

GLUTEN FREE GUIDE - GlutenFreeDisneyWorld

EPCOT

November 2022

QUICK SERVICE

Choza de Margarita (stand outside Mexico)—Tacos al Pastor, Tostada de Pollo, **Guacamole** (not labeled, ask to confirm). No dedicated fryer here.

Regal Eagle Smokehouse (mobile order in USA) - GF burgers, GF vegan burgers, standard smokehouse fare (brisket, ribs, etc..)

GF/vegan: BBQ Jackfruit topped burger with Texas toast

Tangerine Café (Morocco) - kebabs are GF if asked for without couscous; GF falafel (may have shared fryer) - *this location is used for festivals as well.

Katsura Grill (Japan) - upper left corner of the pavilion. GF veggie sushi, GF shrimp & chicken & beef teriyaki, GF miso soup, **GF edamame**

Les Halles Boulangerie-Patisserie (France) - GF crème Brûlée, macarons, parfait

La Creperie de Paris - GF Galettes (buckwheat) listed on the menu for all meals of the day. Caution: made on a shared surface in a shared kitchen and noted to be “not celiac safe” by multiple people. **GF/vegan option available**

Kringla Bakeri Og Cafe - GF Rice Cream, Viking Coffee

L'Artisan des Glaces - GF macaroon ice cream sandwiches, macarons, ice cream (almost all), **sorbets (vegan)**

Germany Brat Stand (near Biergarten) - unlabeled GF Brats, buns, and beer (Redbridge)

Sunshine Seasons (inside The Land) - GF Chicken, Salmon, burgers, Power Salad. Note: Vegan items are not listed as able to be GF.. This is likely due to the brand of “chicken.” ***You can order a GF/vegan Plant-based Cookies n/ Cream chocolate Mousse Cup: GF without the cookies***

TABLE SERVICE

Space 220 - Lunch (\$55/adult)/Dinner (\$79/adult) Pre Fixe Price. Limited GF menu noted. Big Bang Burrata, Neptuna Nicoise, Roasted Beet Salad, Coconut Curry Lobster Bisque, Short Rib, Filet Mignon, Red Snapper, Rocket Flame Seared Tuna, Miso Salmon, Steak & Frites, Steak Salad, Chicken Breast, Spaceghetti & Shrimp (modification), Short Rib Sliders (modification), Astro Deviled Eggs, Shrimp Cocktail.

GF/vegan: None at the moment (many of the gf dishes are also df)

Askershus Royal Banquet Hall (Norway) - Currently closed

Biergarten Restaurant (Germany) - Buffet style dining. Lunch (\$46/adult; \$25/child), Dinner (\$46/adult, \$25/child). Restaurant will have GF guides to navigate the buffet. GF options include: Bratwurst, Sauerkraut, Roasted Chicken, Potato Salad, Red Cabbage, Rolls (dinner and for sandwiches), GF Redbridge Beer

GF/vegan - vegetables, plant-based sausage

***pro tip: if headed to Epcot during a festival (Festival of the Arts, Flower & Garden, Food & Wine) download the Food and Wine app and you can filter all offerings by gf or gf/plant-based.**

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.



Regal Eagle Smokehouse

BBQ jackfruit topped Impossible Burger with Texas Toast



Guacamole in Mexico



Figment Popcorn Bucket

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Chefs de France (France) - No GF listed on the menu. Per reports by GF people, GF items include: Steak and Potato Puree, Salmon, Escargot, Charcuterie, French Onion Soup, Creme Brûlée, Chicken

GF/vegan: Not noted on menu. Likely option is Ratatouille

Coral Reef Restaurant (Nemo) - Dine in front of the largest Aquarium. GF options include: Shrimp Cocktail, Lobster Bisque, Caesar salad, Shrimp and Grits, Mahi Mahi, Chicken, Prime Rib, Salmon, Flourless Chocolate Cake

GF/vegan: Wild Mushroom Cioppino, Sorbet, can make a GF/vegan risotto

La Cantina de San Angel (Mexico outside) - No GF listed on the menu. Tacos. Can be made GF/DF.

La Hacienda de San Angel (Mexico inside) - Dinner only. No GF listed.

Le Cellier Steakhouse (Canada) - GF items include: Mussels, Iceberg Wedge Salad, Tomato & Burrata Salad, Poutine, Mashed Potatoes, Prime Rib-Eye, Strip Steak, Filet Mignon, Bison Strip Loin, Fish, Creme Brûlée, Chocolate Mousse

GF/vegan: Plant-based Chorizo Meatballs, (secret item) Vegan Poutine, Brussels sprouts, Sorbet - chef is VERY accommodating

Monsieur Paul - Temporary Unavailable

Rose & Crown Pub (England) - GF items on menu include: Cheese Platter (with crackers), Coronation Salad, Chicken Masala Curry, Baked Fish and Chips, Shepherd's Pie, Fruit Salad, English Trifle

GF/vegan: Impossible Hot Pit, Coronation Salad, Fruit Salad, mousse

Sommerfest - *Secret Menu Option: GF Bratwurst, GF bun, GF sauerkraut. Chips are not in a dedicated fryer, but they are also the only thing fried at this location. GF beer not labeled = Redbridge Lager

Spice Road Table (Morocco) - GF items include: Grilled Lamb Kefta, Naan Spreads without the naan, Spicy Shrimp (no bread), Spiced Chicken (no bread).

GF/vegan: Dolmas, Hummus fries are GF naturally-cooked in shared fryer

Teppan Edo (Japan) - No GF listed on the menu. Reported to have sushi, etc...

The Garden Grill (The Land) - Family style dining (\$55/adult; \$36/child) Lunch and/or dinner. GF options include: Rolls, Salad, Beef with Chimichurri, Turkey Breast, Vegetables, Rice Pilaf, Berry Shortcake

GF/vegan: Salad, Rice Pilaf, Vegetables, Berry Shortcake

Tutto Italia (Italy) - No GF listed on the menu. GF items guests have noted include: Pasta, steak, Caprese Salad,

Via Napoli (Italy) - No GF listed on the menu. Reports from others indicate they have GF pasta; the risk of CC is very high.

Nine Dragons Restaurant (China) - No GF items noted in app. GF Menu at the restaurant listed: Canton Pepper Beef, Honest Sesame Chicken, Chicken with Broccoli, Shrimp with Vegetables, Kung Pao Chicken/Shrimp, Vegetables & Tofu Stir Fry.

Connections Café - Dedicated Fryer. GF includes: Burgers, Chicken Strips (breaded), fries, sides

GF/vegan: Niçoise Salad, Mango-Coconut Shake, Coleslaw (mayo is vegan)



Maple Popcorn in Canada.
GF/Vegan



GF Brat in Germany



Plant-Based GF Mousse
in Sunshine Seasons
(order without cookie
crumbles)