

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**

### **Cold Station Pod One – Meats & Cheeses**

Smoked Pastrami Salmon

Gluten/Wheat, Eggs, Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies

Sliced Cheeses

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

Cucumber, Tomato, Red Onion

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

Caper, Egg Whites, Egg Yolks

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

Salami and Ham

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

### **Cold Station Pod Two – Fruits**

Watermelon Rind Salad

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

Melons

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

Grapes

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

Pineapple

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

Apple Sauce

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

Seasonal Fruit

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

### **Cold Station Pod Three – Fruits**

Greek Yogurt

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

Banana Yogurt

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

8 Dry Toppings  
Eggs and Fish/Shellfish Allergies

## **Cold Station Pod Four**

African Fruit Fool Salad  
Gluten/Wheat, Eggs, Fish/Shellfish, Peanut, and Soy Allergies  
Hard Boiled Eggs  
Gluten/Wheat, Fish/Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies  
Avocado/Papaya/Grapefruit Salad  
Gluten/Wheat, Eggs, Fish/Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies  
Spinach Quinoa Salad  
Gluten/Wheat, Eggs, Fish/Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies  
Create Your Own Omelet  
Gluten/Wheat, Fish/Shellfish, and Peanut/Tree Nut Allergies

## **Hot Station Pod Five**

Maple Syrup  
Gluten/Wheat, Eggs, Fish/Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies  
Pancakes  
Fish/Shellfish and Peanut/Tree Nut Allergies  
Waffles  
Eggs, Fish/Shellfish and Peanut/Tree Nut Allergies

## **Hot Station Pod Six**

Sausage Gravy  
Eggs, Fish/Shellfish, Peanut/Tree Nut, and Soy Allergies  
Biscuits  
Eggs, Fish/Shellfish, and Peanut/Tree Nut Allergies  
Scrambled Eggs of the Day  
Gluten/Wheat, Fish/Shellfish, and Peanut/Tree Nut Allergies  
Scrambled Eggs  
Gluten/Wheat, Fish/Shellfish, and Peanut/Tree Nut Allergies

## **Hot Station Pod Seven**

Fried Sweet Plantains  
Fish/Shellfish and Peanut/Tree Nut Allergies  
Fried Breakfast Potatoes  
Fish/Shellfish and Peanut/Tree Nut Allergies  
Sausage

Gluten/Wheat, Eggs, Fish/Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies  
Bacon

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

## **Rotisserie**

Grilled Asparagus

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

Oak Grilled Roma Tomatoes

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

Chakalaka

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

Creamy Pap

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

Turkey Bobotie

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

Corn Beef Hash

Peanut/Tree Nut and Shellfish Allergies

Carved Turkey

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

Carved Corned Beef

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

Carved Ham

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

Boma Mustard

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

Sambal

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

Brown Sugar

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

Raisins

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

Oatmeal

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

Quinoa

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

Fried Quinoa

Fish/Shellfish and Peanut/Tree Nut Allergies

## **Bakery Items**

Wheat Bread

Eggs, Fish/Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies

White Bread

Eggs, Fish/Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies

Croissants

Fish/Shellfish and Peanut/Tree Nut Allergies

Whipped Butter

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

Jellies and Jams

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

Assorted Bagels

Eggs, Fish/Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies

Whipped Cream Cheese

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

Chocolate Hazelnut Spread

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

Breakfast Muffins and Breads

Fish/Shellfish and Peanut Allergies

Apple Pockets

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

Vanilla Sauce

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

Pecan Praline Sauce

Gluten/Wheat, Eggs, Fish/Shellfish, Peanut, and Soy Allergies

Bread Pudding

Fish/Shellfish and Soy Allergies

Sticky Buns

Fish/Shellfish Allergies

Doughnuts

Eggs, Fish/Shellfish, Peanut/Tree Nut Allergies

## **Allergy-Friendly Options Upon Request**

Allergy-Friendly Sweet Breads (Doughnuts and Muffin)

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

Allergy-Friendly Breads (Toast & Bagel)

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

Allergy-Friendly Waffles

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

## **Dinner**

## **Pod One – Breads and Dips**

Lavosh

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

Mealie Bread

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

Spitzweck Rolls

Eggs, Fish/Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies

Pita Bread

Eggs, Fish/Shellfish, Milk/Dairy, Peanut/Tree Nut, and Soy Allergies

White Bean Hummus

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

Kalamata Olive Hummus

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

## **Pod Two – Fruits**

Fruit Salad

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

Apple Sauce

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

Yogurt

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

## **Pod Three – Cold Station**

Buttermilk Berbere Dressing

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

Mango Vinaigrette

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

Cucumber, Tomato, and Onion

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

Roasted Peppers

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

Feta Cheese

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

Lentils

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

European Lettuce with Shredded Carrots

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

## **Pod Four – Cold Station**

Chicken Chili Cilantro Salad

Fish/Shellfish and Peanut/Tree Nut Allergies

Chermoula Peel and Eat Shrimp

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

Chermoula Cocktail Sauce

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

Cauliflower Salad

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

Spinach and Quinoa Salad

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

Roasted Eggplant Salad

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

Cucumber Salad

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

## **Pod Five – Cold Station**

Avocado, Papaya & Grapefruit Salad

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

Watermelon Rind Salad

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

Kool Slaai

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

Pasta Salad

Fish/Shellfish, Milk/Dairy, and Peanut/Tree Nut Allergies

Harira

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

## **Pod Six – Hot Station**

Ghanian Oxtail Stew

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

Sambal Chicken Corn Chowder

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

Butternut Squash Soup

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

Curried Coconut Seafood Stew

Egg, Milk/Dairy, and Peanut Allergies

Basmati Rice

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

## **Pod Seven – Hot Station**

Sambosas

Fish/Shellfish and Peanut/Tree Nut Allergies

Mango Chutney

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

Asparagus with Paprika Olive Oil

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

Zulu Cabbage

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

Geel Rys

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

Cous Cous with Citrus and Spinach

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

## **Pod Eight – Hot Station**

Penne Pasta

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

Meatballs and Marinara Sauce

Egg, Shellfish, Milk/Dairy, and Peanut/Tree Nut Allergies

Mac and Cheese

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

Peas and Corn

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

Mealie Dogs

Fish/Shellfish and Peanut/Tree Nut Allergies

## **Rotisserie**

Pap

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

Chakalaka

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

Mashed Potatoes

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

Fufu

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

Senegalese Salmon – Yassa Sauce

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

Roast Turkey

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

African Spiced Strip Loin

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

Sambal

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

Horseradish

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

Boma Mustard

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

Masi Mara

Egg, Fish/Shellfish, Milk/Dairy, Peanut, and Soy Allergies

Tamarind BBQ Sauce

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

Durban Rotisserie Chicken

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

Bobotie

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