

GLUTEN FREE GUIDE - GlutenFreeDisneyWorld

Additional Resorts

February 2022

Saratoga Springs - DVC Property

The Turf Club Bar and Grill - Dinner. GF items include: Prime Rib, Filet Mignon, Pork Chop, Salmon, Chicken, Mango-Passion Fruit Creme Brûlée, Ricotta-Basil Gelato

GF/vegan: Grilled Artichokes, Chopped Salad (omit meat and cheese)

The Artist's Palette - Breakfast, Lunch & Dinner (Mobile Order Available). Quick Service. GF items include: Shrimp and Grits, Breakfast Platter, Breakfast Sandwich, Cheesecake, Tarragon Roasted Chicken, Cheese Steak Sandwich, Turkey club, Italian Sub, BBQ Pork Meat/Margherita/Cheese Pizzas, Chicken Strips, Caesar Salad, kids Mac n' Cheese

GF/vegan: Mickey Waffles, Harvest Breakfast Sandwich, Saratoga Salad (omit chicken), Plant-Based Gyro (possibly with a change of bread)

The Paddock Grill - Breakfast, Lunch & Dinner. Bar Service. No GF items listed on the menu. Likely options with modifications include burger, salad, tacos

On the Rocks - Bar Service. No food listed.

Backstretch Pool Bar - Quick Service. No GF items listed on the menu. Likely items include Ice Cream Bar, Fruit

Chip n' Dale's Cafe - Snacks. No GF items listed on the menu. Likely items with modifications include almost all sandwiches. Wide variety that seem to only need a bread modification. Vegan Sandwiches also listed.

Old Key West - DVC Property

Olivia's Cafe - Breakfast, Lunch & Dinner. GF items include: Made to Order Omelets, Olivia's Breakfast, Salads, Shrimp and Grits, Prime Rib, Pancakes, Burger, Havana Beef Sandwich, Conch Flats Club Sandwich, Tropical Chocolate Tart, Ice Cream Sundae

GF/vegan: Waffles, Veggie Burger, West Indian Tofu and Coconut Curry

Good's Food to Go - Breakfast, Brunch, Lunch & Dinner. Quick Service. No GF items listed on the menu. Likely options with modifications are Harvest Breakfast Sandwich (also vegan), Breakfast Platter, Waffles, Burgers, Pulled BBQ Pork, Salads

Turtle Shack Poolside Snacks - Lunch. No GF items listed on the menu. Likely options with modifications are Power Salad (also vegan), Tuna Salad, BBQ Pork, Caesar Salad

Gurgling Suitcase Libations & Spirits - Lunch, Dinner & Late Night. Lunch and Dinner menu from Olivia's Cafe is available here.

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.



The Dolphin Resort



The Dolphin Resort Lobby

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Dolphin & Swan

*Small note. The Dolphin & Swan are Marriott hotels. They have their own app for these two resorts where you can mobile order room service. While none of the menus on line listed GF options, they all had a note that they are "very committed" to providing GF options. Guests recently noted there were GF options to order for room service, GF pasta at restaurants, and they have felt well accommodated.

Chill - No GF or specific food items listed on the menu. Possible items include salad, hummus, chips

Shula's Steak House - Dinner. No GF items listed on the menu.

Todd English's Bluezoo - Dinner. No GF items listed on the menu.

Cabana Bar and Beach Club - Casual Dining/Lounge. No GF items listed on the menu. Likely options with modifications include tacos, burger, steak, salad

Fresh Mediterranean Market - Breakfast Buffet (\$23/adult; \$13/child) & Lunch. Only gluten free oatmeal listed. No other GF items specifically listed on the menu. Eggs, Sausage, Bacon, Potatoes, Carved Meats, Made to Order Omelet

The Fountain - Lunch & Dinner. No GF items listed on the menu. Likely options with modifications include salad, burgers, Veggie Patty Melt with bread modification (vegan), BLT, Brisket Sandwich

Phins - Afternoon/Evening Lobby Bar. No food.

Picabu - Breakfast, Lunch & Dinner. No GF items listed on the menu. Likely options are Tacos (including vegan), Bowls, Nachos, Family Meals

Garden Grove - Breakfast. No GF items listed on the menu. Likely options with modifications include: Eggs, Pork Roll Sandwich, Avocado Toast, Sausage (vegan)

Ill Mulino New York Trattoria - Dinner. No GF items listed on the menu. Likely options include Prosciutto & Melone, Insaccati Misti (meat platter), Jumbo Shrimp, Salad, Carpaccio (no bread), Steak, Fish, Flourless Chocolate Cake

Java - Breakfast & Lounge. Quick Service. No GF items listed on the menu. Likely the Breakfast platters and Salads can be GF. Vegan Protein appears GF (ask to be sure)

Kimonos - Diner. Sushi and Fish. No GF items listed on the menu.

Splash Pool Bar & Grill - Pool Bar. No GF items listed on the menu. Likely options with modifications are salads, burger, possibly the Lobster Club.

Pool Bar, Grab n' Go, and two restaurants on property. One Breakfast Buffet that is noted as a Disney Character breakfast (temporarily suspended). No menus posted on their website.



The Dolphin Resort Lobby Fountain



Fantasia Golf at The Swan Reserve

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Wyndham Garden Lake Buena Vista

Several restaurants on property. No menus posted on their website.

Holiday Inn Orlando

One restaurant and one grab n' go listed on property. No menus posted on their website.

Hilton Orlando Lake Buena Vista

One restaurant listed on property. No menus posted on their website.

Evergreen Cafe is noted to have made to order omelets.

Double Tree Suites by Hilton

One restaurant listed on property. No menus posted on their website.

Evergreen Cafe is noted to have made to order omelets.

B Resort & Spa Lake Buena Vista

One restaurant, one pool bar, and one Grab n' Go listed on property.



Fantasia Mini-Golf at The Swan Reserve



Fantasia Mini-Golf at The Swan Reserve