

GLUTEN FREE GUIDE - GlutenFreeDisneyWorld Flower & Garden Festival

March 2024



Bauernmarket (near Germany)

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

Drinks: Apfelschaumwein (Sparkling Wine and Apple Liqueur)

Brunchcot (near Test Track)

Avocado Toast: with marinated tomatoes and plant-based cheese crumbles on toasted ciabatta (vegan/GF omit bread)

Drinks: Peach Bellini

The Citrus Blossom (Odyssey Pavilion)

Drinks: Orange-Lemon Smoothie (GF/vegan), Key Lime Wine Slush (GF/vegan)

EPCOT Farmer's Feast (near Test Track)

Early Bloom Menu (Feb 28 to March 30)

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

*Veal Loin with Spring Pea Risotto - arborio rice and red wine syrup (GF)

Springtime Menu (March 31 to April 27)

*Seared Scallop with Tomato Risotto - arborio rice and Tomato beurre blanc (GF)

Summer Solstice Menu (April 28 to May 27)

Barbecued Seared Pork Tenderloin with corn Risotto - arborio rice and roasted red pepper sauce (GF)

Drinks (available all festival): Hibiscus Lemonade Cocktail featuring Islamorada Brewery & Distillery Hibiscus Gin, Frozen Lemon Tea Cocktail with barenjager honey & bourbon

Northern Bloom (Canada)

*Seared Scallops with French Green Beans, Butter Potatoes, Brown Butter Vinaigrette (GF/DF)

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

Drinks: Glutenberg Blonde Ale!!

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



PB&J Ice Cream

Swirled Showcase



Honey-Glazed Cauliflower

Honey Bee-Stro

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Florida Fresh (near Disney Traders)

*Grilled Warm Lobster Tail with key lime butter (GF) (is available DF if you are willing to wait for a new tail to be grilled - possible dairy cross contamination from the grill)

Drinks: Cucumber Watermelon Slushy (with or without gin)

Fleur de Lys (France Pavilion)

Drinks: Sauvignon Blanc, La Vie en Rose Frozen Slush (Vodka, Grey Goose L'Orange Vodka, St. Germain Elderflower Liqueur and white and red cranberry juices), Sparkling Raspberry Cocktail (sparkling wine with raspberry flavor)

Hanami (Japan)

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

Drinks: Watermelon-Strawberry Lemonade, Ozeki Pineapple Nigori Sake

The Honey Bee-stro (near Port of Entry)

*Honey-glazed Cauliflower with honey-roasted carrot puree, wild rice pilaf, spring vegetables, honey-blistered grapes, and sunflower brittle (GF/DF if brittle and puree is omitted)

Drinks: Florida Orange Groves Winery Orange Blossom Honey Wine, Honey-Peach Cobbler Freeze with Streusel (GF)

Jardin de Fiestas (near Mexico)

Sope de Cholorio- Guajillo pepper-braised pork on a fried corn shell with black beans, shredded cabbage, crema Mexicana, queso fresco and chives (GF/DF omit cheese)

Tamale de Rajas: Poblano peppers, corn and cheese in masa topped with poblano cream sauce, crema Mexicana, pickled carrots and onions with chives (GF)

Flan de Guayaba: Vanilla flan with guava coulis, whipped cream and fresh fruit (GF)

Drinks: unknown at this time - ingredients listed appear to be GF

Swirled Showcase (near Canada entrance to World Showcase)

Liquid Nitro Honey Mascarpone Cheesecake with fresh honey, granulated honey, honey mead blueberry compote (GF)

Ice cream: Vanilla, Peanut Butter, Grape Jelly (GF omit cone)

Strawberry Basil Sorbet (GF/vegan) - with or without hard seltzer

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Frushi

Hanami (Japan)

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Magnolia Terrace (America)

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

Pineapple Promenade (near Port of Entry/Canada)

Spicy Hot Dog with Pineapple Chutney and Plantain Chips (GF/DF omit the bun)

Dole Whip (GF/vegan)

Garden Graze Prize = Dole Whip Lime with Minute Maid lemonade and mango smoothie mix (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)

Bocconcini: Mozzarella Bocconcini, grape tomatoes, and pesto sauce (GF)

Drinks: Prosecco, Sauvignon Blanc, Italian Sangria, Italian Margarita with Limoncello & Tequila, Italian Mineral water

Refreshment Port (near Port of Entry/Canada)

Traditional Poutine: French fries, beef gravy, and cheese curds (GF)

Buffalo Chicken Tender Poutine: crispy potato barrels with ranch and plant-based blue cheese crumbles (GF when chicken is omitted - possible cross contamination/vegan)

Drinks: Country Boy Brewing Orange Cream Hard Cider, 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 Chermoula Chicken Kebabs with Carrot-Chickpea Salad & Garlic Aioli (GF/DF)

Drinks: Pomegranate Mimosa, Pear Honeysuckle Hard Cider, Imperial Sippin' Citrus Hard Cider, Hard Cider, 3 Daughters Brewing Pomegranate Hard Cider, Cider Flight

Trowel & Trellis (between port of entry and Mexico)

*Chocolate Mousse Terrarium with Matcha Crumble and Chocolate Soil (GF)

Impossible Farmhouse Meatball with Lentil Bread, Spinach, Veggies and creamy herb aioli (GF/vegan when you omit the bread)

Drinks: Twinning's raspberry and lemon herbal tea (with or without liquor)

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Seared Scallops
Northern Bloom

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Refreshment Outpost (Africa between China and Germany)

*Seasonal Fruit Parfait with Sweet Chili Sauce and Mango DOLE Whip (GF/Vegan)

*Ice Cream Float: Tangerine Soft-serve and Barq's Red Crème Soda (GF)

Tangerine Soft-serve (GF if served in a cup)

Drinks: Lavender Martini (Boyd & Blair Potato Vodka with Lavender and Lemon),
Woodchuck 802 Barrel-Aged Hard Cider

La Isla Fresca (near Morocco)

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

Lotus House (China)

Drinks: Tropical Moon: Vodka, Triple Sec, Passion Fruit, Soda Water, & White Boba

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

*Acai Parfait with Greek Yogurt, Seasonal Berries, and Granola (listed as GF, but contains oats)

*Strawberry Fruit Bar (GF/Vegan)

Connections Eatery

Drinks: Blood Orange Hibiscus Margarita: Teremana Tequila with Hibiscus and blood orange syrup and orange juice

Garden Graze items for GF

Potato Pancake - Germany

Seasonal Fruit Parfait - Refreshment Outpost in Africa

Impossible Meatball (no bread) - Trowel & Trellis

Grilled Street Corn on the Cob - Farmers Feast

Key: * denotes items that are labeled GF on the app

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Spicy Hot Dog

Pineapple Promenade



*Honey-Marscapone
Cheesecake*

Swirled Showcase