

Walt Disney World has created allergy friendly menus that cover the top 8 common allergens (gluten/wheat, milk/dairy, egg, soy, peanut, tree nut, fish and shellfish). Tell the chef at the individual restaurants if there is a need for any other special dietary restrictions. *All menus are subject to change without notice.

Breakfast

Appetizers of the Court

Pastry Plate

Assorted Breakfast Pastries

For Fish Allergies

Entrees Royale (*Your Choice of the Following*)

Traditional Breakfast – Scrambled Eggs, Sausage, Bacon, and Potatoes

For Gluten/Wheat, Fish/Shellfish, Peanut/Tree Nut and Soy Allergies

Caramel Apple Stuffed French Toast – Decadent French Toast Stuffed with sweet Cream Cheese, Baked with Caramel Apples, and Drizzled with a Calvados Caramel sauce

For Fish/Shellfish and Peanut/Tree Nut Allergies

Healthy Choice – Scrambled Egg Whites, Hot Ten-Grain Cereal, Greek Yogurt topped with Castle-made Granola, No-Sugar Added Walnut-Sunflower Bread, and fresh Fruit

For Fish/Shellfish Allergies

Beef Tenderloin and Egg – Potatoes and Cheese Frittata with Broccolini and Blood Orange Gastrique

For Gluten/Wheat, Fish/Shellfish, Peanut/Tree Nut, and Soy Allergies

Poached Lobster and Shrimp – Tillamook Cheese Grits, Poached Egg, crispy Andouille, spicy Tomato-Basil Marinade

For Gluten/Wheat, Peanut/Tree Nut, and Soy Allergies

Baked Quiche – Goat Cheese, Spinach, and Mushroom Quiche with a dollop of Goat Cheese Cream served with Arugula and Roasted Bell Peppers

For Fish/Shellfish and Peanut/Tree Nut Allergies

Lunch

Chef's Tasting Plate

Cinderella has instructed her royal chef to create a selection of "specialties of the castle" for your enjoyment.

For Fish/Shellfish and Peanut/Tree Nut Allergies

Entrees Royale

Slow-Roasted Pork Tenderloin with Fingerling Potato Confit, Forest Roasted Mushrooms, Minus 8 Crispy Watercress, and Pork Demi

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Chef's Fish of the Day

On Cinderella's request, the royal chefs have prepared a delectable dish to showcase the kingdom's freshest fish

For Gluten/Wheat, Peanut/Tree Nut, and Shellfish Allergies

Pan-Seared All-Natural Chicken with Goat Cheese Polenta, Seasonal Vegetables, and Crispy Pancetta with Chicken Demi

For Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Braised Short Ribs – Slow-braised Beef Short Ribs, Parsnip-Mashed Potatoes, and Wilted Spinach

For Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Seasonal Gnocchi with Roasted Vegetables – Eggplant, Mushrooms, and Squash tossed with Gnocchi, Arugula, Brown Butter Sauce, and finished with shaved Drunken Goat Cheese and Leeks

Also available with rice instead of gnocchi, as a vegan offering without cheese and butter sauce

For Fish/Shellfish, Peanut/Tree Nut, and Soy Allergies

Beef Tenderloin Salad with Grilled Beef, Avocado, Cipollini Onions, Haricort Verts, Roasted Red Peppers, and Blue Cheese Crumbles with Baby Greens and Romaine laced with an Herb-Vinaigrette

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Finales

Our Signature Dessert – Flourless Chocolate Cake with Caramel Hazelnut, Meringue, and Berry Compote

For Gluten/Wheat and Fish/Shellfish Allergies

Gus and Jaq's Favorites – White Chocolate-Jasmine Tea Mousse, Lemon and Lime Curd with Honey-Oat Crisp

For Fish/Shellfish and Peanut/Tree Nut Allergies

Lemon Sorbet – Garnished with Blueberries, a no sugar added dessert

For Gluten/Wheat, Egg, Fish/Shellfish, Peanut/Tree Nut, and Soy Allergies

Kids' Meals for guests ages 9 and under

Appetizers (a la carte)

Bite-Sized Cheddar Cheese and Grapes

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Garden Salad with Fat-Free Ranch Dressing

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Mickey Check Meals served with choice of small lowfat milk or small Dasani water

Turkey Pot Pie

Entrée: Turkey Pot Pie topped with a Cheese Biscuit

For Gluten/Wheat, Fish/Shellfish, and Peanut/Tree Nut Allergies

Dessert: Yogurt Parfait

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Roasted Chicken Leg

Entrée: Roasted Chicken Leg with Brown Rice Pilaf and Broccolini

For Gluten/Wheat, Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies

Dessert: Sliced Apples

For Gluten/Wheat, Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies

Choice of one (1) Beverage, one (1) Entrée, and one (1) Dessert

All entrees below served with choice of small lowfat milk, small Dasani water, or small Minute Maid Apple Juice

Entrees

Chicken Nuggets

For Eggs, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies

Beef Tenderloin served with Mashed Potatoes and Sweet Corn

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Desserts

Peanut Butter S'Mores – Peanut Butter, Chocolate, Toasted Marshmallows, and Graham Crackers

For Fish/Shellfish Allergies

Yogurt Parfait

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Sliced Apples

For Gluten/Wheat, Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies

Seasonal Sorbet, a no sugar added dessert

For Gluten/Wheat, Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies

Dinner

Braised Pork Shank – Roasted Rainbow Carrots, Creamy Polenta, and Citrus Gremolata

For Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Pan-Seared All-Natural Chicken – Seared Chicken Breast over Smashed Fingerling Potatoes, Seasonal Vegetables in a Madeira-Mushroom Sauce

For Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies

Beef and Shrimp – Grilled Beef Tenderloin, Sauteed Shrimp in a Shallot-Butter Sauce, and Potatoes Au Gratin with Braised Rapini

For Gluten/Wheat, Egg, Fish, and Peanut/Tree Nut Allergies

Vegetable Couscous – Portobello Mushroom, Seared Tofu, and Charred Tomato Vinaigrette

For Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies

Beef Tenderloin Salad – Grilled Beef Tenderloin, Mixed Greens, Roasted Marinated Mushrooms, Blue Cheese Crumbles, and Fried Leeks in a Balsamic Vinaigrette

For Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Chef's Fish of the Day – On Cinderella's request, the Royal Chef has prepared a delectable dish to showcase the Kingdom's freshest fish.

For Peanut/Tree Nut Allergies

Finales

Your Choice of the Following

The Clock Strikes Twelve – Dark Chocolate Mousse covered with a Dark Chocolate Ganache and served with a Raspberry Coulis

For Gluten/Wheat, Fish/Shellfish, and Peanut/Tree Nut Allergies

Jaq & Gus – Raspberry Swirl Cheesecake with a Warm Apple Compote, Salted Caramel, and Vanilla Bean Panna Cotta

For Gluten/Wheat, Fish/Shellfish and Peanut/Tree Nut Allergies

Lady Teralyns Citrus Chiffon Cake – Citrus Chiffon Cake, Marscarpone Cream, Raspberry Puree, and Coconut Brittle

For Fish/Shellfish and Peanut/Tree Nut Allergies

Lemon Sorbet garnished with Blueberries, a no sugar added dessert

For Gluten/Wheat, Egg, Fish/Shellfish, Milk, Peanut/Tree Nut, and Soy Allergies

Kids' Meals for guests ages 9 and under

Appetizers (a la carte)

Bite-sized Cheddar Cheese and Grapes

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Garden Salad with Fat-Free Ranch Dressing

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Mickey Check Meals served with choice of small lowfat milk or small Dasani water

Turkey Pot Pie

Entrée: Turkey Pot Pie topped with a Cheese Biscuit

For Gluten/Wheat, Fish/Shellfish, and Peanut/Tree Nut Allergies

Dessert: Yogurt Parfait

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Roasted Chicken Leg

Entrée: Roasted Chicken Leg with Brown Rice Pilaf and Broccolini

For Gluten/Wheat, Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies

Dessert: Sliced Apples

For Gluten/Wheat, Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies

Choice of one (1) Beverage, one (1) Entrée, and one (1) Dessert

All Entrees below are served with choice of small lowfat milk, small Dasani water, or small

Minute Maid apple juice

Entrees

Chicken Nuggets

For Eggs, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies

Beef Tenderloin served with Mashed Potatoes and Sweet Corn

For Gluten/wheat, Eggs, Fish/Shellfish, and Peanut/Tree Nut Allergies

Desserts

Peanut Butter S'Mores – Peanut Butter, Chocolate, Toasted Marshmallows, and Graham Crackers

For Fish/Shellfish Allergies

Yogurt Parfait

For Gluten/Wheat, Egg, Fish/Shellfish, and Peanut/Tree Nut Allergies

Sliced Apples

For Gluten/Wheat, Eggs, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies