

GLUTEN FREE GUIDE - GlutenFreeDisneyWorld Universal Studios

July 2023

QUICK SERVICE

Bumblebee Man's Taco Truck (near Simpson land) - Chicken Tacos (corn tortilla), Carne Asada Tacos (Corn Tortilla)

*options are DF if you omit the cheese

Café la Bamba - Chicken Taquitos, Lime Salt Chips & Guac, Fresh Salsa Flight, Lime Salt Chips & Queso, (the following are build your own) Deluxe Burrito Bowl, Burrito Bowl, Salad,

GF/vegan: Deluxe Vegan Burrito Bowl, Vegan Salad, Vegan Burrito Bowl, Vegan Tacos

GF/DF: Fresh Salsa Flight, Vegan items listed, Guacamole

Fast Food Blvd (Simpsons land indoors by Moe's) - Burgers and Ribwich (GF Bun), Grilled Chicken Sandwich (GF bun), Mediterranean Salad, Caprese Salad, Caesar Salad (no croutons), Hummus (no pita), Yogurt, Fruit plate, Tater Tots, Milkshakes

*sandwich, burger, and wings can also be DF, tater tots are GF/Vegan

The Hopping Pot (Diagon Alley) - Strongbow Cider, butterbeer ice cream, Lemon Squash, Otters Fizzy OJ, Peachtree Fizzing Tea, Pumpkin Tea

*all drink options listed are also DF

Fountain of Fair Fortune (Diagon Alley) - Strongbow Cider, Butterbeer (vegan when foam topping is omitted on frozen or regular)

The Leaky Cauldron (Diagon Alley) - Breakfast options include pancakes, sides of meat, fruit. Lunch/Dinner options include Ploughman's Platter omit the scotch egg, relish, and bread, Fisherman's Pie, chicken Sandwich (GF bun), Butterbeer Potted Cream, Chocolate Potted Cream, Ice Cream

*chicken sandwich can be GF/DF, Butterbeer (frozen and regular) with vegan topping

London Taxi Hut - (potato stand near Purple Bus outside Diagon Alley) - Loaded potato, beans and cheese, broccoli and cheese potatoes

*beans and broccoli toppings (GF/vegan)

Louie's Italian - Pasta entrees if GF pasta is substituted, Caesar Salad omit croutons

*spaghetti w/marinara is GF/DF

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.



Arepa located at a food stand during each festival



GF/DF brownie located at several stores throughout Universal



Bumblebee Man's Taco

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Mel's Drive-In - ****Temporarily closed as of July 2023**** Bacon Cheeseburger, Chicken sandwich, Vegan/beyond burger (sub GF bun for all burgers/sandwiches), Garden Salad with Chicken, French Fries, Cheese Sauce, Milkshakes

***Dedicated Fryer upon request. All items noted are also or can be DF**

Minion Café (in Minion Land) - El Macho's Salsa y Salsa Ropa Vieja, Lucy's Top Secret Salmon, Kevin's Chopa Chopa Salad when you omit the ale vinaigrette, All popsicles except cookies and creak and the cookies that come with others, PX-41 Punch, Popcorn

GF/vegan: Carl's Crispy Cauliflower, Popcorn

Richter's Burger Company (in the San Francisco area by the entrance to the Harry Potter train) - All burgers and sandwiches on a GF bun, Beyond Burger on GF bun, Grilled Chicken Salad, French Fries (burgers = Mushroom Swiss Truffle, Bacon Cheddar, Beyond Burger), Frisco Shakes, Dig It Sundae

***Dedicated fryer upon request. All items listed can also be DF**

Florea Fortescue's Ice Cream (Diagon Alley) - ice cream in a cup

San Francisco Pastry Company (San Francisco near Lombard's) - Tomato & Mozzarella Salad, Potato Salad, Fruit Cup, GF/DF brownie available (David's brand)

TODAY Cafe (front of the park near Minions) - Chicken Pesto Flatbread, All sandwiches can be made on GF bread, Acai Bowl omit granola, Caesar Salad omit croutons, Roasted Beet & Carrot Salad, Kale & Roasted Chicken Salad, SoHo Salad (omit the farro), Potato Salad, The Traditional (no croutons), Chintown Chicken Salad (no peanut dressing)

***GF/DF items include Avocado Toast, all sandwiches omit cheese, all salad listed above omit cheese**

GF/vegan: Acai Bowl, I heart Vegan Sandwich, Beet & Carrot Salad omit cheese and dressing, SoHo Salad omit prosciutto and dressing Kale & Chicken Salad omit the chicken

Kidzone Pizza Company (near E.T.) - milkshakes

Schwab's Pharmacy (near Bourne stunt show) - GS labeled ice cream, Dole whip

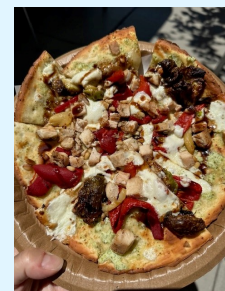
GF/vegan: Dole Whip, sorbet



Pineapple Dole Whip – Schwab's Pharmacy (GF/vegan)



Loaded Jacket Potato - London Taxi Hut



Chicken Pesto Flatbread - The Today Cafe

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TABLE SERVICE

Finnegan's Bar & Grill (Near the Mummy) - (no dedicated fryer - all items need to be modified). Burger on GF bun, boiled potatoes, Corned Beef and Cabbage, Beyond Burger Vegan Shepherd's Pie, Salads

GF/vegan: Vegan Shepherd's Pie, Modified Salad, the Leprechaun's Rainbow

Lombard's Seafood Grille (San Francisco) - Mission Street Shrimp Cocktail, San Francisco Cobb Salad, (other items can be modified including lobster roll)

GF/vegan: Cobb Salad can be modified to be vegan

Food Stands in the Park (popcorn around is GF/vegan)

57 Fare (Near Jimmy Fallon) - nothing noted only GF

GF/vegan: Apple, Lemon or Strawberry Pushup

Avenue Eats (Near the Jimmy Fallon) - Queso Arepas, Crème Caramel Flan

GF/vegan: Mango push Italian Ice Pop, Pineapple with Tajin

Stand near Today Cafe - (granola bars are noted.. However they may contain oats) **GF/vegan: Pineapple Bowls, Lemon Hummus**

Butterbeer Stands - All butterbeer is GF, The foam topping contains dairy. Inside Leaky Cauldron you can ask for the vegan topping to make the frozen and regular GF/vegan. The hot contains dairy, but is GF

Central Park Crepe Cart (near Café LaBamba) - nothing GF available here



Beet and Carrot Salad -
The Today Cafe



Luigi's Italian Ice - Avenue
Eats