

**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.**

## **Appetizers**

Crispy Rhode Island Calamari – Roasted Corn Relish and Tomatillo Sauce – \$13

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

Lobster Bisque – Cream, Brandy, Chervil – \$10

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

Seasonal House Salad – Mixed Greens, Raspberry Vinaigrette, Fresh Berries, Feta Cheese, Sunflower Brittle – \$12

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

Charbroiled Octopus – Nori Sushi Rice, Sesame Slaw, Soy Reduction – \$13

Gluten/Wheat, Egg, Milk, and Peanut/Tree Nut Allergies

Seafood Salad – Gulf Shrimp, Mahi Mahi, Octopus, Citrus Marinade, Serrano Peppers, Mango Sorbet, crisp Plantain Chips – \$12

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

Caesar Salad – Romaine Lettuce, Parmesan Cheese, and Caesar Dressing – \$10

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

## **Entrees**

Grilled New York Strip Steak – Roasted Potatoes, Seasonal Vegetables – \$34

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

Oven-roasted Chicken Breast – Corn Tamale, Sweet Peppers, Black Beans, Sauce Ranchero, Cotija Cheese – \$27

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

Grilled Pork Chop – Bone-in, Roasted Marble Potatoes, Creamy Pimento Cheese, Braised

Greens, Honey-Barbecue Vinaigrette – \$28.00

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

Country-Fried Cauliflower Steak – Tempura-fried Cauliflower Steak with Baby Potatoes, Vegan

Sausage Crumble, Baby Spinach, and Grain Mustard Vinaigrette – \$24

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

Pan-seared Mahi Mahi – Jasmine Rice, Coconut-Lime Sauce, Mango Avocado Salsa – \$29

Gluten/Wheat, Egg, Milk, Peanut, Shellfish, and Soy Allergies

Shrimp and Grits – Sauteed Shrimp, Cheddar Grits, Local Corn Succotash, Andouille Sausage, and Creole Spice Emulsion – \$30

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

Pan-seared Salmon – Seasonal Risotto, Baby Greens, Pinot Noir Reduction – \$32

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

Tuna Bowl – Spice-crusting Tuna, Rice Noodles, Charred Bok Choy, Crisp Shiitake, Pickled Vegetables, and Ramen Broth – \$27

Gluten/Wheat, Egg, Milk, and Peanut/Tree Nut Allergies

## Desserts

The Chocolate Wave – Chocolate Curls, Raspberry Cream – \$9.50

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

Mango Sorbet – \$7

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

## Kids' Meals (for guests ages 9 and under)

### Appetizers (a la carte)

Jr. Reef Garden Salad – Romaine Lettuce, Tomatoes, Cucumbers, Creamy Ranch Dressing – \$3

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

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

Grilled Fish of the Day – \$12

Entrée: Grilled Fish of the Day with Brown Rice, Green Beans, and Teriyaki Sauce

Dessert: Fresh Seasonal Fruit

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

Chicken Drumstick – \$11

Entrée: Oven-Roasted Chicken, Brown Rice, and Broccoli

Dessert: Fresh Seasonal Fruit

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

**Or**

### Choice of one (1) beverage, one (1) entree, and one (1) dessert

### Beverages

Small Minute Maid Apple Juice

Small Dasani Water

Small Lowfat Milk

### Entrée

Jr. Reef Steak – Roasted Potatoes, Broccoli, and Fresh Seasonal Fruit – \$13

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

### Dessert

Assorted Allergy-Friendly Cookies

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

Coconut Frozen Dessert

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

Chocolate or Vanilla Soy Frozen Dessert

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

Vanilla-Rice Milk Frozen Dessert

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