

 for Business

2026 DOORDASH WORKPLACE DELIVERY TRENDS



AI'S 9-TO-WHENEVER REALITY SIGNALS A SHIFT AT WORK

Across companies, the traditional **9-to-5 workday is blurring**. Workplace meal data shows employees staying later, ordering food after hours, and relying more on employer-funded meals to support in-person work.

AI companies sit at the sharpest edge of this shift, but similar patterns are emerging across industries, signaling a broader change in how and when work happens.



FAST-GROWING INDUSTRIES ORDER MORE AFTER HOURS

Industries with rapid growth see the most weekday orders placed by employees after 6:00 p.m. The industries topping these charts are: **AI startups (62%)**, followed by **banking (48%)** and **pharma (38%)**. During the weekend, pharma and consulting dominate workplace orders.



AI STARTUPS 62%



BANKING 48%

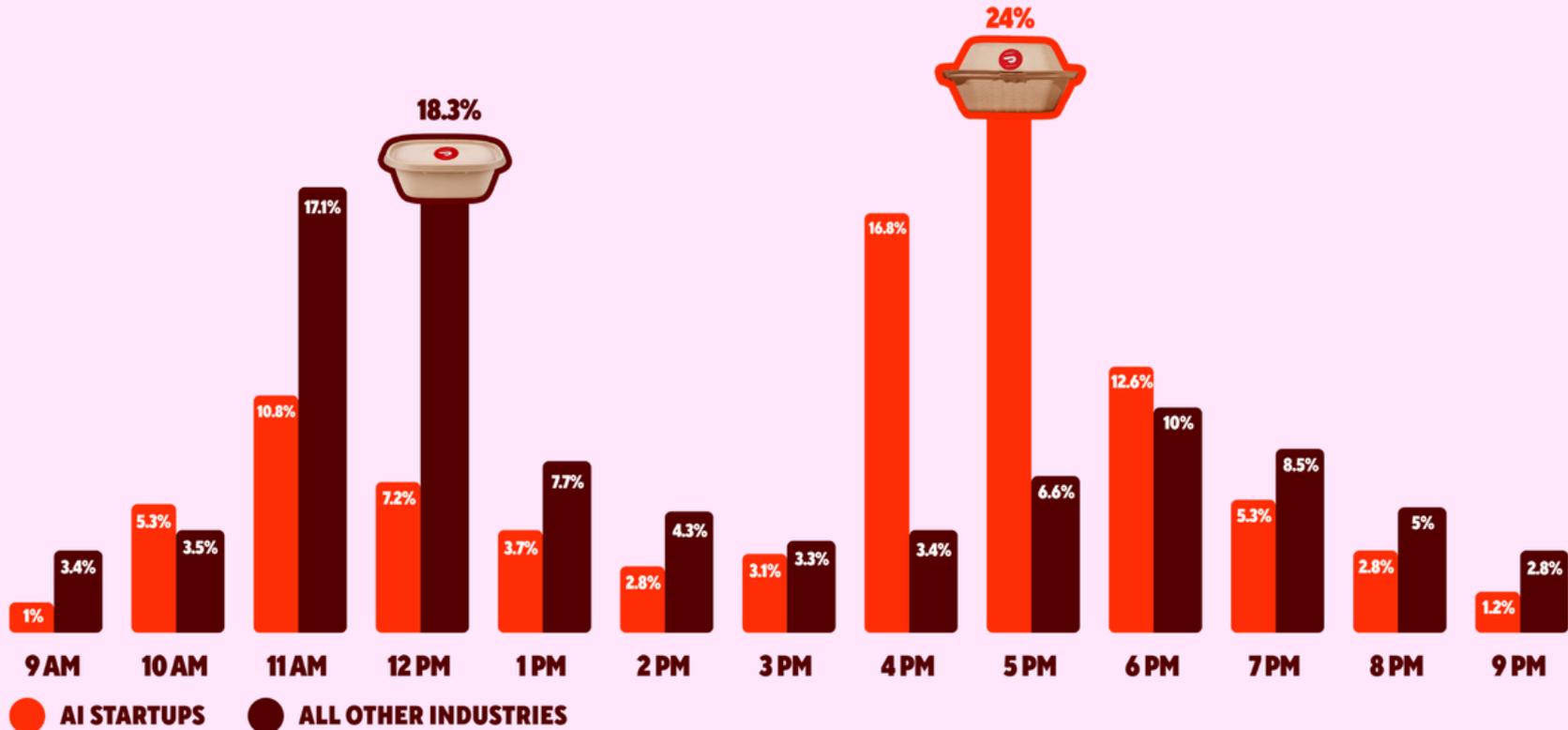


PHARMA 38%



LUNCH RUSH OR DINNER DASH? AI COMPANIES CHOOSE THE LATTER

While most workplaces hit peak orders around noon, AI-driven companies are fueling up after hours, with dinner-time orders outpacing mid-day meals with **busiest hours between 5 and 7 p.m.**¹ As company cultures evolve, so do their mealtime habits.

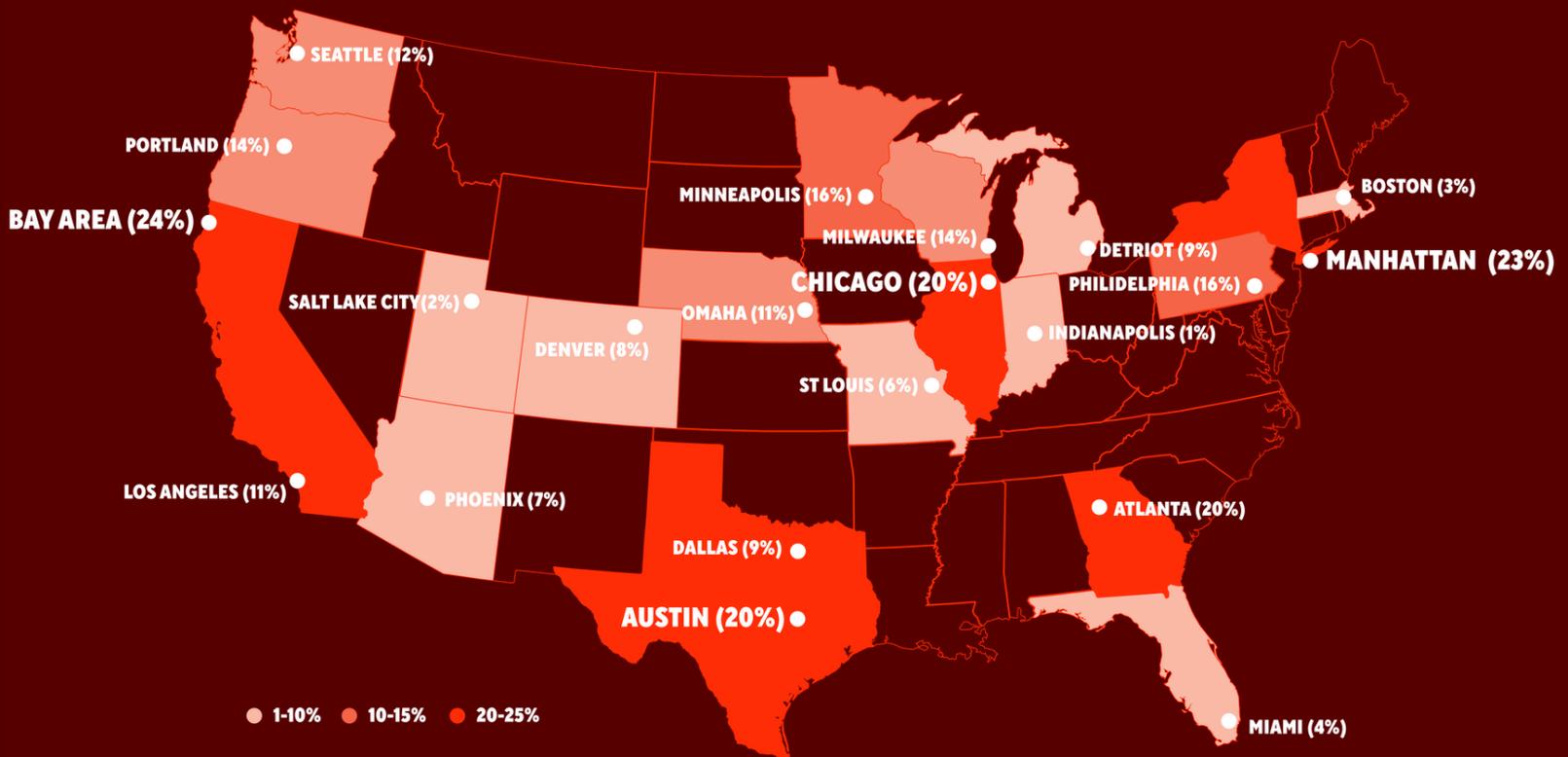


¹ Data to work locations is defined as the primary work location for each company (where majority of the orders are delivered to, in each submarket). 767 companies that use DoorDash for Business were analyzed for this analysis (AI - 41, Banking - 130, Pharma/Healthcare - 185, Consulting/Accounting - 114, Tech (excluding AI) - 297) across 4871 offices

LEADERS IN LATE-NIGHT ORDERS

In fast-growing industries, workplace meals reveal how work increasingly extends beyond traditional hours. After-hours and weekend orders show where workdays stretch longest and where food plays a critical role in sustaining non-traditional schedules.

Of all work orders placed through DoorDash², the **Bay Area (24%)** leads in late-night workplace meal orders for companies, followed by **Manhattan (23%)**, **Chicago (20%)** and **Austin (20%)**. These locations align with where AI talent is concentrated.



² Data to work locations is defined as the primary work location for each company (where majority of the orders are delivered to, in each submarket). 767 companies that use DoorDash for Business were analyzed for this analysis (AI - 41, Banking - 130, Pharma/Healthcare - 185, Consulting/Accounting - 114, Tech (excluding AI) - 297) across 4871 offices

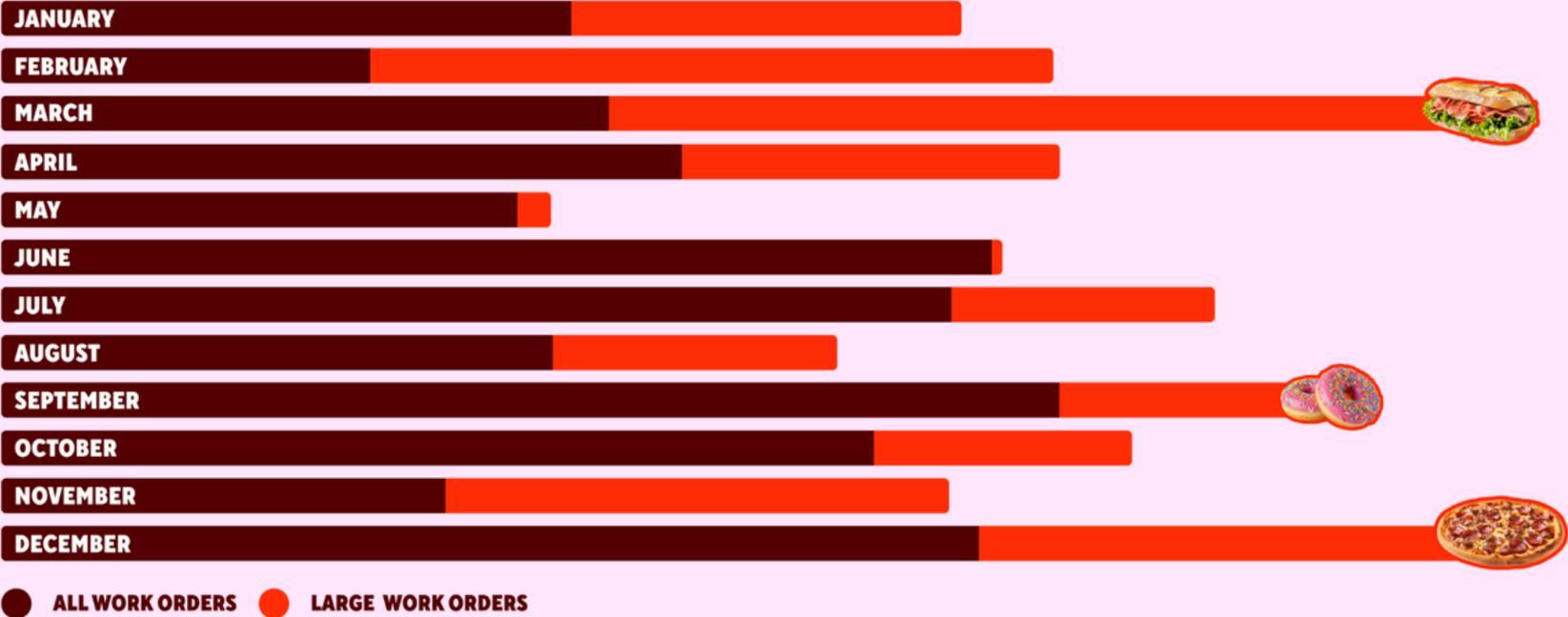
THE OFFICE IS BACK AND IS BUSIEST MIDWEEK

Large workplace orders grew **30% faster year-over-year** than regular orders. Orders rise during the week, peaking on Thursdays with **20% more** than Mondays.



MEALS CONCENTRATE AROUND COLLABORATION

Large orders to work have shown the highest year-over-year growth during key planning and holiday months like **March (+33%), September (+30%),** and **December (+34%).**



HEALTHY INTENTIONS PEAK EARLY AND FADE FAST

Healthy meal orders are **30% higher** on Tuesdays than Fridays, revealing a consistent curve from fresh-start optimism at the beginning of the week to “whatever gets me through” by the end. Staples like Rice Bowls, Salads, and Chicken Sandwiches dominate overall orders.

30%

**MORE HEALTHY ORDERS
PLACED ON TUESDAY
THAN FRIDAY**



MON



TUE



WED



THU



FRI



 for Business

³ Healthy orders are defined as orders from stores categorized as Healthy, Salad/Salads, or Juice & Smoothie Bar using DoorDash' internal restaurant classification model.

QUICK CAFFEINE BECOMES FUEL FOR THE TEAM

Coffee and tea orders build steadily throughout the week and peak on Fridays, signaling how employees increasingly rely on caffeine to power through mounting demands and close out the week.



 for Business

ON MONDAY IT'S GREENS BY FRIDAY IT'S 'I'VE HAD A WEEK'

Workplace meal choices don't just reflect taste, they track stress, energy, and decision fatigue across the workweek. From Monday optimism to Friday fatigue, what people order tells a clear story about how work pressure builds and how employees cope.



MEAL PLANS ENCOURAGE HEALTHIER HABITS

Meal benefits can nudge healthier behavior — even under pressure. Employee meal programs are emerging as one of HR's most flexible wellness levers.

Employees who use employer meal programs and order more than once per week are **54% more likely to choose healthier³ meals** than those who order once a week or less.

ORDERING MULTIPLE
TIMES A WEEK INCREASES
THE RATE OF HEALTHIER
ORDERING CHOICES BY

54%





AFTER-HOURS ORDERS ARE UP IN FAST GROWING INDUSTRIES

Industries with significant business travel as well as fast growing industries tend to spend more per workplace order. Consulting shows the highest average spend, and AI companies¹ also spend about **\$6 more per order** than other industries, pointing to a shift toward using meal benefits as a meaningful employee perk.

ON AVERAGE, AI STARTUPS
OUTSPEND OTHER INDUSTRIES BY

\$6 PER ORDER

\$22

AI STARTUPS



\$16

OTHER INDUSTRIES



¹ AI companies are identified by DoorDash based on our understanding of the company's predominant products or services.



 for Business