

GLUTEN FREE GUIDE - GlutenFreeDisneyWorld

Disney Springs (QS)

May 2022

Cooke's of Dublin - Little sister of Raglan Road. Dedicated allergy frier. GF items include Fish & Chips, Hog in a Box (sub out stuffing), Grilled Chicken Sandwich, Battered Burger, Burgers, Onion Rings, Brownie

GF/vegan - Onion rings (check due to ongoing supply chain issues)

YeSake Kiosk - Build your own bowl. GF sauces include Siracha, Spicy Mayo, Yum Yum Sauce, GF soy sauce packets.

Blaze Pizza - Build your own pizza quick serve. GF dough available and staff will change gloves when you say allergy. Many times they will serve you fresh toppings. DF cheese available as well. NOTE: All pizza cooked in a shared oven with a shared spatula.

Ghirardelli Soda Fountain & Chocolate Shop - Noted to be unsafe for celiac. Others have been able to get a GF shake with high cc warning due to same scoops used and noted to be unwilling to get fresh scoops.

Erin McKenna's Bakery - **THE ENTIRE STORE IS GF/DF/VEGAN!!!**

Everglazed Donuts & Cold Brew - None at last check

Earl of Sandwich - GF salads. No GF bread here last check.

The Daily Poutine - None at last check. Poutine gravy here is not GF.

Disney Food Trucks (Mac & Cheese) - None at last check

4 Rivers Cantina Barbacoa food Truck - Tortillas are 1/2 corn and 1/2 flour. Burrito Bowl is GF per chef.

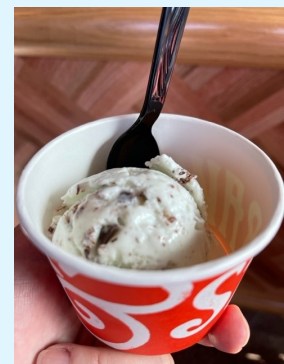
The Local Green - No GF items currently. Am consistently communicating with this truck to see if they can get GF items.

D-Luxe Burger - GF mobile order option and many items noted. Items include Southern Burger (with pimento cheese), BBQ burger, Chicken Sandwich, El Diablo Burger (with chorizo patties), Fries. Also have boozy shakes that are GF, but not DF.

GF/vegan - Pacific Island Burger

Chicken Guy! - GF options include all chicken! They can be grilled instead of fried. All sandwiches can be modified to be grilled with a GF bun. Friers are in a dedicated fryer for ONLY fries. There are 22 sauces and only 3 are not GF.

Use this as a guide to help you. It is always recommended to speak with a chef or cast member to verify information as ingredients, vendors, and options may change without notice.



Feckled Mint Chocolate Chip -

Salt & Straw



Chicken Tenders with all the sauce -

Chicken Guy

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Swirls on the Water - GF items include Vanilla soft serve, Habanero Pepper soft serve.

GF/DF/vegan - Pineapple, Lemon, Lime

B.B. Wolf's Sausage Co. - No GF buns available. Sausages are GF without bread. Ask each time to confirm as seasonal sausages can change.

GF/vegan sausage available.

Wetzel's Pretzels - None at last check

Sunshine Churros - None at last check

Vivoli il Gelato - GF gelato available. Staff will change scoops per request.

Sprinkles - Will typically have 2 GF cupcakes available. Neither are DF.

Morimoto Asia Street Food - No GF items available per menu and chef

Gideon's Bakehouse - No GF baked goods. Cold brew available.

The Ganachery - GF/DF chocolate rotates. Always options available.

Salt & Straw - Due to rotating flavors, ask when you are here. As of 5/22 all vegan flavors (Hibiscus & Coconut Sherbet, Freckled Mint Chocolate Chip, and Roasted Pineapple Coconut Sherbet) are also GF. Most of the Classic Flavors are also GF, but do contain dairy.

Amorette's Patisserie - Crème Brûlée, Macarons, seasonal items when available

Coca-Cola Store Rooftop Beverage Bar - Soda, Cocktails, Mocktails

AMC 24 Dine-In Theatres - Popcorn, Stone Delicious IPA (gluten reduced beer), wine

The Candy Cauldron - Will have GF rice crispy treats since ingredients have changed and will sometimes have GF candy apples. Always ask.



*Sangria Float with
Lime—Swirls on the
Water*



*Lime and Lemon
Dole Whip—Swirls on
the Water*