

# GLUTEN FREE GUIDE - GlutenFreeDisneyWorld

## Animal Kingdom

February 2023

### QUICK SERVICE

**Anandapur Ice Cream Truck** - No GF noted on the menu. GF options include: chocolate and vanilla ice cream (be sure to ask to confirm)

**Creature Comforts** (Starbucks) - No GF options listed on the menu. GF items include: bagels and donuts!!

**Dawa Bar** - Drink only stand. Does carry Cider Beer, mixed drinks, sangria

**Dino-Bite Snacks** - No GF options noted. **GF/Vegan** options include vegan ice cream

**Dino Diner** - No GF options noted. Likely options include: Hot Dog without the bun, Corn Chip Pie with chili

**Drinkwallah** - No GF options noted. GF options include: Mickey's Premium Ice Cream Bar. Likely the glazed nuts are also GF

**Mr. Kamal's Fries** - No GF items listed on the menu. Allergy book indicated fries, honey mustard sauce, and curry ketchup is GF. Fryer only used for fries (there is a separate fryer used for the dumplings, which are not GF). Fries are **GF/vegan**

**Eight Spoon Cafe** - No GF options noted. Mac and Cheese/Pretzel Stand.

**Flame Tree Barbecue** - (Mobile Order). Lunch & Dinner. **GF/DF** St. Louis Rib Dinner, Ribs and Chicken Combo, Smoked Pulled Pork Sandwich, Hot Dog, Baked Chicken Drumstick, 1/2 Chicken, Pulled Pork Platter, Cookies, Brownie (contains dairy)

**Kids** **GF/DF** Hot Dog, Chicken Drumstick, Pulled Pork Platter

**GF/vegan:** Hot Link Smokehouse Sandwich on GF bun. Must order in person for this option, cookies

**Harambe Fruit Market** - Snacks. No GF options listed on the menu. GF options include: Hot dog without the bun, Babybel Snack Cheese, Fresh Fruit Cup, Grilled Corn on the Cob

**GF/vegan:** Fruit, Grilled Corn on the Cob (without the butter dip)

**Harambe Market** - (Mobile Order). Lunch & Dinner. **GF/DF** options include: Rib and Chicken Bowl, Rib Bowl, Chicken Bowl, Cookies, Brownie (contains dairy)

**Kids** **GF/DF** Chicken Bowl, Cookie

**GF/vegan:** Hot link Bowl (plant-based sausage with cilantro rice and mixed greens topped with salsa), Cookies

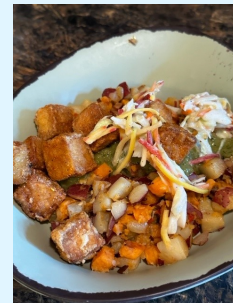
**Isle of Java** - Coffee house next to Flame Tree BBQ. No GF times noted

**Kusafiri Coffee Shop & Bakery** - No GF items noted on the menu. Likely options include: Hot Dog (no bun), Chips (if in a dedicated fryer)

**Mahindi** - **GF/vegan** option is popcorn

**Pongu Pongu** - Pandora Drink Stand. No GF food options. Can order the Rum Blossom & Night Blossom **GF/vegan** (ask about the boba balls before consuming), Mo'ara Margarita

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.



*Satu'li Canteen—Tofu bowl*



*Nomad Lounge—Churros with sauce*



*Restaurantsaurus—kids mac and cheese*

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**Pizzafari** - (Mobile Order) **GF** items include: Pepperoni Pizza, Cheese Pizza, Brownie, Cookies

**Kids** **GF** Cheese Pizza, Pepperoni Pizza, Mac & Cheese, Cookies, Brownie (pizzas and cookies can be offered **GF/DF**)

**GF/vegan**: Greens and Grains Salad, Cheese Pizza (to get this option you must order in person), Cookies

**Restaurantosaurus** - (Mobile Order) **GF/DF** items include: Bacon Cheeseburger, Chicken Strips, Cookies.

**Kids** **GF** Mac & Cheese, Brownie; (meals come in a pail with a shovel).

**GF/vegan**: Impossible Spicy Southwestern Burger (to get this GF and vegan you must order in person)

**Satu'li Canteen** - (Mobile Order) Pandora Lunch & Dinner. (**GF/DF**) Combination Bowl, Chili-Garlic Shrimp Bowl, Grilled Beef Bowl, Chicken Bowl: GF "base" includes: Rice & Beans, Sweet Potato Hash, Creamy Herb Dressing

**GF** Metkayina Mousse

**GF/vegan**: Chili spiced Fried Tofu Bowl with Rice & Beans or Sweet Potato Hash and charred green onion vinaigrette.

**The Smiling Crocodile** - Nothing GF noted on the menu. Street Tacos. Was told that none are GF; however, no gluten/wheat noted in the binder. Likely also DF if no cheese. All tacos are corn.

**Tamu Tamu Refreshments** - Nothing GF noted on the menu. **GF/vegan** options include: Pineapple DOLE Whip with rum, DOLE Whip float

**Terra Treats** - Beer and Pizza. Nothing GF here.

**Thirsty River Bar** - bar only

**Trek Snacks** - No GF noted on menu. GF options include: Popcorn, Mickey Ice Cream Bar, Fruit Bar

**Trilo-Bites** - Nothing GF listed on the menu. **GF** option includes Dole Whip orange and vanilla soft serve (**GF/vegan** if only dole whip orange)

**Warung Outpost** - drinks only

**Local Foods Cafe** - Breakfast, Lunch, & Dinner. No GF notations on the menu. **GF** items include: Breakfast Bowls with potatoes, eggs and bacon/ sausage, GF burger (buns), Honey Sesame Chicken, Sweet and Sour Chicken (by request), Teriyaki Chicken Salad (made with Tamari), Vegetable Tiki Masala, Chicken Fried Rice (upon request) Dedicated fryer.

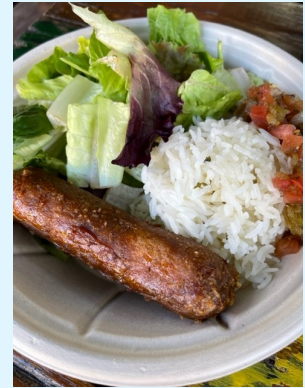
**Kids** **GF** burger and fries

**GF/Vegan** - fries, veggie fried rice upon request

\*Breakfast bowl, burger, and fried rice can be **GF/DF** upon request

**Various Ice Cream Trucks/Stands** - **GF** Mickey Bars, **GF/DF** fruit bars,

**GF/vegan** chocolate covered bananas



*Plant-based Sausage*

*Harambe Market*



*Sliced Beef Bowl*

*Satu'li Canteen*



*Nomad Lounge Drink*



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### Table Service

**Nomad Lounge** - Lounge. **GF** options include: Chicken Manchurian Nomad Bowl, Tuna Poke Bowl (special request), Churros with Vanilla Crema and Coffee Crème Anglaise Sauce. Can request GF Churros to go as a walk-up order (no mobile order). Can also order drinks to-go as a walk up (they are very good).

Kids: Garden Veggies with dips, Falafel with garlic yogurt, (**GF/DF**) Grilled Shrimp with Ginger-Tamari Glaze, Grilled Beef Skewer, Teriyaki Chicken Thigh

**GF/vegan:** (substitutions needed) Impossible Sliders, Tiffins Bread Service, tofu poke bowl

**Rainforest Cafe** - Breakfast, Lunch, & Dinner. No GF items noted on the menu. GF menu upon request.

**Tiffins Restaurant** - Lunch & Dinner. **GF** items include: Honey-chili Glazed Pork Belly, Charcuterie, Braai-spiced Veal, Tamarind-braised Short Rib, Shrimp and Grits, Surf and Turf, Butter Chicken, Gobi Manchurian, Kids Cookies and Cream Brownie (**GF/DF**) Charred Octopus, Tropical Trifle,

**Kids:** **GF/DF** Grilled Shrimp, Teriyaki Chicken Thigh, Grilled Beef Skewer

**GF/vegan:** Falafel (without yogurt), Soup of the Day, Tiffins Bread Service (all but the yogurt sauce), Tacos (plant-based), North African-Spiced Tofu, Passion Fruit Tapioca Creme

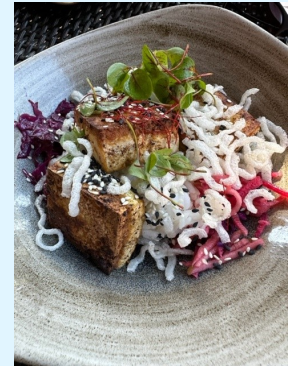
**Tusker House Restaurant** - Character Buffet. Breakfast (\$45/adult; \$29/child), Lunch (\$59/adult; \$38/child), & Dinner (\$55/adult; \$36/child)

**GF/DF** items include: Fruit, Pastry Basket, Mickey & Simba Waffles, Curry Chicken, Scrambled Eggs, & Potatoes, African Inspired Salads, Spit-Roasted Tandoori Chicken, Berbere-marinated Pork, Green Curry Shrimp, Herb Chicken, Jasmine Rice, Feisty Green Beans

**GF/vegan:** Pastry Basket, African Salads, Vegetables, Potatoes, Impossible Durban Curry

**Yak & Yeti Restaurant** - Lunch & Dinner. **GF** menu on request. Items reported to be GF here may include: Lettuce cups, Salad, Chicken Consommé, Thai Chili Shrimp, Vegetable Stir Fry, Grilled Shrimp Skewers, Tofu Tikka Masala, Sweet & Sour Chicken, Salmon, Kobe Beef Burger, Chocolate Cake, White Chocolate Shortcake

**GF/vegan:** Lettuce Cups with Tofu, Vegetable Stir-Fry, Tofu Tikka Masala (check with chef to ensure all can be vegan as is)



Tofu Poke Bowl  
Nomad Lounge



Falafel  
Tiffins Restaurant



Impossible Burger with  
Yucca Fries  
Nomad Lounge