

**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.**

## **Milk Shakes**

Chocolate or Vanilla – \$6.00

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

## **Appetizers**

Sci-Fi Appetizer Sampler – Boneless Wings, Spinach Dip, Fried Dill Pickles served with Ranch and Blue Cheese Dressing – \$19

Fish/Shellfish and Peanut/Tree Nut Allergies

Spicy Buffalo Popcorn Chicken with Blue Cheese Dressing and Celery Sticks – \$10.00

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

Crispy Onion Rings with Horseradish Dipping Sauce – \$8.50

Fish/Shellfish and Peanut/Tree Nut Allergies

Sci-Fi Wedge Salad – Iceberg Lettuce, Grape Tomato, Bacon, Red Onion, Blue Cheese Dressing – \$8.00

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

Spinach and Artichoke Dip – a blend of Monterey Jack and Parmesan, Spinach, and Artichokes served with Corn Tortillas – \$8.50

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

Fried Dill Pickles with Ranch Dipping Sauce – \$9.00

Fish/Shellfish and Peanut/Tree Nut Allergies

## **Entrees**

Flame-broiled New York Strip Steak served with Garlic Mashed Potatoes and Seasonal Vegetables – \$32.00

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

Allergy-Friendly Penne Pasta served with a Four-Cheese Sauce, Tomato, Red Bell Pepper, and topped with Parmesan Cheese – Chicken – \$24.00 ; Shrimp – \$25.00

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

Flame-Broiled Burger topped with Lettuce and Tomato served on an Allergy Friendly Bun – \$17.50

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

The Reuben – Corned Beef, Sauerkraut, Swiss Cheese, and Thousand Island Dressing on Allergy-Friendly Bread – \$15.00

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

Oven-roasted Turkey, Crispy Bacon, Lettuce, and Vine-ripened Tomato with Cilantro-Avocado Aioli on Allergy-Friendly Bread – \$15.00

Gluten/Wheat and Fish/Shellfish Allergies

House-smoked St. Louis-style Pork Ribs with Cola Barbecue Sauce served with Baked Beans and French Fries – \$24.00

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

## **Desserts**

Warm Glazed Doughnut with Cinnamon Apples and topped with Vanilla Soy Milk Frozen Dessert – \$9.00

For Milk and Peanut/Tree Nut Allergies

Brownie – Allergy-Friendly Brownie served with Hot Fudge Sauce and Vanilla Bean Ice Cream – \$9.00

For Gluten/Wheat and Peanut/Tree Nut Allergies

Fresh Fruit Salad – \$7.00

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

Hot Fudge Sundae – \$9.00

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

## **Kids Meals for guests ages 9 and under**

### **Appetizers**

Garden Salad – \$3.00

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

Chicken Noodle Soup – \$3.00

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

Celery and Carrot Sticks – \$3.00

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

### **Mickey Check Meals served with choice of small lowfat milk or small**

#### **Dasani water**

Grilled Salmon – \$12.00

Entrée: Grilled Salmon with Garlic Mashed Potatoes

Dessert: Apple Slices

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

Whole-Wheat Penne Pasta – \$10.00

Entrée: Whole-Wheat Penne Pasta served with Grilled Chicken, Marinara Sauce, Green Beans, and Carrots

Dessert: Sliced Apples

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

Chicken Breast – \$11.00

Entrée: Chicken Breast with Garlic Mashed Potatoes, Green Beans, and Carrots

Dessert: Sliced Apples

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

## **Choice of one (1) Beverage, one (1) Entrée, and one (1)**

### **Dessert**

#### **Beverages**

Small Lowfat Milk

Small Dasani Water

Small Minute Maid Apple Juice

#### **Entrees**

Popcorn Chicken – \$11.00

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

Macaroni & Cheese – \$10.00

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

Cheeseburger – \$11.00

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

#### **Sides**

Cucumber Salad

Garden Salad

French Fries

#### **Desserts**

Allergy-Friendly Chocolate Chip Cookies

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

Ice Cream Sundae

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

Sliced Apples

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

Fruit Salad

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

Strawberry-Lemon Sorbet

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