

# GLUTEN FREE GUIDE - GlutenFreeDisneyWorld

## Flower & Garden Festival

March 2023



### **Bauernmarket (near Germany)**

\*Potato Pancakes with House-made Apple Sauce (GF/DF/Vegan)

\*Potato Pancakes with Caramelized Ham, Onion, and Herb Sour Cream (GF/DF)

Drinks: Apfelschaumwein (Sparkling Wine and Apple Liqueur)

### **Brunchcot (near Test Track)**

Shrimp and Grits: Blackened shrimp and cheddar cheese grits with brown gravy and sweet corn salsa (GF when sauce is omitted)

Lox Benedict on Everything Focaccia with everything-spiced cream cheese, shallots, crispy capers, and hollandaise (GF when focaccia is omitted)

Drinks: Froot Loops Shake (contains dairy), Peach Bellini, Joffrey's Coffee Cold Brew Cocktail (with milk, Kahula Rum and Coffee Liqueur and vanilla vodka)

### **The Citrus Blossom (Odyssey Pavilion)**

Drinks: Orange-Lemon Smoothie (GF/vegan), Bella Strada Spritz, Orange Sunshine Wine Slushy

### **EPCOT Farmer's Feast (near Test Track)**

*Early Bloom Menu (March 1 to April 8)*

\*Chilled Potato & Leek Soup "Vichyssoise" w/ bacon lardons Chive Oil & Crispy Leek (GF)

Chargrilled Bison Ribeye with Creamy Leek Fondue, Red Wine Butter Sauce, and whipped red wine goat cheese (GF when sauce is omitted)

Drinks: Hibiscus Lemonade Cocktail featuring Islamorada Brewery & Distillery Hibiscus Gin

*Springtime Menu (April 9 to May 20)*

Grilled Vegetable Bruschetta with marinated peppers, zucchini, squash, artichokes, goat cheese, and balsamic glaze on grilled ciabatta (GF without bruschetta; DF without cheese)

Grilled Swordfish with crushed fingerling potatoes, pea and mint puree, grilled asparagus, and lemon beurre Blanc (GF; DF when beurre blanc and pea puree are omitted)

*Summer Solstice Menu (May 21 to July 5)*

Barbecued Seared Pork Tenderloin with summer succotash, herb butter, and grapefruit vinaigrette (GF)

Sweet Corn Crème Brûlée with corn biscotti (GF when biscotti is omitted)

Tomato and Red Onion Panzanella with Avocado, burrata Cheese, and Fresh Basil (GF when cornbread croutons are omitted)

Drinks (available all festival): Collective Arts Brewing Blueberry & Elderberry Sparkling Hard Tea, Ghost Mary (translucent bloody Mary and Boyd and Blair cucumber vodka, tomato water, horseradish, celery salt and a hint of pepper)

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*Refreshment Outpost  
Pineapple Skewer*



*Bauernmarket  
Potato Pancakes*



*PB&J Ice Cream  
Refreshment Port*

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### Florida Fresh (near Disney Traders)

Grilled Street Corn on the Cob with Savory Garlic Spread & Spicy Corn Chips (GF/vegan)

Grilled Street Corn on the Cob with Savory Garlic Spread and Plant-based Cotija Cheese (GF/vegan)

Blackened Fish Slider with Roasted Tomatoes, Watercress and Citrus Remoulade on Brioche (GF when bread is omitted)

Watermelon Salad with Blueberries, Pickled Red Onions, Balsamic & Feta (GF/vegan)

Drinks: Cucumber Watermelon Slushy (with or without gin)

### Fleur de Lys (France Pavilion)

Drinks: VeRy Raspberry, Kir ala Poire (French sparkling wine with monin desert pear), La Vie en Rose Frozen Slush (Vodka, Grey Goose L'Orange Vodka, St. Germain Elderflower Liquor and white and red cranberry juices)

### Hanami (Japan)

Frushi - Strawberry, Pineapple, and Cantaloupe wrapped in Sweet Rice and Pink Soy Wrap served with Whipped Cream, Drizzled Berry Sauce, and Toasted coconut (GF; DF omit whipped topping)

Drinks: Hakushika Hana Kohaku Plum Sake, Nigori Dragon Fruit Sake Cocktail

### The Honey Bee-stro (near Port of Entry)

Chicken & Waffles: Crispy honey-brined chicken and honey sweet cornbread waffle with whipped honey butter and spicy honey (GF when waffle is omitted)

Drinks: Honey-Peach Cobbler Freeze with streusel (GF/DF), B. Nektar New Wave Lemonade Mead, Florida Orange Groves Winery Orange Blossom Honey Wine

### Jardin de Fiestas (near Mexico)

\*Quesadilla de Flor de Calabaza: House-made masa tortillas with squash blossoms, bacon, onion, zucchini, and cheese (GF)

\*Taco Vampiro - Barbacoa Beef in a Corn Tortilla with Crispy Grilled Monterey Jack Cheese, Salsa Ranchera, and Esquites (GF can be DF without the cheese)

Drinks: Mala Hierba Margarita (Centinela Tequila Respodado, elderflower-chamomile tea, abasolo corn whiskey, and UNA flower infused vodka with a chile salt rim, Cristal Margarita (100% agave tequila blanco, illegal mezcal joven, clarified lemon juice, and orange liqueur in a souvenir cup)

### La Isla Fresca (near Morocco)

Braised Oxtail with pigeon pea rice (GF/DF)

Sugar Cane Shrimp Skewer with Ben's Original Long Grain White Rice, mango salsa, and coconut-lime sauce (GF; DF if sauce is omitted)

Drinks: Tropical Breeze (minute maid lemonade, grapefruit, and simple syrup), Florida Orange Groves Winery Tropical Perception White Sangria, Tropical Breeze with Don Q Limon Rum

\*\* This stand serves breakfast as well. No food GF options. However, there is a coffee drink that is GF (contains dairy)

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Sugar Cane Shrimp Skewer

La Isla Fresca



Hummus Trio

Tangerine Cafe



Frushi

Hanami (Japan)

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### Lotus House (China)

Drinks: Kung Fu Master (Tito's vodka, triple sec, mango, orange juice, and soda water)

### Magnolia Terrace (America)

Drinks: Bayou Cocktail (Bayou Spiced Rum, coconut rum, fruit punch, and orange juice)

### Northern Bloom (Canada)

\*Seared Scallops with French Green Beans, Butter Potatoes, Brown Butter Vinaigrette, and Applewood-smoked Bacon (GF; DF if vinaigrette is omitted)

Beef Tenderloin Tips, mushroom bordelaise sauce, and whipped potatoes with garden vegetables (GF/ DF if potatoes are omitted)

Drinks: Glutenberg Blonde Ale!!, Maple Popcorn Shake (with or without alcohol)

### Pineapple Promenade (near Port of Entry/Canada)

Spicy Hot Dog with Pineapple Chutney and Plantain Chips (both GF/DF—when bun is omitted)

Dole Whip (GF/vegan)

Drinks: Frozen Desert Violet Lemonade, Dole Whip with Fanta, Florida Orange Groves Winery Sparkling Pineapple Wine, Dole Whip topped somrus mango cream liqueur

### Primavera Kitchen (Italy)

Caesar con Gamberett: Baby gem lettuce, shrimp, Caesar dressing and crispy bread crumble (GF when crispy bread crumbles (panko) is omitted)

Drinks: Prosecco, Moscato, Italian Sangria, Italian Margarita with Limoncello & Tequila

### Refreshment Port (near Port of Entry/Canada)

Shrimp Scampi Poutine with cheese curds, lemon-garlic cheese fondue, spinach, and artichokes (GF)

Peanut butter, jelly, or swirl soft serve (GF if in a cup)

Drinks: Mighty Swell Purple Magic Spiked Seltzer, Villa Maria Earth Garden Sauvignon Blanc, Frozen Mojito with Boyd & Blair Rum

### Tangerine Café (in Morocco)

\*Grilled Lamb Kefta Kebabs with Carrot-Chickpea Salad and Garlic Aioli (GF/DF)

\*Grilled Harissa Chicken Kebabs with Carrot-Chickpea Salad and Garlic Aioli (GF/DF)

Hummus Trio: Traditional Hummus, Red Beet and Black Garlic Hummus, and Avocado Herb Hummus serviced with Moroccan Bread & Crispy Papadam (GF if bread is omitted/vegan)

Drinks: Pomegranate Mimosa, Keel Farms Strawberry Elderflower Hard Cider, Bold Rock Tangerine Hard Cider, 3 Daughters Brewing Pomegranate Hard Cider, Cider Flight

### Towel & Trellis (between port of entry and Mexico)

Drinks: Twinings Iced Green Tea with Cranberry and Lime (with or without liquor)

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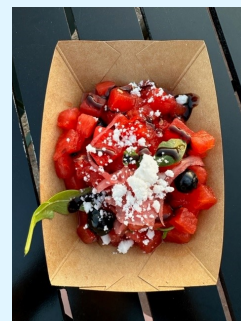
Caesar con Gamberett

Primavera Kitchen  
(Italy)



Northern Bloom

Seared Scallops



Watermelon Salad

Florida Fresh



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## Refreshment Outpost (Africa between China and Germany)

\*Pineapple Skewer with Tajin Seasoning (GF/Vegan)

Tangerine Soft Serve (GF if served in a cup)

Ice Cream Float (GF)

Drinks: Lavender Martini (Boyd & Blair Potato Vodka with Lavender and Lemon),  
Blake's Hard Cider Co. Grand Cherry Hard Cider

## The Land Cart Hosted by Advent Health (The Land Pavilion)

Fruit & Cheese Plate: Grapes, Strawberries, Cheddar, & Mini Baybel Snack Cheese (GF)

Vegetable Platter: Broccoli, carrot sticks, and tomatoes with hummus dip (GF/Vegan)

Cookies n' Cream Chocolate Mousse Cup (GF - ask for one with no cookie crumble/  
Vegan)

## Connections Eatery

Drinks: Flower Drop Cocktail (St Germain Elderflower Liqueur, Tito's Vodka, and minute maid premium lemonade)

## Sunshine Seasons (The Land Pavilion)

Tacos Birria (GF/DF if cheese is omitted)

Key: \* denotes items that are labeled GF on the kiosk sign

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Shrimp Scampi Poutine  
Refreshment Port



Chocolate Mousse Cup  
The Land Cart



Braised Oxtail  
La Isla Fresca