



Walt Disney Parks and Resorts is committed to offering a wide range of options for you and your family. In order to assist Guests with their dining choices, we are able to provide lists of products that may be available. Please note that while we strive to provide as much information as possible, product offerings are subject to change at any time without notice and may not be available at all locations or at the locations suggested on these guides. Guests should notate any special dietary requests at the time of booking their dining reservation. Guests may also speak with a chef or manager upon arrival at the dining location.

WALT DISNEY WORLD® Resort - Dairy Free, Egg Free, Tree Nut Free and Peanut Free Dietary Guide

Disney's All-Star Resorts

End Zone Food Court

Aproten Low Protein Penne Pasta
 Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Dark Chocolate Bar - Enjoy Life®
 Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 Milk - Lactaid
 Penne Pasta Brown Rice - Tinkyada®
 Rice Crispy Milk Chocolate Bar - Enjoy Life®
 Silk Chocolate Soymilk
 Silk Vanilla Soymilk
 Vanilla Ice Cream - Rice Dream®
 Vanilla Rice Drink - Rice Dream®

Intermission Food Court

Aproten Low Protein Penne Pasta
 Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Dark Chocolate Bar - Enjoy Life®
 Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 Milk - Lactaid
 Penne Pasta Brown Rice - Tinkyada®
 Rice Crispy Milk Chocolate Bar - Enjoy Life®
 Silk Chocolate Soymilk
 Silk Vanilla Soymilk
 Vanilla Ice Cream - Rice Dream®

Vanilla Rice Drink - Rice Dream®

World Premiere Food Court

Aproten Low Protein Penne Pasta
 Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Dark Chocolate Bar - Enjoy Life®
 Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 Milk - Lactaid
 Penne Pasta Brown Rice - Tinkyada®
 Rice Crispy Milk Chocolate Bar - Enjoy Life®
 Silk Chocolate Soymilk
 Silk Vanilla Soymilk
 Vanilla Ice Cream - Rice Dream®
 Vanilla Rice Drink - Rice Dream®

Disney's Animal Kingdom Lodge

Jiko, Boma & Mara

Carrot/Spice Cake Mix - Namaste
 Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 Milk - Lactaid
 Penne Pasta Brown Rice - Tinkyada®
 Sorbet Raspberry (Dairy Free) - Haagen-Daz®
 Sugar Crisp Cookies- Enjoy Life®
 Vanilla Cake Mix - Namaste
 Vanilla Ice Cream - Rice Dream®

Vanilla Rice Drink - Rice Dream®

Sanaa

Elbow Pasta, Brown Rice - Tinkyada®
 Gluten Free Waffles - Van's™
 Penne Pasta Brown Rice - Tinkyada®
 Sorbet Raspberry (Dairy Free) - Haagen-Daz®
 Vanilla Ice Cream - Rice Dream®

Disney's Animal Kingdom® Theme Park

Dino Cart

Vanilla Ice Cream - Rice Dream®

Flame Tree Barbecue

Silk Vanilla Soymilk
 Tapioca Hot Dog Roll - Ener-G®
 Tapioca Roll - Ener-G®

Gardens Kiosk (Allergy Cart)

Choc Chip Cookies - Enjoy Life®
 Honey Dijon Rice Chips - Lundberg Farms®
 Live Granola Bar - Go Raw®
 Sea Salt Rice Chips - Lundberg Farms®
 Wasabi Rice Chips - Lundberg Farms®

Restaurantosaurus

Chicken Tenders - AllergyFree

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Tusker House Restaurant

Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Egg Replacement Powder - Ener-G®
 Rice Milk - Pacific Natural Foods®
 Silk Chocolate Soymilk
 Silk Original Soymilk

Silk Vanilla Soymilk
 Snickerdoodle Cookies - Enjoy Life®
 Sugar Crisp Cookies- Enjoy Life®

Tapioca Roll - Ener-G®
 Vanilla Honey Graham Cookies- Enjoy Life®
 Vanilla Ice Cream - Rice Dream®
 Waffle & Pancake Mix - Namaste

Disney's Blizzard Beach Water Park

Blizzard Beach

Chicken Tenders - AllergyFree

Disney's BoardWalk Resort Area

Disney's BoardWalk Inn and Villas

Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 Hummus Cups and Pretzels - Sabra®
 Rice Milk - Pacific Natural Foods®
 Vanilla Ice Cream - Rice Dream®
 Waffle & Pancake Mix - Namaste

Disney's Caribbean Beach Resort

Old Port Royale

Chicken Tenders - AllergyFree

Chocolate Cake Mix - Namaste
 Fruity Gummy Bears - Surf Sweets®
 Vanilla Cake Mix - Namaste
 Vanilla Rice Drink - Rice Dream®
 Waffle & Pancake Mix - Namaste

Disney's Contemporary Resort

Chef Mickey's

Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 Quiona Pasta, GF, Elbows - Ancient Harvest®
 Soy Free Spread - Earth Balance
 Vanilla Ice Cream - Rice Dream®
 Vanilla Rice Drink - Rice Dream®
 Waffle & Pancake Mix - Namaste

Disney's Fort Wilderness Resort & Campground

Fort Wilderness Bakery

Aproten Low Protein Penne Pasta
 Chick'n Breasts - Gardein™
 Gluten Free Waffles - Van's™
 Milk - Lactaid
 Tapioca Hot Dog Roll - Ener-G®
 Tapioca Roll - Ener-G®
 Vanilla Ice Cream - Rice Dream®
 Vanilla Rice Drink - Rice Dream®

Disney's Grand Floridian Resort & Spa

Disney's Grand Floridian Resort

Beefless Burger - Gardein™
 Beefless Tips - Gardein™

Breaded Chick'n Tenders - Gardein™
 Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Dairy Free Cream Cheese, Go Veggie Galaxy Foods®
 Elbow Pasta, Brown Rice - Tinkyada®
 Fruity Gummy Bears - Surf Sweets®
 Milk - Lactaid
 Penne Pasta Brown Rice - Tinkyada®
 Rice Milk - Pacific Natural Foods®
 Silk Chocolate Soymilk
 Silk Original Soymilk
 Silk Vanilla Soymilk
 Snickerdoodle Cookies - Enjoy Life®
 Soy Free Spread - Earth Balance
 Sugar Crisp Cookies- Enjoy Life®
 Sugar Free Syrup- home Brand
 Tamari, WF and Red. Sodium - San-J
 Vanilla Cake Mix - Namaste
 Vanilla Honey Graham Cookies- Enjoy Life®
 Vanilla Ice Cream - Rice Dream®
 Waffle & Pancake Mix - Namaste

Disney's Hollywood Studios®

ABC Commissary/Sci-Fi

Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Elbow Pasta, Brown Rice - Tinkyada®
 Penne Pasta Brown Rice - Tinkyada®
 Rice Milk - Pacific Natural Foods®
 Silk Original Soymilk
 Vanilla Ice Cream - Rice Dream®

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Backlot Express

Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Vanilla Ice Cream - Rice Dream®

Hollywood & Vine

Chicken Tenders - AllergyFree
 Gluten Free Waffles - Van's™
 Quiona Pasta, GF, Elbows - Ancient Harvest®
 Silk Chocolate Soymilk
 Silk Vanilla Soymilk
 Vanilla Ice Cream - Rice Dream®
 Vanilla Rice Drink - Rice Dream®

Hollywood Brown Derby

Elbow Pasta, Brown Rice - Tinkyada®
 Vanilla Ice Cream - Rice Dream®

Mama Melrose's Ristorante Italiano

Elbow Pasta, Brown Rice - Tinkyada®
 Vanilla Ice Cream - Rice Dream®
 Vanilla Rice Drink - Rice Dream®

Pizza Planet

Choc Chip Cookies - Enjoy Life®
 Vanilla Ice Cream - Rice Dream®

Prime Time Cafe

Chicken Tenders - AllergyFree
 Gluten Free Waffles - Van's™
 Quiona Pasta, GF, Elbows - Ancient Harvest®
 Silk Chocolate Soymilk
 Silk Vanilla Soymilk
 Vanilla Ice Cream - Rice Dream®
 Vanilla Rice Drink - Rice Dream®

Studio Catering Co.

Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Vanilla Ice Cream - Rice Dream®

Sunset Ranch Market

Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Silk Vanilla Soymilk
 Vanilla Ice Cream - Rice Dream®

Disney's Old Key West Resort

Disney's Old Key West Resort

Chicken Tenders - AllergyFree
 Penne Pasta Brown Rice - Tinkyada®
 Tapioca Roll - Ener-G®
 Vanilla Ice Cream - Rice Dream®
 Whole Berry Blast - Pro Bar®

Disney's Pop Century Resort/Art of Animation R

Everything Pop Shopping and Dining

Chicken Tenders - AllergyFree
 Dark Mint Chocolate Chip - Nugo®
 Fruity Gummy Bears - Surf Sweets®
 Honey Dijon Rice Chips - Lundberg Farms®
 Milk - Lactaid
 Sea Salt Rice Chips - Lundberg Farms®
 Tamari, WF and Red. Sodium - San-J
 Tapioca Hot Dog Roll - Ener-G®
 Tapioca Roll - Ener-G®
 Vanilla Rice Drink - Rice Dream®

Waffle & Pancake Mix - Namaste
 Whole Berry Blast - Pro Bar®

Landscapes of Flavor

Carrot Cake Cookies - Go Raw®
 Fruity Gummy Bears - Surf Sweets®
 Honey Dijon Rice Chips - Lundberg Farms®
 Hummus Cups and Pretzels - Sabra®
 Milk - Lactaid
 Rice Milk - Pacific Natural Foods®
 Sea Salt Rice Chips - Lundberg Farms®
 Vanilla Rice Drink - Rice Dream®
 Waffle & Pancake Mix - Namaste

Disney's Port Orleans Resort

Port Orleans Resort - French Quarter

Milk - Lactaid
 Waffle & Pancake Mix - Namaste

Port Orleans Resort - Riverside

Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Elbow Pasta, Brown Rice - Tinkyada®
 Hummus Cups and Pretzels - Sabra®
 Penne Pasta Brown Rice - Tinkyada®
 Vanilla Ice Cream - Rice Dream®
 Waffle & Pancake Mix - Namaste

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Disney's Saratoga Springs Resort & Spa

Disney's Saratoga Springs Resort & Spa

- Chicken Tenders - AllergyFree
- Egg Replacement Powder - Ener-G®
- Elbow Pasta, Brown Rice - Tinkyada®
- Hummus Cups and Pretzels - Sabra®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Tapioca Roll - Ener-G®
- Vanilla Ice Cream - Rice Dream®

Disney's Typhoon Lagoon Water Park

Disney's Typhoon Lagoon Water Park

- Chicken Tenders - AllergyFree

Disney's Wilderness Lodge

Disney's Wilderness Lodge Resort

- Aproten Low Protein Penne Pasta
- Chicken Tenders - AllergyFree
- Chocolate Cake Mix - Namaste
- Egg Replacement Powder - Ener-G®
- Penne Pasta Brown Rice - Tinkyada®
- Quiona Pasta, GF, Elbows - Ancient Harvest®
- Rice Milk - Pacific Natural Foods®
- Sorbet Raspberry (Dairy Free) - Haagen-Daz®
- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®
- Waffle & Pancake Mix - Namaste

Disney's Yacht & Beach Club Resorts

Disney's Yacht & Beach Club Resorts

- Aproten Low Protein Penne Pasta

- Chicken Tenders - AllergyFree
- Chocolate Cake Mix - Namaste
- Egg Replacement Powder - Ener-G®
- Milk - Lactaid
- Silk Chocolate Soymilk
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Spaghetti Brown Rice - Tinkyada®
- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®
- Vanilla Rice Drink - Rice Dream®

Downtown Disney® Area

Pleasure Island

- Chicken Tenders - AllergyFree

Epcot® Park

Akershus Restaurant

- Choc Chip Cookies - Enjoy Life®
- Gluten Free Waffles - Van's™
- Quiona Pasta, GF, Elbows - Ancient Harvest®
- Snickerdoodle Cookies - Enjoy Life®
- Sorbet Raspberry (Dairy Free) - Haagen-Daz®
- Sugar Crisp Cookies- Enjoy Life®
- Tapioca Roll - Ener-G®
- Vanilla Ice Cream - Rice Dream®
- Vanilla Rice Drink - Rice Dream®

Biergarten Restaurant

- Rice Crispy Milk Chocolate Bar - Enjoy Life®
- Snickerdoodle Cookies - Enjoy Life®
- Tapioca Roll - Ener-G®

Coral Reef Restaurant

- Choc Chip Cookies - Enjoy Life®
- Silk Vanilla Soymilk
- Snickerdoodle Cookies - Enjoy Life®
- Tapioca Roll - Ener-G®
- Vanilla Ice Cream - Rice Dream®

Electric Umbrella Restaurant

- Chicken Tenders - AllergyFree

Le Cellier

- Tapioca Roll - Ener-G®
- Vanilla Ice Cream - Rice Dream®

Liberty Inn

- Chick'n Breasts - Gardein™
- Tapioca Hot Dog Roll - Ener-G®

Rose & Crown Restaurant

- Vanilla Ice Cream - Rice Dream®

Sunshine Seasons

- Beefless Tips - Gardein™
- Choc Chip Cookies - Enjoy Life®
- Fruity Gummy Bears - Surf Sweets®
- Rice Crispy Milk Chocolate Bar - Enjoy Life®
- Silk Chocolate Soymilk
- Silk Vanilla Soymilk

The Garden Grill

- Silk Chocolate Soymilk
- Vanilla Ice Cream - Rice Dream®

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Magic Kingdom® Park

Be Our Guest Restaurant

- Choc Chip Cookies - Enjoy Life®
- Chocolate Cake Mix - Namaste
- Egg Replacement Powder - Ener-G®
- Quiona Pasta, GF, Elbows - Ancient Harvest®
- Silk Vanilla Soymilk
- Tapioca Roll - Ener-G®
- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®

Cinderella's Royal Table

- Chicken Tenders - AllergyFree
- Chocolate Cake Mix - Namaste
- Gluten Free Waffles - Van's™
- Silk Chocolate Soymilk
- Silk Vanilla Soymilk
- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®

Columbia Harbour House

- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Whole Berry Blast - Pro Bar®

Cosmic Ray's Starlight Café

- Choc Chip Cookies - Enjoy Life®

Frontierland

- Chicken Tenders - AllergyFree
- Egg Replacement Powder - Ener-G®
- Gluten Free Waffles - Van's™
- Milk - Lactaid
- Rice Milk - Pacific Natural Foods®
- Tamari, WF and Red. Sodium - San-J

Vanilla Ice Cream - Rice Dream®

Liberty Tree Tavern

- Choc Chip Cookies - Enjoy Life®
- Egg Replacement Powder - Ener-G®
- Vanilla Ice Cream - Rice Dream®

Main Street, USA

- Chicken Tenders - AllergyFree
- Vanilla Ice Cream - Rice Dream®

Peco's Bill's Café

- Choc Chip Cookies - Enjoy Life®

Pinocchio Village Haus

- Choc Chip Cookies - Enjoy Life®

The Crystal Palace

- Chicken Tenders - AllergyFree
- Egg Replacement Powder - Ener-G®
- Gluten Free Waffles - Van's™
- Milk - Lactaid
- Rice Milk - Pacific Natural Foods®
- Tamari, WF and Red. Sodium - San-J
- Vanilla Ice Cream - Rice Dream®

Tomorrowland Terrace

- Carrot/Spice Cake Mix - Namaste
- Fruity Gummy Bears - Surf Sweets®

Tony's Town Square Restaurant

- Penne Pasta Brown Rice - Tinkyada®
- Tapioca Roll - Ener-G®

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