stone fruit like pears, apples, apricots. Nuts. Shaved brussel sprouts & walnut salad. Chilled asparagus salad. Caramelized pears and gorgonzola salad.