

GLUTEN FREE GUIDE - GlutenFreeDisneyWorld

Food & Wine Festival

October 2023



The Alps (near Germany)

- *Warm Raclette Swiss Cheese with alpine ham (GF - if bread is omitted)
- *Warm Raclette Swiss Cheese with potatoes (GF - if bread is omitted)
- *Dark Chocolate Fondue with Berries and Meringues (GF omit pound cake)

WINE: Huber vision Gruner Veltliner
Frozen Rose (Safe for top 9)

Australia (near Port of Entry)

Grilled Sweet-and-Spicy Bush Berry Shrimp with Pineapple, Pepper, Onion and Snap Peas (GF/DF)

Roasted Lamb Chop with Mint Pesto and Potato Crunchies (GF; DF omit potato crunchies)

WINE: Yalumba "Y" Viognier
Chateau Tanunda Grand Barossa Cabernet Sauvignon

Belgium (between France & Morocco) - None noted at this time

DRINKS: Belgian Chilled Coffee (with and without alcohol) - contains dairy

Brazil (between France & Morocco)

Feijoda: Black Beans with Crispy Pork Belly, Brazil Nut Pesto and Ben's Original Long Grain White Rice (GF)

Pao de Queijo: Brazilian Cheese Bread (GF)

DRINKS: Frozen Caipirinha with Cachaca (safe for top 9)

Use this as a guide to help you. It is always recommended to speak with a chef to verify information as ingredients, vendors, and options may change without notice. Notify the booth you have an allergy order.



Australia: Bush Berry Shrimp



Brew Wing: Brussel Sprouts



Canada: Beef Filet Mignon

**Denotes items that are or can be GF. They may or may not need modifications.*

ALWAYS ask to verify as ingredients throughout the festival can change.

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Brew Wing (Odyssey Center)

Orange-Cardamom Wings (GF)

Sticky Wings with Peanut Sauce and Jelly Sticky Wings (GF)

Garlic-Parmesan Wings (GF)

Traditional Buffalo Wings (GF; DF)

Spicy Scotch Bonnet Pepper-Currency Wings with Cucumber Yogurt (GF; DF omit yogurt)

Crispy Brussels Sprouts with Buffalo Sauce (GF/DF/Vegan)

DRINKS: Frozen Fusion (GF/DF/ice cream balls noted **vegan** at the booth)

Pickle Milkshake (contains dairy)

Blakes Tropicola Hard Cider

Bold Rock Peach Berry Hard Cider

3 Daughters Raspberry Lemonade Hard Cider

Bubbles & Brine

Jumbo Shrimp Cocktail with Prosecco cocktail sauce and grilled lemon (GF/DF)

Jonah Crab Claw Cocktail with stone-ground mustard sauce (GF/DF)

DRINKS: Moet & Chandon Imperial

Veuve Clicquot Rose

Dom Perignon

Canada

Canadian Filet Mignon, Wild Mushroom, Black truffle Mashed Potatoes (GF; DF without the potatoes or sauce)

WINE: Chateau des Charmes Cabernet Sauvignon

Char & Chop

Roasted Porchetta with lemon-parsley salsa verde & Shaved fennel salad (GF; DF)

Grilled Impossible Spicy Sausage with herbed polenta, puttanesca sauce, and ricotta (GF)

*Meat Assorti: Trio of shaved meats with baby arugula, pickled mustard seeds, truffle oil, and grilled ciabatta (GF/DF when omit the bread)

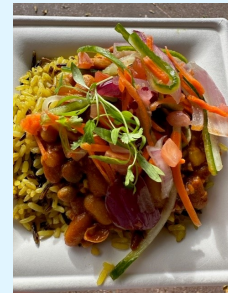
DRINKS: GoGi Birdie Pinot Noir

Bloody Mary mix is noted as GF—kurvball bbq whiskey unknown if GF

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Mexico: Tostada de Carnitas



Refreshment Port: Spicy Githeri



Flavors of America: Cioppino Stew

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Coastal Eats (near Mission Space)

*Oysters Rockefeller (GF when panko topping is omitted)

DRINKS: Wildly Brut Cuvee

Cape Codder: Boyd & Blair Vodka with Cranberry, Pomegranate and Lime

China - None noted at this time

Flavors of America (American Adventure)

*Italian Hot Beef Sandwich with Shaved Beef, Spicy Giardiniera, and Au Jus on a French Roll (GF/DF omit the roll)

*Cioppino: Seafood Stew, Saffron infused Tomato Fennel Broth (GF/DF omit crostini)

Chilaquiles: Corn Tortilla Chips tossed in salsa verde with Ranchero Chicken, Queso Fresco, Cilantro-Lime Crema and a Soft-Poached Egg (GF; DF omit queso fresco)

DRINKS: No drinks noted GF

Flavors from Fire (near Test Track)

*Smoked Corned Beef with Crispy Potatoes, Cheese Curds, Pickled Onions and Beer-Cheese Fondue (GF when the beer-cheese is omitted; DF omit cheese curds)

*The Impossible Burger Slider with Wasabi Cream and Spicy Slaw on a Sesame Seed Bun (GF/DF/Vegan) - when bun is omitted

Chimichurri Skirt Steak Taco with crushed avocado, grilled corn salsa, pickled red onions, queso fresco, and cilantro-lime cream (GF; DF when queso fresco is omitted)

DRINKS: Four virtues Bourbon Barrel Zinfandel

Swine Brine with Bourbon

France

Crème Brûlée Vanille a la Confiture de Framboise: Vanilla Crème Brûlée with House-Made Strawberry Jam (GF)

DRINKS: Strawberry Rose Mimosa: Pol Remy Sparking Wine, Orange Juice and Monin Strawberry Rose—Monin is GF per their website
Merlot and Cabernet Sauvignon Blend, Bordeaux
Chardonnay

Parisian Cosmo Slush: Vodka, Citron, Grand Mariner & Cranberry Juice



Mexico: Taco de Costilla



Flavors from Fire:
Modified Impossible
Burger



Greece: Griddled Cheese

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The Fry Basket (near Test Track)

Adobo Yuca Fries with Garlic-Cilantro Aioli (GF/DF/Vegan)

Fry Flight modified

Sea Salt and Vinegar (GF/DF/Vegan) - *it's a GF malt seasoning*

Barbecued Bacon Fries with Smoked Aioli (GF; DF)

Sweet Potato Casserole Fries with Candied Pecans, Toasted Marshmallow Cream and Maple Bourbon (GF)

DRINKS: Salty Dog Cocktail (Boyd & Blair Vodka is GF, potato vodka, per their site)

Germany

*Bratwurst on a Pretzel Roll with mustard (GF/DF omit the bread)

WINE: Non alcoholic Riesling, Selbach-Oster Riesling

Greece (near Morocco)

Griddled Cheese with Pistachios and Honey (GF)

WINE: Mylonas Assyrtiko White Wine

Zoe Rose

Kir-Yianni Naoussa Xinomavro Dry Red

Hawai'i (near Port of Entry)

Passion Fruit Cheesecake (GF)

DRINKS: AULANI Sunrise: vodka, DOLE Pineapple Juice and Grenadine (GF/DF)

Tribute Cabernet Sauvignon

India (near China)

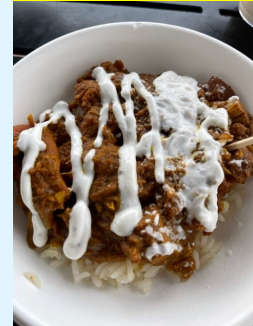
*Chicken Tikka Masala (GF without the naan)

DRINKS: Mango Lassi with Somrus Chai Cream Liqueur is GF per their site
Mango Lassi (non-alcoholic) - drink ingredients are mango, yogurt, milk, sugar, cardamom

Sula Brut Tropicale Sparking Wine

Sula Chenin Blanc

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India: Chicken Tikka Masala (no naan)



India: Mango Lassi with liqueur



Brew Wing

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Ireland (near the United Kingdom)

*Warm Chocolate Pudding Cake with Irish Cream Liqueur Custard (GF with no custard)

WINE: Bunratty Mead Honey Wine

Italy

No food options

WINE: Prosecco

Moscato

Chianti

Italian Sangria

Italian Margarita with Tequila and Limoncello (ingredients listed are GF, but check with the booth on brands)

Japan

Fire Taiko Roll with spicy tuna, cucumber, pickled Daikon radish, spicy sauce (GF/DF)

DRINKS: Sake Passion Cocktail

Moon the Water Sake

Kenya (near Refreshment Outpost)

Kenyan Coffee Barbecued Beef Tenderloin with Sweet Potato and Corn Mealie Pap and Kachumbari Slaw (GF; DF if potato/corn mealie pap is omitted)

*Piri Piri Skewered Shrimp with Citrus-Scented Couscous (GF/DF without Couscous)

DRINKS: Old Vine Riesling

Mexico

Tostada de Carnitas: Braised Pork on a fried corn tortilla with Black Beans, Avocado Mousse, Queso Fresco & Chives (GF; DF omit queso fresco)

Taco de Costilla: Slow-braised Beef Short Rib on a corn tortilla with salsa de childe Morita, Avocado Mousse & Spring Onion (GF)

DRINKS: Cast Members at this both noted that none of the margaritas can be GF

The Noodle Exchange (near Disney Traders)

Thai Shrimp and Coconut-Curry Rice Noodles with Shitake Mushrooms and Basil in a Coconut-Curry Broth (GF, DF)

WINE: Old Vine Riesling

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Kenya: Beef Tenderloin



The Fry Basket: Yucca Fries



Brew Wing: Sticky Wings with Peanut Sauce & Grape Gel

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Refreshment Outpost (between China & Germany)

DOLE WHIP: Watermelon, Pineapple, or Swirl (GF/DF/Vegan)

Spicy Githeri w/ White Beans, Pigeon Peas, Wild Rice, and Kachumbari Slaw (GF/DF/Vegan)

CIDER: Ciderboys Mango Tango Hard Cider

Refreshment Outpost (near Canada)

Traditional Poutine: French Fries with Beef Gravy, Cheese Curds, and Crumbled Boursin Garlic & Fine Herbs (GF)

Braised Beef Poutine: French Fries with Braised Beef, Boursin Garlic & Herbs Cheese Sauce, Cheese Curds, Crumbled Boursin and Gherkin Relish (GF)

DRINKS: Boulevard Brewing Co. Quirk Pineapple Orange Whip Hard Seltzer

Florida Orange Groves Winery Sparkling Peach

Shimmering Sips (near Port of Entry)

None noted at this time

This is where the Redemption Prize is for the Fromage Montage. It is a soft serve with cheesecake. It is GF if the cheesecake and cracker topping are omitted.

DRINKS: All mimosas are GF - champagne and juice are naturally GF Sparkling Wine

Spain (between Italy & Germany)

Charcuterie with a selection of imported Spanish Meats, Cheeses, Olives and an Herbed Vinaigrette (GF)

Paella with Rice, Chorizo and Shrimp (GF/DF)

Seafood Salad with Shrimp, Bay Scallops, Mussels, Extra Virgin Olive Oil, White Balsamic Vinegar and Smoked Paprika (GF/DF)

WINE: All Sangrias are GF

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Spain: Paella



Tangierine: Falafel



Tangierine: Lamb Kebab

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Swirled Showcase

*Soft Serve (omit waffle cone) - all flavors are noted as **GF**

Cream Soda Float with Vanilla Soft-Serve (**GF**)

Fanta Grape Float with Vanilla Soft-Serve (**GF**)

DRINKS: Frozen Apple Pie (**GF** with no topping or pie filling; base contains dairy)

Cinnamon Apple Cider

Berry Fizz Fragolino Red Sparkling Wine Float with Vanilla Soft-Serve

Tangierine Café: Flavors of the Medina (Morocco)

Grilled Kebabs with Carrot-Chickpea Salad and Garlic Aioli:

Chermoula Chicken (**GF**; **DF**)

Moroccan-Spiced Lamb (**GF**; **DF**)

*Fried Falafel Pita with Tahini Sauce (**GF/DF/Vegan**) - order without the pita; falafel is fried in a fryer that only fries falafel

DRINKS: Fig Cocktail with White Cranberry Juice and Fig Vodka - fig vodka is **GF** per their website

3 Daughters Brewing Fig Hard Cider

Blake's Hard Cider Peach Party & Blackberry

Hard Cider

Keel Farms Raspberry Citrus Hard Cider

Wine & Wedge

*Assorted Artisanal Cheeses and Accompaniments (**GF** omit bread)

Artist Palate of Wine and Cheese (paired with wine and brandy) (**GF**)

*Southern Pimento Cheese with Bread and Butter Pickled Vegetables and Grilled Bread (**GF** omit the bread)

DRINKS: Selbach-Oster Zeltinger Sonnenuhr Riesling Spatlese
Hartley Apple Brandy

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Coastal Eats: Oyster Rockefeller



Noodle Exchange: Thai Shrimp and Coconut Curry



Hawaii: Cheesecake