

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

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

Seasonal Fresh Fruits
Allergy Friendly Muffins
Fluffy Scrambled Eggs
Thick Sliced Bacon
Sausage Links
Allergy-Friendly Waffles
Hash Brown-style Potato Barrels

Dinner

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

Starters

Allergy-Friendly Rolls
Farmer's Salad featuring Lettuce, Cucumbers, and Tomatoes from The Land Greenhouses with Bacon, Egg, and Radishes with Oil and Vinegar

Main Courses

Home-style Pot Roast
All-natural Sliced Turkey Breast
Italian Sausage with Sauteed Peppers and Onions
Rice Pilaf
Fresh Seasonal Vegetables
French Fries

Dessert

House-made Fruit Shortcake