

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

Shiriki Noodle Salad – Rice Noodles, Edamame Beans, Mushrooms, Green Mango, and Cucumber tossed with a Sweet Chili Sauce. Famously served at Hotel Hightower on December 31, 1899... – \$11

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

Falls Family Falafel – A Secret Recipe of Chickpeas, Garlic, Onions, Lemon Juice, and Herbs served with White Bean Dip and Tomato-Cucumber Salad – \$9

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

Orinogo Ida's Cachapas – And you thought your jokes were corny! House-made Corn Pancakes, Mojo Braised Pork, Black Bean Salad, Avocado Cream – \$10

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

S.E.A. Shu Mai – A Legendary blend of Pork, Shrimp, Edamame Beans, and Spices wrapped in Gyoza Skin then steamed – \$11

For Egg, Milk and Peanut/Tree Nut Allergies

Jungle Green Salad – From the depths of the Jungle... Skipper Bill's Hearty Mixed Greens, Seasonal Squash, Preserved Lemons, Green Apples, and Spiced Walnuts tossed with an Apple Cider Vinaigrette – \$9

For Gluten/Wheat, Egg, Fish/Shellfish, and Milk Allergies

Ginger's "Croc" of Hot-and-Sour Soup – Flavored with Ginger "not the crocodile," Garlic, Soy Sauce, and Rice Wine Vinegar finished with fresh Egg, Tofu, and Wood Ear Mushrooms – \$9

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

Entrees

Curried Vegetable Crew Stew – A favorite of the Crew Stew Crew (especially Stu). Seasonal Vegetables in a House-made Curry Sauce served with Coconut Rice – \$18

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

"Baa Baa Berber" Lamb Chops – Berber-spiced Lamb Chops, Roasted Carrot Puree, and Arugula-Cauliflower Salad tossed in a Citrus Vinaigrette – \$28

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

"Hardy Har Char" Siu Pork – Char Siu Marinated Pork served with Seasonal Vegetables and Jasmine Rice – \$24

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

"A Lot of Steak" Salad – We're betting it all on this one! Grilled Steak, Romaine Lettuce, Spring Mix, Pickled Jalapenos, Red Onions, Queso Fresco, and Pumpkin Seeds tossed in a Chimichurri Vinaigrette – \$19

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

Sankuru Sadie's Seafood Stew – Shrimp, Sustainable Fish, Mussels, and Octopus simmered in a fragrant Coconut Sauce. Served with Jasmine Rice – \$27

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

Whole Fried Fish – You'll get hooked on Skipper Annette's latest catch! Served with Jasmine Rice, Grilled Scallions, and Soy-Ginger Vinaigrette – \$33

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

Perkins Thai Noodles – Chicken, Tofu, Seasonal Vegetables, and Rice Noodles tossed in a Spicy-Soy Chili Garlic Sauce. A favorite of our friend Pamela Perkins, President of the Adventurers Club – \$22

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

"Tastes Like Chicken" Because It Is! – Crispy Fried Chicken with Citrus and Ginger-scented Rice, Chili Glaze, and Seasonal Vegetables – \$24

For Gluten/Wheat, Milk, Shellfish, and Peanut Allergies

Sustainable Fish – "Not Piranha," served over Chinese Broccoli, Carrots, Shiitake Mushrooms, and Red Bell Peppers in a Fragrant Lemon Grass Broth – \$31

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

Dr. Falls' Signature Grilled Steak – Marinated New York Strip, Pico de Gallo Butter, Jasmine Rice, and Braised Black Beans with Applewood-smoked Bacon – \$35

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

Desserts

Coconut Bar with Pineapple Basil Compote and Vanilla Cream – Vanilla Chiffon Cake with Coconut and Lime-White Chocolate Ganache – \$8

For Fish/Shellfish and Peanut Allergies

Bertha's Banh Bong Lan Cake with Mango-Lime Sorbet – Vanilla Chiffon Cake soaked with Lemon Grass-Ginger Syrup – \$8

For Fish/Shellfish and Peanut Allergies

Kungaloosh! – An African-Inspired Chocolate Cake with Caramelized Bananas served with Cashew Caramel Ice Cream topped with Coffee Dust – \$8

For Fish/Shellfish and Peanut Allergies

Quick Sand!!! – Jasmine Rice Pudding, Mango Sauce, Lemon Curd, Hibiscus Meringue, and Pineapple – \$8

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

Kids' Meals for guests ages 9 and under

Appetizers (a la carte)

Serengeti Salad – Romaine with Tomato, Carrots, Broccoli, and Cucumber with a Fat-free Italian Dressing – \$3

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

Safari Snack – Yucca Fries and Cucumber Planks with Dipping Sauce – \$3

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

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

Tiki Tiki Fishy Fishy Grilled Sustainable Fish – \$12

Entrée: Fish served with Jasmine Rice and steamed broccoli

Dessert: Fresh Seasonal Fruit

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

Sizzling Savanna Grilled Flank Steak – \$13

Entrée: Steak served with Steamed Broccoli and Fingerling Potatoes

Dessert: Fresh Seasonal Fruit

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

Smiley's Little "Croc" O' Soup – \$11

Entrée: Chicken Noodle Soup

Dessert: Fresh Seasonal Fruit

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

you can choose One (1) Beverage, one (1) Entrée, and one (1) Dessert

Beverages (choose one)

Small Lowfat Milk

Small Dasani Water

Small Minute Maid Apple Juice

Entrees (choose one)

Junior Skip's Mac and Cheese – Classic Macaroni and Cheese served with Broccoli – \$10

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

Chef Tandaji's Crispy Chicken served with Jasmine Rice, Seasonal Vegetables, and

Sweet-and-Sour Sauce – \$11

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

Desserts (choose one)

Volcano – Goey Chocolate Lava with Caramel Lava and Exploding Chocolate Rocks will make you shout "Uh Oa!"

For Fish/Shellfish and Peanut Allergies

Monkey Bites with Candied Chocolate Sunflower Seeds and Chocolate-dipped Banana Bites

Gluten/Wheat and Fish/Shellfish Allergies

Fresh Seasonal Fruit – Watermelon, Kiwi, Strawberries, and Pineapple

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