

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.

Gluten/Wheat Allergy Friendly

Grilled Chicken Skewer served with Broccoli and Tomato Salad (available at the Grill)

Karubi Ribs served with Chickpea Salad (available at the Chef Mwanga's)

Desserts

Allergy-Friendly Chocolate Chip Cookie (available at: Grill, Chef Mwanga's, and Boerewors Sausages)

Allergy-Friendly Brownie (available at: Grill, Chef Mwanga's, and Boerewors Sausages)

Kids Meals

Served with choice of Carrot Sticks, Broccoli, or Apple Slices

Chicken Skewer (available at the Grill)

Karubi Ribs (available at the Chef Mwanga's)

Milk Allergy Friendly

Grilled Chicken Skewer served with Broccoli and Tomato Salad (available at the Grill)

Karubi Ribs served with Chickpea Salad (available at the Chef Mwanga's)

Desserts

Allergy-Friendly Chocolate Chip Cookie (available at: Grill, Chef Mwanga's, and Boerewors Sausages)

Kids Meals

Served with choice of Carrot Sticks, Broccoli, or Apple Slices

Chicken Skewer (available at the Grill)

Karubi Ribs (available at the Chef Mwanga's)

Egg Allergy Friendly

Grilled Chicken Skewer served with Broccoli and Tomato Salad (available at the Grill)

Karubi Ribs served with Chickpea Salad (available at the Chef Mwanga's)

All-Beef Gryo Flatbread served with Broccoli and Tomato Salad (available at the Grill)

Desserts

Allergy-Friendly Chocolate Chip Cookie (available at: Grill, Chef Mwanga's, and Boerewors Sausages)

Kids Meals

Served with choice of Carrot Sticks, Broccoli, or Apple Slices

Chicken Skewer (available at the Grill)

Karubi Ribs (available at the Chef Mwanga's)

Peanut/Tree Nut Allergy Friendly

Our location does not use any Peanut/Tree Nut products in the preparation process. Please feel free to make your selection from our main menu.

Soy Allergy Friendly

Grilled Chicken Skewer served with Broccoli and Tomato Salad (available at the Grill)

Desserts

Allergy-Friendly Chocolate Chip Cookie (available at: Grill, Chef Mwanga's, and Boerewors Sausages)

Kids Meals

Served with choice of Carrot Sticks, Broccoli, or Apple Slices

Chicken Skewer (available at the Grill)

Fish/Shellfish Allergy Friendly

Grilled Chicken Skewer served with Broccoli and Tomato Salad (available at the Grill)

All-Beef Gyro Flatbread served with Broccoli and Tomato Salad (available at the Grill)

Curried Corn Dog served with Broccoli and Tomato Salad (available at Boerewors Sausages)

Desserts

Allergy-Friendly Chocolate Chip Cookie (available at: Grill, Chef Mwanga's, and Boerewors Sausages)

Allergy-Friendly Brownie (available at: Grill, Chef Mwanga's, and Boerewors Sausages)

Kids Meals

Served with choice of Carrot Sticks, Broccoli, or Apple Slices

Chicken Skewer (available at the Grill)

Corn Dog (available at Boerewors Sausages)

Karubi Ribs (available at the Chef Mwanga's)