



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 - Egg Free Dietary Guide

### Disney's All-Star Resorts

#### End Zone Food Court

Almond Milk Vanilla - Silk®  
 Aproten Low Protein Penne Pasta  
 Chicken Tenders - AllergyFree  
 Choc Chip Cookies - Enjoy Life®  
 Chocolate Pint - Tofutti®  
 Dark Chocolate Bar - Enjoy Life®  
 Dbl Choc Cookies- Enjoy Life®  
 Egg Replacement Powder - Ener-G®  
 Elbow Pasta, Brown Rice - Tinkyada®  
 Gluten Free Pancake Mix - Bob's Red Mill®  
 Milk - Lactaid  
 Penne Pasta Brown Rice - Tinkyada®  
 Rice Crispy Milk Chocolate Bar - Enjoy Life®  
 Silk Chocolate Soymilk  
 Silk Vanilla Soymilk  
 Soy American Cheese - Tofutti®  
 Vanilla Ice Cream - Rice Dream®  
 Vanilla Rice Drink - Rice Dream®

#### Intermission Food Court

Almond Milk Vanilla - Silk®  
 Aproten Low Protein Penne Pasta  
 Chicken Tenders - AllergyFree  
 Choc Chip Cookies - Enjoy Life®  
 Chocolate Pint - Tofutti®  
 Dark Chocolate Bar - Enjoy Life®  
 Dbl Choc Cookies- Enjoy Life®

Egg Replacement Powder - Ener-G®  
 Elbow Pasta, Brown Rice - Tinkyada®  
 Gluten Free Pancake Mix - Bob's Red Mill®  
 Milk - Lactaid  
 Penne Pasta Brown Rice - Tinkyada®  
 Rice Crispy Milk Chocolate Bar - Enjoy Life®  
 Silk Chocolate Soymilk  
 Silk Vanilla Soymilk  
 Soy American Cheese - Tofutti®  
 Vanilla Ice Cream - Rice Dream®  
 Vanilla Rice Drink - Rice Dream®

#### World Premiere Food Court

Almond Milk Vanilla - Silk®  
 Aproten Low Protein Penne Pasta  
 Chicken Tenders - AllergyFree  
 Choc Chip Cookies - Enjoy Life®  
 Chocolate Pint - Tofutti®  
 Dark Chocolate Bar - Enjoy Life®  
 Dbl Choc Cookies- Enjoy Life®  
 Egg Replacement Powder - Ener-G®  
 Elbow Pasta, Brown Rice - Tinkyada®  
 Gluten Free Pancake Mix - Bob's Red Mill®  
 Milk - Lactaid  
 Penne Pasta Brown Rice - Tinkyada®  
 Rice Crispy Milk Chocolate Bar - Enjoy Life®  
 Silk Chocolate Soymilk  
 Silk Vanilla Soymilk  
 Soy American Cheese - Tofutti®

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®  
 Chocolate Pint - Tofutti®  
 Dbl Choc Cookies- Enjoy Life®  
 Egg Replacement Powder - Ener-G®  
 Elbow Pasta, Brown Rice - Tinkyada®  
 Gluten Free 6" Round Cake - BabyCakes NYC™  
 Gluten Free Pancake Mix - Bob's Red Mill®  
 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 6" Round Cake - BabyCakes NYC™  
 Gluten Free Waffles - Van's™  
 Penne Pasta Brown Rice - Tinkyada®  
 Sorbet Raspberry (Dairy Free) - Haagen-Daz®  
 Vanilla Ice Cream - Rice Dream®

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## WALT DISNEY WORLD® Resort - Egg Free Dietary Guide

### Disney's Animal Kingdom® Theme Park

#### Dino Cart

Chocolate Pint - Tofutti®

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®

Dbf Choc Cookies- Enjoy Life®

Free Dark Chocolate Trail Mix - Nugo®

Honey Dijon Rice Chips - Lundberg Farms®

Live Granola Bar - Go Raw®

Sea Salt Rice Chips - Lundberg Farms®

Vegan Cookies - BabyCakes NYC™

Vegan Cupcakes - BabyCakes NYC™

Wasabi Rice Chips - Lundberg Farms®

#### Pizzafari

Soy American Cheese - Tofutti®

#### Restaurantosaurus

Chicken Tenders - AllergyFree

#### Tusker House Restaurant

Chicken Tenders - AllergyFree

Choc Chip Cookies - Enjoy Life®

Chocolate Pint - Tofutti®

Dbf Choc Cookies- Enjoy Life®

Egg Replacement Powder - Ener-G®

Gluten Free 6" Round Cake - BabyCakes NYC™

Rice Milk - Pacific Natural Foods®

Safflower Oil - Hollywood® Foods

Silk Chocolate Soymilk

Silk Original Soymilk

Silk Vanilla Soymilk

Snickerdoodle Cookies - Enjoy Life®

Soy American Cheese - Tofutti®

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

Cuties - Tofutti®

### Disney's BoardWalk Resort Area

#### Disney's BoardWalk Inn and Villas

Chocolate Pint - Tofutti®

Egg Replacement Powder - Ener-G®

Elbow Pasta, Brown Rice - Tinkyada®

Gluten Free Pancake Mix - Bob's Red Mill®

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®

Gluten Free Pancake Mix - Bob's Red Mill®

Sweet & Salty Peanut Butter Bar - Balance Bar

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®

Chocolate Pint - Tofutti®

Egg Replacement Powder - Ener-G®

Elbow Pasta, Brown Rice - Tinkyada®

Gluten Free Pancake Mix - Bob's Red Mill®

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

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**Disney's Fort Wilderness Resort & Campground**Fort Wilderness Bakery

Aproten Low Protein Penne Pasta  
 Chick'n Breasts - Gardein™  
 Chocolate Pint - Tofutti®  
 Dbl Choc Cookies- Enjoy Life®  
 Gluten Free 6" Round Cake - BabyCakes NYC™  
 Gluten Free Pancake Mix - Bob's Red Mill®  
 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®  
 Vegan Cupcakes - BabyCakes NYC™

**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®  
 Chocolate Pint - Tofutti®  
 Dairy Free Cream Cheese, Go Veggie Galaxy Foods®  
 Dbl Choc Cookies- Enjoy Life®  
 Elbow Pasta, Brown Rice - Tinkyada®  
 Fruity Gummy Bears - Surf Sweets®  
 Gluten Free 6" Round Cake - BabyCakes NYC™  
 Gluten Free Pancake Mix - Bob's Red Mill®  
 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 &amp; Pancake Mix - Namaste

Xanthan Gum - Bob's Red Mill®

Chocolate Pint - Tofutti®

Gluten Free Pancake Mix - Bob's Red Mill®

Gluten Free Waffles - Van's™

Quiona Pasta, GF, Elbows - Ancient Harvest®

Silk Chocolate Soymilk

Silk Vanilla Soymilk

Soy American Cheese - Tofutti®

Vanilla Ice Cream - Rice Dream®

Vanilla Rice Drink - Rice Dream®

Hollywood Brown Derby

Chocolate Pint - Tofutti®

Elbow Pasta, Brown Rice - Tinkyada®

Gluten Free 6" Round Cake - BabyCakes NYC™

Vanilla Ice Cream - Rice Dream®

**Disney's Hollywood Studios®**ABC Commissary/Sci-Fi

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

Backlot Express

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

Hollywood & Vine

Chicken Tenders - AllergyFree

Mama Melrose's Ristorante Italiano

Chocolate Pint - Tofutti®  
 Elbow Pasta, Brown Rice - Tinkyada®  
 Gluten Free 6" Round Cake - BabyCakes NYC™  
 Vanilla Ice Cream - Rice Dream®  
 Vanilla Rice Drink - Rice Dream®  
 Xanthan Gum - Bob's Red Mill®

Pizza Planet

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

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### Prime Time Cafe

Chicken Tenders - AllergyFree  
Chocolate Pint - Tofutti®  
Gluten Free Pancake Mix - Bob's Red Mill®  
Gluten Free Waffles - Van's™  
Quiona Pasta, GF, Elbows - Ancient Harvest®  
Silk Chocolate Soymilk  
Silk Vanilla Soymilk  
Soy American Cheese - Tofutti®  
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®  
Chocolate Pint - Tofutti®  
Silk Vanilla Soymilk  
Vanilla Ice Cream - Rice Dream®

### **Disney's Old Key West Resort**

#### Disney's Old Key West Resort

Chicken Tenders - AllergyFree  
Chocolate Pint - Tofutti®  
Gluten Free Pancake Mix - Bob's Red Mill®  
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®  
Free Dark Chocolate Trail Mix - Nugo®  
  
Fruity Gummy Bears - Surf Sweets®  
Gluten Free Pancake Mix - Bob's Red Mill®  
Honey Dijon Rice Chips - Lundberg Farms®  
Koka Moka - Pro Bar®  
Milk - Lactaid  
Peanut Butter Choc Chip - Larabar®  
Peanut Butter Cookie - Larabar®  
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®  
Free Dark Chocolate Trail Mix - Nugo®  
Fruity Gummy Bears - Surf Sweets®  
Gluten Free Pancake Mix - Bob's Red Mill®  
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

Gluten Free Doughnuts - BabyCakes NYC™  
Gluten Free Pancake Mix - Bob's Red Mill®  
Milk - Lactaid  
Vegan Cupcakes - BabyCakes NYC™  
Waffle & Pancake Mix - Namaste

#### Port Orleans Resort - Riverside

Almond Milk Plain - Silk®  
Chicken Tenders - AllergyFree  
Choc Chip Cookies - Enjoy Life®  
Chocolate Pint - Tofutti®  
Elbow Pasta, Brown Rice - Tinkyada®  
Gluten Free Pancake Mix - Bob's Red Mill®  
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
- Chocolate Pint - Tofutti®
- Egg Replacement Powder - Ener-G®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Pancake Mix - Bob's Red Mill®
- 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
- Cuties - Tofutti®

**Disney's Wilderness Lodge**

Disney's Wilderness Lodge Resort

- Aproten Low Protein Penne Pasta
- Chicken Tenders - AllergyFree
- Chocolate Cake Mix - Namaste
- Chocolate Pint - Tofutti®
- Egg Replacement Powder - Ener-G®
- Gluten Free 6" Round Cake - BabyCakes NYC™
- Gluten Free Pancake Mix - Bob's Red Mill®
- Penne Pasta Brown Rice - Tinkyada®
- Quiona Pasta, GF, Elbows - Ancient Harvest®
- Rice Milk - Pacific Natural Foods®
- Sorbet Raspberry (Dairy Free) - Haagen-Daz®
- Soy American Cheese - Tofutti®

- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®
- Waffle & Pancake Mix - Namaste
- Xanthan Gum - Bob's Red Mill®

**Disney's Yacht & Beach Club Resorts**

Disney's Yacht & Beach Club Resorts

- Aproten Low Protein Penne Pasta
- Chicken Tenders - AllergyFree
- Chocolate Cake Mix - Namaste
- Chocolate Pint - Tofutti®
- Dbl Choc Cookies- Enjoy Life®
- Egg Replacement Powder - Ener-G®
- Gluten Free 6" Round Cake - BabyCakes NYC™
- Gluten Free Doughnuts - BabyCakes NYC™
- Gluten Free Pancake Mix - Bob's Red Mill®
- 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®
- Vegan Cookies - BabyCakes NYC™
- Vegan Cupcakes - BabyCakes NYC™
- Xanthan Gum - Bob's Red Mill®

**Downtown Disney® Area**

Pleasure Island

- Chicken Tenders - AllergyFree

**Epcot® Park**

Akershus Restaurant

- Choc Chip Cookies - Enjoy Life®
- Chocolate Pint - Tofutti®
- 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

- Gluten Free 6" Round Cake - BabyCakes NYC™
- Rice Crispy Milk Chocolate Bar - Enjoy Life®
- Snickerdoodle Cookies - Enjoy Life®
- Tapioca Roll - Ener-G®

Coral Reef Restaurant

- Choc Chip Cookies - Enjoy Life®
- Chocolate Pint - Tofutti®
- Dbl Choc Cookies- Enjoy Life®
- Silk Vanilla Soymilk
- Snickerdoodle Cookies - Enjoy Life®
- Tapioca Roll - Ener-G®
- Vanilla Bars with Chocolate Coating - RICE DREAM®
- Vanilla Ice Cream - Rice Dream®

Electric Umbrella Restaurant

- Chicken Tenders - AllergyFree

Le Cellier

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

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### Liberty Inn

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

### Rose & Crown Restaurant

Gluten Free 6" Round Cake - BabyCakes NYC™  
Gluten Free Pancake Mix - Bob's Red Mill®  
Vanilla Ice Cream - Rice Dream®

### Sunshine Seasons

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

### The Garden Grill

Dbl Choc Cookies- Enjoy Life®  
Silk Chocolate Soymilk  
Vanilla Ice Cream - Rice Dream®

### **Magic Kingdom® Park**

### Be Our Guest Restaurant

Choc Chip Cookies - Enjoy Life®  
Chocolate Cake Mix - Namaste  
Egg Replacement Powder - Ener-G®  
Gluten Free 6" Round Cake - BabyCakes NYC™  
Quiona Pasta, GF, Elbows - Ancient Harvest®  
Silk Vanilla Soymilk  
Tapioca Roll - Ener-G®  
Vanilla Cake Mix - Namaste  
Vanilla Ice Cream - Rice Dream®  
Wheat Free Bread - Food for Life®

Xanthan Gum - Bob's Red Mill®

### Cinderella's Royal Table

Chicken Tenders - AllergyFree  
Chocolate Cake Mix - Namaste  
Gluten Free 6" Round Cake - BabyCakes NYC™  
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 6" Round Cake - BabyCakes NYC™  
Gluten Free Waffles - Van's™  
Milk - Lactaid  
Rice Milk - Pacific Natural Foods®  
Soy American Cheese - Tofutti®  
Tamari, WF and Red. Sodium - San-J  
Vanilla Ice Cream - Rice Dream®

### Liberty Tree Tavern

Choc Chip Cookies - Enjoy Life®  
Chocolate Pint - Tofutti®  
Egg Replacement Powder - Ener-G®  
Gluten Free 6" Round Cake - BabyCakes NYC™

Vanilla Ice Cream - Rice Dream®

### Main Street, USA

Chicken Tenders - AllergyFree  
Chocolate Pint - Tofutti®  
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 6" Round Cake - BabyCakes NYC™  
Gluten Free Waffles - Van's™  
Milk - Lactaid  
Rice Milk - Pacific Natural Foods®  
Soy American Cheese - Tofutti®  
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

Chocolate Pint - Tofutti®  
Gluten Free 6" Round Cake - BabyCakes NYC™  
Penne Pasta Brown Rice - Tinkyada®  
Tapioca Roll - Ener-G®

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