



WALT DISNEY WORLD®
Food & Beverage

Dietary Request Information

On behalf of the WALT DISNEY WORLD® Food & Beverage Team, we are committed to making your stay as magical as possible as we strive to offer a wide range of food products for all of our Guests.

In our table service restaurants, we have a staff of trained chefs who will strive to meet your requests by adapting current menu items or developing items to fit your needs. In our quick service areas, we provide a wide range of items that likely will accommodate most dietary requests. Nevertheless, due to the cultural authenticity and cooking techniques of our Food & Beverage locations it is sometimes difficult to alter menus in certain locations.

Although we can take care to accommodate specific requests during the cooking and preparation process, *due to the large number and ever changing variety of culturally authentic ingredients and suppliers used in many of our restaurants, we are unable to ensure that all prepackaged or prepared ingredients do not contain particular items of concern.* Therefore, we ask that if you or someone in your party has a food allergy or other condition which might result in a severe reaction to a particular food ingredient or food additive, please use extreme caution in meal planning and contact us for assistance and dining suggestions. As always, although we strive to provide as much information to you as possible, the decision of whether to consume any particular product is up to you based on your evaluation of the particular circumstances.

Listed below is some helpful information when planning your time with us. Attached are some product specifications that may assist you as well. Please feel free to contact any of the below listed email addresses should you require any additional information.

We look forward to you having a safe and magical visit with us.

Table Service Restaurants

When making a reservation, please notify the reservation agent of any dietary requests so that it may be noted. Upon arrival to the restaurant, please ask to speak to the chef, manager, or the person in charge on duty to discuss your dietary requests. Special items are available with advance notice, and arrangements may be made by calling the phone number that was provided when making your reservation. Please allow for additional dining time for any special requests to ensure that your requests are met safely.

Call 407-WDW-Dine or 407-939-3463 to make your reservations.

Quick Service Restaurants (Counter Service)

Please ask to speak to a manager upon arrival and they will be happy to assist you. Locations are able to adapt their menu items slightly, but please allow additional time for any special requests made without advance notice.

DISNEY'S ANIMAL KINGDOM® Theme Park

The locations listed below have menu items or products that may meet most dietary requests.

Restaurantosaurus (located in DinoLand U.S.A.)
Flame Tree Barbecue (located between Asia and DinoLand U.S.A.)
Harambe Fruit Market

Disney's Hollywood Studios™

The locations listed below have menu items or products that may meet most dietary requests.

Rosie's All American Café at Sunset Ranch Market
Backlot Express
Studio Catering Company
ABC Commissary
Toy Story Pizza Planet

Epcot®

The locations listed below have menu items or products that may meet most dietary requests.

Liberty Inn (located at The American Adventure in World Showcase)
Sunshine Seasons (located in the Land Pavilion)
Electric Umbrella

MAGIC KINGDOM® Park

The locations listed below have menu items or products that may meet most dietary requests.

Cosmic Ray's Starlight Café (located in Tomorrowland)
Pecos Bill Tall Tale Inn and Café (located in Frontierland)
Main Street Bakery
Toontown Farmer's Market and Liberty Square Market
Pinocchio's Village House (Fantasy Land)

DISNEY CRUISE LINE®

DISNEY CRUISE LINE® can accommodate a variety of special dietary requests, including gluten, diabetic, vegetarian, low-fat, low-sodium and Kosher meals. Please submit any special dietary requests in writing to our Special Reservations Department at least four (4) weeks prior to your sail date. Once onboard, any dietary requests should be directed to your Head Server.

Please visit our web site at www.disneycruise.com or phone Disney Cruise Vacations at 1-800-951-3532.

Frequently Asked Questions

Can nutritional information be provided for menu items?

Unfortunately we do not have, and therefore we cannot provide you with accurate or reliable nutritional information, and we would not want you or any other Guest to rely on what could only be our "best guess." We can however, attempt to work within your dietary requests and suggest some menu alternatives and solutions that may satisfy your needs. We strive to provide all our Guests a magical experience by offering a wide array of dining locations, experiences and menu options, and we trust that among all those selections you will find menu items that meet your needs.

Are organic products available?

Organic products that meet the USDA's organic food requirement are in very limited supply. We are always trying to improve upon our existing product line of traditional and/or organic food offerings. Our food procurement standards include a vendor approval process that is designed to consistently achieve high quality products. Introducing a new food product or vendor requires multiple approval steps, regardless of the claims attached to individual foods. We will forward your suggestion to our special dietary needs manager and our procurement department for further consideration. In the meantime we're optimistic you will find our existing product lines acceptable, and we would be happy to review additional existing options with you.

Can products from home be prepared by Disney chefs?

No. State Law prohibits our Culinary Cast Members from preparing, cooking, or reheating any foods brought in by our Guests, so we will not be able to heat or reheat any food item that is not prepared by us.

Can food be brought into WALT DISNEY WORLD® Resort and Theme Parks?

Guests are allowed to bring food items, such as snacks or foods that do not require heating, into any WALT DISNEY WORLD® Resort. If you have items that need to be refrigerated, please ask the front desk Cast Member to have a refrigerator placed in your room. Please check with the front desk to see if there is a charge for use of the refrigerator.

Guests are allowed to bring food items, such as snacks or foods that do not require heating, into any WALT DISNEY WORLD® Theme Park. Just inform a Security Cast Member checking the bags that you have food allergies and they will gladly allow you to bring in these items.

Walt Disney World® Resort Food Allergy/Dietary Reference Sheet

These items are available at most locations.

****Always ask to speak to a chef or manager as vendors, products, and ingredients may have changed.**

****Ingredient labels are available upon request.**

Standard Menu Offerings	
Hot Dog	Beef/chicken contains mustard seed
Fresh Hamburger	All beef
Frozen Hamburger (limited locations)	Choice Chuck Beef, Seasoning (salt, dextrose, natural flavors, spices). Processed with soy lecithin as a belt release agent.
Autumn Grain Hamburger Buns	Contains wheat, soy, whey, and corn
Autumn Grain Hot Dog Buns	Contains wheat, soy, whey, and corn
Chicken Strips	Breaded - contains wheat, egg, soy, whey, and corn
Adult Chicken Breast Nuggets	Breaded – contains wheat, egg, soy, whey, and corn
Kids Chicken Nuggets	Breaded - contains wheat, egg, soy, and whey
French Fries	Potatoes, vegetable oil (may contain one or more of the following: canola, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil) salt, disodium dihydrogen pyrophosphate, dextrose
Fryer Oil	High oleic canola oil
Turkey Legs	Cured with water, salt, sugar, sodium phosphate, sodium, erythobate and sodium nitrate
Soft Drinks	Coca-Cola products
Ketchup	Heinz
Salad Dressings	Ken's Steakhouse
Desserts/Snacks	
Popcorn	Orville Redenbacher's
Popcorn Oil	Contains coconut, corn, and canola blend (produced in a plant that produces peanut oil)
Soft Pretzels	Processed in a plant that contains peanuts and tree nuts
Frozen Treats	Itzakadoozie by Nestle, Nestle Pineapple Juice Bars, Edy's Frozen Strawberry bar, Nestle Frozen Lemonade Cup, Nestle Frozen Strawberry Lemonade Cup
Mickey Premium Ice Cream Bar	Nestle – contains milk, coconut oil, corn
Nestle Crunch Bar	Nestle – contains milk, coconut oil
Frozen Banana	L& H Industries – contains coconut oil, peanuts, milk
Edy's Dibs	Milk coconut oil, corn
Haagen-Dazs Vanilla and Almond Bar	Milk, egg, almonds, coconut

Please note: The Walt Disney World Company will use reasonable efforts to prevent the introduction of the allergen of concern into the food through close attention during our sourcing, preparation and handling processes. However, it is ultimately *always up the Guest* to use his or her individual discretion to make an informed choice regarding whether to order any particular items, since Walt Disney World Company cannot guarantee that allergens may not have been introduced during another stage of the food chain process, or even inadvertently, by us.

Update January 28, 2011

Walt Disney World® Resort
Food Allergy/Dietary Reference Sheet

Prepackaged Snacks

These items are available at the following locations.

****Always ask to speak to a chef or manager; vendors and ingredients change.**

****Always read package labels.**

The following items are gluten, lactose, and peanut free.

Manufactured by French Meadow Bakery www.frenchmeadow.com

Delicious Fudgie Brownie

Chocolate Chip Cookie

The following items are made without milk, eggs, peanuts, and tree nuts.

Manufactured by Divvies LLC www.divvies.com

Chocolate Chip Cookie

Most of these items can be found in the following locations;

PARKS	
MAGIC KINGDOM® Park	Main Street Bakery
<i>Epcot®</i>	Liberty Inn & Electric Umbrella
DISNEY'S ANIMAL KINGDOM® Theme Park	Kusafari Bakery Tusker House Restaurant
<i>Disney's Hollywood Studios</i>	Starring Rolls Bakery
RESORTS	
<i>Disney's Animal Kingdom Lodge</i>	The Mara
<i>Disney's All Star Resorts</i>	Sports, Music, & Movies
<i>Disney's Caribbean Beach Resort</i>	Old Port Royale
<i>Disney's Contemporary Resort</i>	Contempo Cafe
<i>Disney's Port Orleans Resort-French Quarter</i>	Food Court
<i>Disney's Grand Floridian Resort and Spa</i>	Gasparilla Grill & Games
<i>Disney's Polynesian Resort</i>	Captain Cook's
<i>Disney's Pop Century Resort</i>	Food Court
<i>Disney's Port Orleans Resort</i>	Food Court
<i>Disney's Saratoga Springs Resort & Spa</i>	The Artist's Palette
<i>Disney's Wilderness Lodge</i>	Roaring Forks
<i>Disney's Yacht & Beach Club Resorts</i>	Beach Club Marketplace
<i>Disney's Old Key West Resort</i>	Good's to Go

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Specialty Products for Guests with Food Allergies

These items are available at most locations. ****Always ask to speak to a chef or manager as vendors, products, and ingredients may have changed. Ingredient labels are available upon request.**

Brand	Product
AllergyFree Foods – product does not contain wheat/gluten, egg, milk, peanuts, tree nuts or soy – contains corn	Breaded Country-Fried Chicken Tenderloins
Amy’s - Gluten-Free Products	Rice Macaroni & Cheese, Cheese Pizza, Marinara Sauce
Bob’s Red Mill – Gluten-Free Mixes	Pancake, Brownie, All-purpose baking mix
Cambrooke Foods – Low Protein Products 2-WEEK ADVANCE NOTICE IS REQUIRED TO ORDER THESE PRODUCTS	MixQuick, Portabella Spinach Ravioli, Camburgers, Macaroni & Cheese, Cheese Pizza, Penne Pasta, Home-style Sliced White Bread, American Cheese Singles
Divvies – made with NO milk, eggs, peanut, or tree nuts	Chocolate Chip Cookies, Caramel Popcorn, Jellybeans
Earth Balance	Margarine
Ener-G Foods – product does not contain wheat/gluten, milk, eggs, soy, peanuts, tree nuts	Egg Replacer; Tapioca Hotdog, Hamburger, & Dinner Roll, Brown Rice Sliced Bread, Rice Pizza Shell
Enjoy Life – no dairy, peanuts, tree nuts, wheat, gluten, soy, eggs, fish and shellfish – also made without casein, potato, sesame and sulfites	Chocolate Bar/Dark, Boom Chocolate, Chocolate Chip Cookies, Rice Crispy Chocolate Bar
Follow Your Heart – cheese	Mozzarella – VEGAN Cheese
French Meadow Bakery – Product does not contain wheat/gluten, milk, peanut or tree nuts	Brownies and Chocolate Chip Cookie
Gluten-Free Kneads 2-WEEK ADVANCE NOTICE IS REQUIRED TO ORDER THESE PRODUCTS	Frozen Chocolate, Cinnamon, Lemon Cookies (Baked in Specific Locations) Vegan
Kinnikinnick – No gluten added	Cinnamon Sugar Donuts, Vanilla Glazed Donuts, Chocolate Chip Muffins, Blueberry Muffins, Tapioca Cinnamon Raisin Bagel, NY Style Bagel.
Namaste Foods	Pancake & Waffle Mix and Cake Mix
Natures Path	Crispy Rice Bar/Chocolate, Crispy Rice Bar/Berry
Pacific Natural Foods	Rice Milk
Rice Dream	Classic Vanilla Rice Milk, Rice Dream Frozen Dessert
Rich’s Products	Non-Dairy Whipped Topping (lactose-free only)
San-J	Wheat-free Tamari Soy sauce
Silk Soy Milk	Plain, Vanilla, and Chocolate

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Silk Soy Yogurts	Banana/strawberry, Peach, Plain
Tofutti	American Soy Cheese, Sour Cream, Cream Cheese, Tofutti Cuties, Vanilla and Chocolate Frozen Dessert
Tinyaka	Brown Rice Pasta, Elbow Pasta, Brown Rice Spaghetti
Van's	Pre-made Waffles, Original

Additional Information

These items are available at the quick service locations in our Parks.

**Always ask to speak to a chef or manager as vendors, products, and ingredients may have changed. Ingredient labels are available upon request.

Menu Items	DISNEY'S ANIMAL KINGDOM® Theme Park	Disney's Hollywood Studios™	Epcot®	MAGIC KINGDOM® Theme Park
Allergy Free Chicken Tenderloins	Restaurantsaurus	ABC Commissary Backlot Express Rosie's All Star Diner	Electric Umbrella Liberty Inn	Columbia Harbour House
Amy's Macaroni & Cheese	Flame Tree Restaurantsaurus	NA	Sunshine Seasons Electric Umbrella Liberty Inn	Columbia Harbour House Pinocchio Village Haus Tomorrowland Terrace Noodle Station
Amy's Cheese Pizza	Pizzafari	Toy Story Pizza Planet	Electric Umbrella Liberty Inn	Pinocchio Village Haus
Baked Potato	NA	NA	NA	Liberty Square (with advance notice)
Fresh Fruit Cups	Harambe Fruit Market, Drinkwallah	Sunset Ranch Market, ABC Commissary	Most quick service locations	Liberty Square Market (seasonal), Mickey's Toontown Farmers Market, Main Street Bakery
Frozen Coca-Cola	Dino Diner Drinkwallah	Peevy's Polar Pipeline,	Test Track Cool Wash	The Launching Pad
Enjoy Life Cookies	Kusafiri Bakery Flame Tree Pizzafari Restaurantsaurus	Staring Rolls Bakery Backlot Express, Rosie's All-American Dinner, Studio Catering Company	Sunshine Seasons	Main Street Bakery
Hamburger on Tapioca Roll	Restaurantsaurus	ABC Commissary Backlot Express Rosie's All-American Diner	Electric Umbrella Liberty Inn	Cosmic Ray's Starlight Café Pecos Bill Tall Tale Inn and Café

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Hot Dog on Tapioca Roll	Restaurantosaurus	Backlot Express Fairfax Fare	Liberty Inn	Cosmic Ray's Starlight Café Casey's Corner
Silk Soy Milk	Restaurantosaurus, Pizzafari	ABC Commissary	Sunshine Seasons	Main Street Bakery, The Lunching Pad, Sunshine Tree Terrace, Friar's Nook
Rice Milk	NA	NA	Sunshine Seasons	Main Street Bakery
Tofutti Frozen Dessert	Restaurantosaurus	Hollywood Scoops	Sunshine Seasons, Fountain View	The Cone Shop, Plaza Ice Cream Parlor
Rice Dream Frozen Dessert	Restaurantosaurus	Hollywood Scoops	Sunshine Seasons, Fountain View	The Cone Shop, Plaza Ice Cream Parlor
No Sugar Added Ice Cream	Discovery Island Dip cart	Hollywood Scoops	Liberty Inn	Plaza Ice Cream Parlor
Soft Serve Ice Cream – Reduced Fat - Vanilla & Chocolate	N/A	Dinosaur Gertie's Ice Cream of Extinction, KRNR The Rock Station	The Refreshment Port	Sunshine Tree Terrace, Aloha Isle, Enchanted Grove, Auntie Gravity's, Galactic Goodies
No Sugar Added Brownie	Kusafiri Bakery Restaurantosaurus	NA	Electric Umbrella	Cosmic Ray's Starlight Café
Divvies Jelly Beans/Caramel Popcorn	Kusafiri Bakery	NA	NA	Main Street Bakery
Cakes for Guests with food allergies	A 6-inch Chocolate Cake with Chocolate Frosting or Vanilla Cake with Vanilla Frosting are available with a 7 days notice at most Table Service Restaurants. These cakes are prepared with no added wheat/gluten, milk, soy, peanut, and tree nuts. To order these cakes and for pricing call 407-827-2253			
Red Bridge Gluten-Free Beer	Available on all lounge menus and on most family table service menus			

