

GLUTEN FREE GUIDE - GlutenFreeDisneyWorld Islands of Adventure

July 2023

QUICK SERVICE

Blondie's (Comic Land) - Sandwiches on GF bun, coleslaw, Potato Salad, French Fries

*Dedicated fryer upon request. Options are DF if you omit the cheese, Coleslaw and Potato Salad are DF

The Burger Digs (Jurassic World) - Burgers (GF bun), Chicken Sandwich (GF bun), Spring Salad omit tortilla strips, Fries, Milkshakes

*Dedicated fryer upon request. Options are DF if you omit the cheese

Café 4 (Marvel Land) - Chicken Caesar salad omit croutons, Pasta with marinara with GF pasta, Spaghetti Bolognese with GF pasta

*GF/DF Spaghetti Bolognese, Caesar salad with no croutons or cheese (GF/vegan spaghetti and marinara)

Captain America Diner (Marvel Land) - All burgers and sandwiches with GF bun, Grilled Chicken Sandwich on GF bun, Grilled Chicken Salad, French Fries, Milkshake

*Dedicated fryer upon request. All options listed are also DF (except milkshake), Beyond Burger is GF/vegan with no bun (GF bun contains egg)

Comic Strip Cafe (Comic Land) - Bacon Cheeseburger on GF bun, Chicken Sandwich on GF bun, French Fries, Yucca Frita, Milkshake

*Dedicated fryer upon request. Burgers/sandwiches are DF when omit cheese, Yucca Fries are GF/vegan

Circus McGurkus - (Seuss Landing) - Hamburger platter with GF bun, Salad omit croutons, French Fries

*options can be GF/DF with no cheese

Doc Sugrue's Desert Kebab House - Greek Salad, Hummus (omit pita), Greek Yogurt, Fruit Cup

Fire Eater's Grill (between Seuss and Harry Potter) - Falafel Gyro (omit pita), hummus with raw veggies, Falafel Salad, French Fries

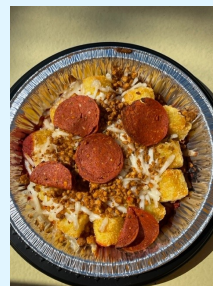
*Dedicated fryer upon request. All items noted are also DF; Falafel is GF/vegan when omit tzatziki

Green Eggs & Ham (Seuss Landing) - Pizza Tots, Green Eggs & Ham Tots, Carnitas Tots, Who Hash

*Dedicated fryer upon request. Pizza Tots can be GF/DF omit cheese, Vegan Tots are GF/vegan if vegan pepperoni is removed

Pizza Predattoria (Jurassic World) - Chicken Caesar Salad omit croutons

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.



Pizza Tots - Green Eggs & Ham



Butterbeer



Green Eggs & Ham Tots - Green Eggs & Ham

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Thunder Falls Terrace (Jurassic World) - All items except desserts are GF.

Platters are: Chargrilled Ribs, Turkey Leg, Pernil, Chicken, Rice Bowls, Chicken Salad, Raptor Wings, Fries, All sides

*Dedicated fryer upon request. Rice bowl with Meatless Chorizo is GF/vegan; others are GF/DF omit cheese

*GF/vegan sides: Corn (no butter), mixed greens salad (Italian dressing), Herb roasted potatoes, Cilantro lime rice, Rice and beans, black beans, fries

Wimpy's (Comic Land) - Burgers with GF bun, Vegan Supreme Platter, Soft Serve

*Dedicated fryer for fries upon request. Pineapple Dole Whip Sorbet (GF/vegan), Vegan burger with no bun (GF bun is Udis and contains egg)

Three Broomsticks (Hogsmead) - Breakfast: Traditional English Breakfast (omit black pudding), continental Breakfast (omit croissant), American Breakfast (omit croissant), Pancake Breakfast (omit croissant and request GF pancakes). Lunch/dinner: Rotisserie Smoked Chicken, Chicken Salad, Chicken & Rib Platter, The Great Feast, Turkey Leg Platter, Spare Rib Platter,, Potato Leak Soup (no croutons), Baked Potato, Corn on the Cob, Butterbeer Potted Creme

*Dedicated fryer upon request. Platters are DF (omit butter), for veggie ask for a veggie platter; pancakes can be GF/DF (seem to be frozen pancakes). Butterbeer with the vegan topping can be found here for GF/vegan

TABLE SERVICE

Mythos - Mediterranean Grilled Octopus, Moroccan Lamb Ossobuco, Sea Scallop and Risotto (modified), Pad Thai (modified), Catch of the Day (modified), Burgers with GF bun, Chocolate Banana Goey Cake

*GF/vegan Mezze Platter omit pita, Pad Thai (modified)

Confisco Grille (Port of Entry) - Trader Wings (hot honey, buffalo, garlic parmesan), Pad Thai, (other items can be modified upon request)

*GF/vegan Pad Thai and Southwest Salad (remove chicken and dressing) upon request

FOOD STANDS

Hog's Head Pub (Hogsmead) - Tongue Tying Lemon Squash, Otter's Fizzy Orange Drink, Peachtree Fizzing Tea, Pumpkin Juice, Gillywater (all are GF/vegan)

Auntie Anne's Pretzels - Pineapple Dole Whip (*GF/vegan)

Cinnabon - No items GF noted here

Croissant Moon Bakery - No items GF noted here

Hop on Pop Ice Cream Shop - No items GF noted here

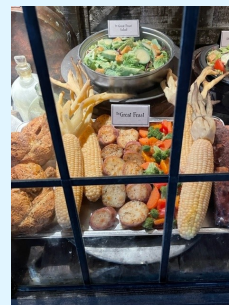
Butterbeer - All butterbeer is GF. Frozen and regular butterbeer is GF. Vegan without the foam topping. Hot Butterbeer contains dairy.



Rotisserie Smoked Chicken
- Three Broomsticks



Chicken & Ribs Platter -
Three Broomsticks



The Great Feast -
Three Broomsticks