

GLUTEN FREE GUIDE - GlutenFreeDisneyWorld Hollywood Studios

January 2023



Quick Service

ABC Commissary - Lunch & Dinner (Mobile Order). GF items include: Chicken Club Sandwich, Mediterranean Salad with/without Chicken, Kids Grilled Ham and Cheese

GF/vegan: California Burger (plant-based)

The Trolley Car Cafe - Snacks and Coffee. No GF items listed on the menu.

Epic Eats - No GF items listed on the menu.

Backlot Express - Lunch & Dinner. (Mobile Order). Smoked Pulled Pork BBQ Burger, Bacon Cheeseburger, Southwest Salad with/without Chicken, Chicken Strips, Brownie, Cookies (kids; Chicken strips, brownie, cookies)

GF/vegan: No items listed on the menu. Likely the Southwest Salad can be GF, but recommended to ask manager/chef

Hollywood Scoops - No GF items listed on the menu. Allergy binder indicated they have allergy-friendly brownies and GF/vegan ice cream - also have mimosas and GF Bloody Mary's at breakfast time!

Fairfax Fare - Menu change. No current GF items or Gf modifications

Rosie's All-American Cafe - Lunch & Dinner. GF items include: Cheeseburger, Chicken Strips, Fries, Brownie, Cookie *dedicated fryer for GF food*

GF/vegan: Plant-based Lobster Roll on GF bun (must order in the line)

Woody's Lunch Box - Lunch & Dinner (Mobile Order). GF items include: BBQ Brisket Melt, Smoked Turkey Sandwich, Grilled Three-Cheese Sandwich, Tomato-Basil Soup, Potato Barrels

GF/vegan: Plant-Based Toasted Cheddar Sandwich, Plant-based Totchos (both of these will need to be ordered in line, not mobile ordered)

Dinosaur Gertie's Ice Cream of Extinction - Ice Cream!

Kat Saka's Kettle - **Outpost and Buttered Blue Grain Popcorn are GF/vegan**

Docking Bay 7 - Lunch & Dinner (Mobile Order). Batuan Beef and Crispy tomato Stir Fry, Peka Tuna Poke, Pirjanad Hot Chicken Tip Yip, Fried Andorran Chicken Tip Yip, Ronto Wrap (GF wrap), Roasted Andorran Chicken Salad, (chef GF request) Smoked Kaadu Pork Ribs

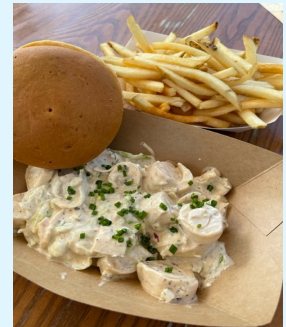
GF/vegan: Not noted on menu. Felucian Kefta & Hummus Garden (no pita)

Ronto Roasters - Breakfast, Lunch, & Dinner. GF items include: Ronto Morning Wrap (GF wrap), Triple Suns Breakfast Wrap (GF wrap), Kyrill Pork Rinds, Ronto Wrap (GF wrap)

GF/vegan: Triple Suns Breakfast Wrap (no pita), Andoan Fruit with Muja Sauce, Zuchii Wrap (no pita)

KRNR The Rock Station (food truck near Rockin' Roller Coaster) - GF nachos.. the kind with cheese in a cup

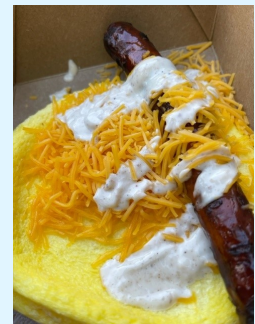
Use this as a guide to help you. It is always recommended to speak with a chef or cast member to verify information as ingredients, vendors, and options may change without notice.



Rosie's All-American
"Lobster" Roll



Woody's Lunch Box-
Kids grilled "cheese"
with potato barrels



Wrapless Ronto
Breakfast

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Dockside Diner - GF items include: California BLTA Dog, All - Beef Quarter Pounder Hot dog (GF buns available)

Baseline Tap House - GF items include: Stone Delicious IPA (gluten removed beer - ask for it out of the tap on the right; it is dedicated to that beer), Cider, Charcuterie Board (can request GF chips/bread)

PizzaRizzo - GF items include: Antipasto Salad, Pepperoni Pizza, Cheese Pizza, Vegetable Pizza, Brownie, Cookies

GF/vegan: Spicy Italian "Sausage" Sub (no GF bread/bun here, but you can order with a manager to make sure the sausage is GF), "Cheese" Pizza on GF crust also available if ordering with a manager

Milk Stand - Mobile Order. GF/vegan listed on menu as is Blue and Green Milk with or without alcohol. However, neither are made with certified GF oats!

Table Service

Hollywood & Vine - Breakfast (\$42/adult; \$27/child), Lunch (\$55/adult; \$36/child), & Dinner. Family Style. GF items include: Four-Egg Scramble, Four-Egg Cheese Omelet, Fruit Cup, Sausage, Roasted Potatoes, Garlic and Black Pepper Sliced Beef Tenderloin, Spice-rubbed Pork Loin, Roasted Turkey, Seared Fresh Salmon with Grain Mustard-Beurre Blanc, Whipped Potatoes, Vanilla Creme Brûlée, Ice Cream Sundae

GF/vegan: Plant-based Egg Frittata, Corn Flakes, Rice Crispies, Cheerios, Plant-based Chopped Salad (no croutons), Asparagus and Summer Truffle Risotto, Garlic-Lemon Broccolini, Crusted Potatoes, Lemon Sorbet

The Hollywood Brown Derby - Lunch & Dinner. GF items include: Sea Scallops, Charcuterie Board, Heirloom Tomato and Burrata Salad, Filet Mignon with Roast Beef Hash, Cobb Salad, Seared Brussels Sprout's, Flourless Chocolate Mocha Cake

GF/vegan: Local Greens and Strawberry Salad, Wild Mushroom Risotto with eggplant fritter, Kids Vegetarian Pho, Fruit Cup with Raspberry Ice
***Disney notes they have an Impossible Salisbury steak - can likely be GF**

The Hollywood Brown Derby Lounge - You can order from the full menu at this outdoor lounge.

Sci-Fi Dine-In Theater Restaurant - Lunch & Dinner. GF items include: Grilled Chicken Citrus Salad, Burger, BBQ Burger, Chicken Salad Wrap, Brownie, Shakes, Hot Fudge Sundae, Sorbet, Garden Salad, Beef Skewer (kids), Mashed Potatoes, Milk Shakes (kids: Green beans & carrots, corn on the cob, mashed potatoes, fruit salad, ice cream sundae)

GF/vegan: Flying Saucer Impossible Burger, Spinach and Artichoke Dip with Cashew Cheese (omit chips - note: this is made with oat milk)

Tune-In Lounge - Bar Lounge



*Flying Saucer Burger
Sci-Fi Dine-In*



*Kids Ham & Cheese
ABC Commissary*



Galaxy's Edge Popcorn

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Mama Melrose's Ristorante Italiano - Lunch & Dinner. GF items include: Carne d'Italia Flatbread, Fresh Mozzarella and Vine-ripened Tomatoes, Caesar salad, Margherita Flatbread, Spaghetti Bolognese, Fish, Gelato, Flourless Chocolate Cake. *While not listed, others have noted getting the Steak and Pasta, Calamari made GF upon request*

GF/vegan: Polenta Cake, Mushroom, and Herb Cauliflower, Lemon Sorbet, Soy Milk Nondairy Frozen Dessert

50's Prime Time Cafe - Lunch & Dinner. GF items include: Grandpa's Crab Cake, Iceberg Lettuce Wedge, Chicken Caesar salad, Traditional Meatloaf, S'mores, Chef's Special Chocolate Brownie, Vegetable Platter, Kids Goofy Salmon, Grilled Chicken, Mashed Potatoes. *Special Note: the Aunt Liz's Golden Fried Chicken can be GF/DF. You will need to go to the stand and make this request at least 1-2 hours before your reservation time.*

GF/vegan: No items listed. Likely Amy's Iceberg Lettuce Wedge, Cousin Harold's Vegetable Garden

Oga's Cantina - Drinks and Lite Bites. Happabore Sampler (ask for GF chips/bread)



Tomato Risotto -
Brown Derby Lounge



Braised Short Rib -
Brown Derby Lounge



Greens & Strawberry
Salad -
Brown Derby Lounge