



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 - No Sugar Added Dietary Guide

Disney's All-Star Resorts

End Zone Food Court - All Star Sports

Elbow Pasta, Brown Rice - Tinkyada®
 No Sugar Added Cherry Pie - Darland Bakery
 No Sugar Added Raspberry Sorbet - Molto
 Spaghetti Brown Rice - Tinkyada®

Intermission Food Court - All Star Music

Aproten Low Protein Penne Pasta
 No Sugar Added Cherry Pie - Darland Bakery
 Penne Pasta Brown Rice - Tinkyada®
 Spaghetti Brown Rice - Tinkyada®

World Premiere Food Court - All Star Movies

Aproten Low Protein Penne Pasta
 Elbow Pasta, Brown Rice - Tinkyada®
 No Sugar Added Cherry Pie - Darland Bakery
 Spaghetti Brown Rice - Tinkyada®

Disney's Animal Kingdom Lodge

Boma

Elbow Pasta, Brown Rice - Tinkyada®
 No Sugar Added Stawberry Fruit Bars - Natural Fruit®
 Penne Pasta Brown Rice - Tinkyada®

Jiko

Elbow Pasta, Brown Rice - Tinkyada®
 No Sugar Added Stawberry Fruit Bars - Natural Fruit®
 Penne Pasta Brown Rice - Tinkyada®
 Sugar Substitute "One by One"

Sanaa

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Elbow Pasta, Brown Rice - Tinkyada®

The Mara

Elbow Pasta, Brown Rice - Tinkyada®
 No Sugar Added Stawberry Fruit Bars - Natural Fruit®
 Penne Pasta Brown Rice - Tinkyada®
 Sugar Substitute "One by One"

Disney's Animal Kingdom® Theme Park

Flame Tree Barbecue

NSA Brownie - OMG

Pizzafari

NSA Brownie - OMG

Tusker House Restaurant

NSA Brownie - OMG

Disney's BoardWalk Resort Area

BoardWalk Bakery

Diet Chocolate Cake Mix (Sorbitol) - Bernard Food®
 Diet White Cake Mix (Sorbitol) - Sweet'N Low®
 NSA Brownie - OMG

ESPN Sports Club

No Sugar Added Raspberry Sorbet - Molto
 Splenda - Splenda®

Kouzzina by Cat Cora®

Aproten Low Protein Penne Pasta
 Elbow Pasta, Brown Rice - Tinkyada®

Disney's Caribbean Beach Resort

Old Port Royale

Aproten Low Protein Penne Pasta
 Spaghetti Brown Rice - Tinkyada®
 Sugar Substitute "One by One"

Shutters at Old Port Royale

Aproten Low Protein Penne Pasta
 Spaghetti Brown Rice - Tinkyada®
 Sugar Substitute "One by One"

Disney's Contemporary Resort

California Grill

Aproten Low Protein Penne Pasta
 Penne Pasta Brown Rice - Tinkyada®

Chef Mickey's

Elbow Pasta, Brown Rice - Tinkyada®
 Penne Pasta Brown Rice - Tinkyada®

Contempo Café

Elbow Pasta, Brown Rice - Tinkyada®
 Penne Pasta Brown Rice - Tinkyada®

The Wave

Elbow Pasta, Brown Rice - Tinkyada®
 Splenda - Splenda®
 Sugar Free Syrup- home Brand
 Sugar Substitute "One by One"

Disney's Fort Wilderness Resort & Campground

Mickey's Backyard BBQ

- Aproten Low Protein Penne Pasta
- Elbow Pasta, Brown Rice - Tinkyada®
- No Sugar Added Chocolate Gelato - Molto
- No Sugar Added Raspberry Sorbet - Molto
- No Sugar Added Vanilla Ice Cream - Molto
- NSA Brownie - OMG
- Sugar Substitute "One by One"

Pioneer Hall - Hoop De Doo Review

- Aproten Low Protein Penne Pasta
- Elbow Pasta, Brown Rice - Tinkyada®
- No Sugar Added Chocolate Gelato - Molto
- No Sugar Added Raspberry Sorbet - Molto
- No Sugar Added Vanilla Ice Cream - Molto
- NSA Brownie - OMG
- Sugar Substitute "One by One"

Trail's End and Fort Wilderness Bakery

- Aproten Low Protein Penne Pasta
- Elbow Pasta, Brown Rice - Tinkyada®
- No Sugar Added Chocolate Gelato - Molto
- No Sugar Added Raspberry Sorbet - Molto
- No Sugar Added Vanilla Ice Cream - Molto
- NSA Brownie - OMG
- Sugar Substitute "One by One"

Disney's Grand Floridian Resort & Spa

1900 Park Fare

- Elbow Pasta, Brown Rice - Tinkyada®
- No Sugar Added Vanilla Ice Cream - Molto
- Penne Pasta Brown Rice - Tinkyada®

- Splenda - Splenda®
- Sugar Free Syrup- home Brand

Citrico's

- Elbow Pasta, Brown Rice - Tinkyada®
- No Sugar Added Granny Smith Apple Sorbet - Molto
- Spaghetti Brown Rice - Tinkyada®
- Splenda - Splenda®

Gasparilla Island Grill

- Elbow Pasta, Brown Rice - Tinkyada®
- No Sugar Added Vanilla Ice Cream - Molto
- Penne Pasta Brown Rice - Tinkyada®
- Splenda - Splenda®
- Sugar Free Syrup- home Brand

Grand Floridian Café

- Elbow Pasta, Brown Rice - Tinkyada®
- No Sugar Added Vanilla Ice Cream - Molto
- Penne Pasta Brown Rice - Tinkyada®
- Splenda - Splenda®
- Sugar Free Syrup- home Brand

Narcoossee's

- Elbow Pasta, Brown Rice - Tinkyada®

Disney's Hollywood Studios®

ABC Commissary/Sci-Fi Dine-In Theater

- Aproten Low Protein Penne Pasta
- Elbow Pasta, Brown Rice - Tinkyada®
- No Sugar Added Vanilla Ice Cream - Dreyer's
- Penne Pasta Brown Rice - Tinkyada®
- Splenda - Splenda®

Hollywood & Vine

- Aproten Low Protein Penne Pasta
- Elbow Pasta, Brown Rice - Tinkyada®

- Spaghetti Brown Rice - Tinkyada®

Hollywood Brown Derby

- Elbow Pasta, Brown Rice - Tinkyada®
- Spaghetti Brown Rice - Tinkyada®

Mama Melrose's Ristorante Italiano

- Aproten Low Protein Penne Pasta
- Penne Pasta Brown Rice - Tinkyada®
- Spaghetti Brown Rice - Tinkyada®

Prime Time Cafe

- Aproten Low Protein Penne Pasta
- Elbow Pasta, Brown Rice - Tinkyada®

Disney's Old Key West Resort

Olivia's Café

- Splenda - Splenda®

Disney's Pop Century Resort/Art of Animation R

Everything Pop Shopping and Dining

- Aproten Low Protein Penne Pasta

Landscapes of Flavor

- Falafel Chips
- Spaghetti Brown Rice - Tinkyada®

Disney's Port Orleans Resort

Port Orleans Resort - French Quarter

- Elbow Pasta, Brown Rice - Tinkyada®
- NSA Brownie - OMG
- Splenda - Splenda®

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Port Orleans Resort - Riverside

Aproten Low Protein Penne Pasta
Elbow Pasta, Brown Rice - Tinkyada®
NSA Brownie - OMG
Penne Pasta Brown Rice - Tinkyada®
Spaghetti Brown Rice - Tinkyada®

Disney's Saratoga Springs Resort & Spa

Artist's Palette

NSA Brownie - OMG

Disney's Saratoga Springs Resort & Spa

Elbow Pasta, Brown Rice - Tinkyada®
NSA Brownie - OMG
Penne Pasta Brown Rice - Tinkyada®

The Turf Club Bar & Grill

Elbow Pasta, Brown Rice - Tinkyada®
NSA Brownie - OMG

Disney's Wilderness Lodge

Artist Point

NSA Brownie - OMG
Spaghetti Brown Rice - Tinkyada®

Roaring Forks

NSA Brownie - OMG
Spaghetti Brown Rice - Tinkyada®

Whispering Canyon Café

NSA Brownie - OMG
Spaghetti Brown Rice - Tinkyada®

Disney's Yacht & Beach Club Resorts

Cape May Café

Elbow Pasta, Brown Rice - Tinkyada®

Penne Pasta Brown Rice - Tinkyada®

Captain's Grille

Elbow Pasta, Brown Rice - Tinkyada®

Yachtsman Steakhouse

Elbow Pasta, Brown Rice - Tinkyada®

Downtown Disney® Area

Disney Quest - FoodQuest

No Sugar Added Strawberry Fruit Bars - Natural Fruit®

Epcot® Park

Akershus Restaurant

Elbow Pasta, Brown Rice - Tinkyada®
Penne Pasta Brown Rice - Tinkyada®
Sugar Free Syrup- home Brand

Biergarten Restaurant

Elbow Pasta, Brown Rice - Tinkyada®
Spaghetti Brown Rice - Tinkyada®

Electric Umbrella Restaurant

NSA Brownie - OMG

Le Cellier

Penne Pasta Brown Rice - Tinkyada®
Splenda - Splenda®
Sugar Substitute "One by One"

Rose & Crown Restaurant

Aproten Low Protein Penne Pasta
Spaghetti Brown Rice - Tinkyada®

Sunshine Seasons

Aproten Low Protein Penne Pasta
NSA Brownie - OMG
Penne Pasta Brown Rice - Tinkyada®
Spaghetti Brown Rice - Tinkyada®

Splenda - Splenda®

The Garden Grill

Aproten Low Protein Penne Pasta
NSA Brownie - OMG
Spaghetti Brown Rice - Tinkyada®
Splenda - Splenda®

Magic Kingdom® Park

Cosmic Ray's Starlight Café

No Sugar Added Mango Gelato Cup - Molto

The Crystal Palace

No Sugar Added Granny Smith Apple Sorbet - Molto
No Sugar Added Raspberry Sorbet - Molto

Tomorrowland Terrace

NSA Brownie - OMG

Tomorrowland Terrace Dessert Party

NSA Brownie - OMG

Tony's Town Square Restaurant

No Sugar Added Raspberry Sorbet - Molto
Penne Pasta Brown Rice - Tinkyada®
Splenda - Splenda®
Sugar Substitute "One by One"

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