

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.

Allergy-Friendly Sushi Menu

Gluten, Egg, and Soy Allergies

California Roll, no Yuzu Mayonnaise... Jumbo Lump Crab, Avocado, Cucumber – \$24.00

Sashimi... Yellowfin Tuna, Salmon, Hamachi, Octopus – \$24.00

Shrimp Roll, no Tempura... Nori, Jicama, Mango – \$24.00

Tuna Roll... Nori, Cucumber – \$20.00

Salmon Roll... Salmon, Sea Salt, Lemon Zest – \$20.00

Milk Allergies

California Roll... Jumbo Lump Crab, Avocado, Cucumber – \$24.00

Sashimi... Yellowfin Tuna, Salmon, Hamachi, Octopus – \$24.00

Tuna Roll... Nori, Cucumber, Soy – \$20.00

Salmon Roll... Salmon, Sea Salt, Lemon Zest – \$20.00

Hamachi Roll... Hamachi, Soy – \$20.00

Fish Allergies

Shrimp Roll, no Tempura... Nori, Jicama, Mango – \$24.00

California Roll... Jumbo Lump Crab, Avocado, Cucumber – \$24.00

Shellfish Allergies

Sashimi... Yellowfin Tuna, Salmon, Hamachi, Octopus – \$24.00

Tuna Roll... Nori, Cucumber, Soy – \$20.00

Salmon Roll... Salmon, Sea Salt, Lemon Zest – \$20.00

Hamachi Roll... Hamachi, Soy – \$20.00

From the Wood Burning Oven

Rotisserie Chicken Flatbread... Tomato and Corn Salsa, Pepper Jack Cheese, Queso Fresco, Spicy Crema – \$16.00

Fish/Shellfish and Peanut/Tree Nut Allergies

Roasted Tomato Flatbread... Laura Chenel & Midnight Moon Goat Cheese, Arugula Pesto, Aged Balsamic – \$16.00

Fish/Shellfish, Peanut, and Soy Allergies

Artisan Tacos... Adobo Fish or Braised Pork, House-made Cilantro-Corn Tortillas, Chipotle Crema, Pico de Gallo – \$17.00

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

Roasted Bone Marrow... Waygu Ropa Vieja, Asian Pear Compote, Herb Crostini – \$17.00

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

Soup, Salads, and Appetizers

Heirloom Tomatoes in all their glory... Burrata Cheese, Hazelnut, Pumpkin Seed Oil, Balsamic, Tiny Basil – \$16

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

Crispy Rock Shrimp Salad... Spicy Baby Greens, Subarashii Pears, Soy Reduction, Wasabi Cream – \$18.00

Peanut/Tree Nut Allergies

Creamy Potato-Gruyere Bisque... Multi-Grain Main "Lobster Roll" Crostini, Harissa Oil – \$16.00

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

Artisan Romaine... Roasted Garlic Dressing, Boquerones, Roasted Tomatoes, Foccacia Croutons – \$16.00

Peanut/Tree Nut, Shellfish, and Soy Allergies

Sonoma Goat Cheese Ravioli... Tomato-Fennel Broth, Crispy Mushrooms, Basil, Benziger

Arbequnia Organic Olive Oil – \$15.00

Fish/Shellfish, Peanut, and Soy Allergies

Heirloom Apple Salad... Pink Lady Apple, Baby Lettuce, Karst Cheddar, Dried Cranberries, Late Harvest Riesling Vinaigrette – \$16.00

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

Entrees

Pork Two Ways... Grilled Tenderloin, Goat Cheese Polenta, Mushrooms, Lacquered Belly – \$42.00

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

Seared Hokkaido Scallops... Brentwood Corn, Asparagus, Duck Confit, Citrus-scented Artichokes, Verjus-Piquillo Emulsion – \$48.00

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

Long Island Duck... Fregola, Sage Infused Butternut Squash Puree, Gala Apple Port Reduction, Toasted Peanut-Cranberry Relish, Huckleberry Gastrique – \$40.00

For Fish/Shellfish Allergies

SRF-Wagyu Eye of Ribeye... Potato Mille Feuille, Tank 7 Fondue, Chantarelles, Pole Beans, Port Wine Sauce – \$61.00

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

Coconut-Vegetable Curry... Garbanzo-Cauliflower Silk, Marble Potatoes, Turnips, Carrots, Exotic Radish, Marcona Almonds – \$36.00

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

Wild Caught Alaskan Halibut... Summer Vegetables, Tiny Potatoes, Cherrywood Bacon, "White Clam Cream" – \$46.00

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

Seafood Ramen... Lobster, Gulf Shrimp, Scallops, House-made Ramen, Crisp Vegetables, Fragrant Broth – \$50.00

Egg, Milk, and Peanut/Tree Nut Allergies

Florida Swordfish... Baby Squash, Young Heirloom Tomatoes, French Beans, Fermented Garlic, Pinot Noir Syrup – \$48.00

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

Oak-fired Filet of Beef... Duck Fat Cooked Marble Potatoes, Gruyere-Harp Lager Mornay, Roasted Tomato Peperonata, Whole Roasted Garlic, Cabernet Wine Sauce – \$49.00

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

Desserts

Chocolate Pudding Cake... Luscious Chocolate Cake with Nutella Filling, Meringue Kisses, and Chantilly Cream – \$14.00

Gluten/Wheat and Peanut Allergies

S'more Creme Brulee... Marshmallow Custard, Milk Chocolate Ganache, and Caramelized Turbinado Sugar – \$13.00

Peanut/Tree Nut Allergies

Warm Homemade Fritters... Apple-stuffed, Cinnamon-dusted Fritters complemented with a Trio of Dipping Sauces – \$13.00

Peanut/Tree Nut Allergies

Banana Buzz... Butterscotch Custard, Banana Cream, Coffee-dusted Phyllo, Fresh Bananas, and a Fried Plantain Chip – \$13.00

Peanut/Tree Nut Allergies

Almond Panna Cotta Cocoa Torte, a No Sugar Added Dessert... Fresh Raspberries, Coconut Ice Cream, Lime-Coconut Reduction – \$13.00

For Gluten/Wheat and Peanut Allergies

Honey-Crunch Cake... Lemon-Honey Olive Oil Cake, Autumn Spiced Poached Pears, Port Wine Gel, Artisan Honey Ice Cream – \$13.00

Peanut/Tree Nut Allergies

Kids Menu for guests ages 9 and under

Appetizers (a la carte)

Baby Iceberg Wedge Salad with Curled Carrots, Baby Tomatoes, and Fat-free Ranch Dressing – \$5.00

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

Grilled Seasonal Vegetable Lettuce Wraps with Hummus Dip – \$5.00

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

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

Chicken Breast – \$15.00

Entree: Grilled Chicken Breast with Steamed Green Beans and Crushed Sweet Potatoes

Dessert: Seasonal Fruit Kabobs with Freshly Made Yogurt Dip

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

Wild Salmon – \$16.00

Entree: Seared Wild Salmon with Steamed Green Beans and Brown Basmati Rice

Dessert: Seasonal Fruit Kabobs with Freshly Made Yogurt Dip

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

Beef Tenderloin – \$18.00

Entree: Beef Tenderloin with Steamed Green Beans and Crushed Sweet Potatoes

Dessert: Seasonal Fruit Kabobs with Freshly Made Yogurt Dip

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

Entree served with choice of small lowfat milk, small Dasani water, or small Minute Maid

Apple Juice

Hand-formed Provolone Cheese Pizza – \$10.00

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

Homemade Macaroni & Cheese – \$9.00

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

Desserts

California Grill Signature Puffed Rice Sushi – \$7.00

Egg, Peanut/Tree Nut, and Soy Allergies

Seasonal Fruit Kabobs with Freshly Made Yogurt Dip – \$6.00

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

Cookies 'n Cream – Fresh-baked Petite Chocolate Chip Cookies with Vanilla and Chocolate

Pop Rocks Ice Cream – \$7.00

Peanut/Tree Nut Allergies