

GLUTEN FREE GUIDE - GlutenFreeDisneyWorld

Disney Springs

March 2022

House of Blues - GF menu items include: Southern Salad, Steak Salad, Jambalaya, Blackened Salmon.

Splitsville Luxury Lanes - Items GF marked on menu found on line. GF items include sushi, Ahi Tuna, Fried Rice, chicken chopped salad.

GF/vegan sushi roll (1) available.

Jock Lindsey's Hangar Bar - No GF menu. GF items include Queso Fundido, all Tacos, Snakebite Sliders on GF bun, Club Obi Wan Chicken Wings,

Morimoto Asia - GF items marked on menu (not on line). Items include GF Peking Duck (not marked, but can be modified with GF hoisin sauce), Buri-bop, fried rice, Mongolian Ribeye, Wagyu Beef, Sushi rolls (spicy tuna, spicy yellowtail, spicy salmon, California), sashimi, blistered shishito peppers

GF/Vegan items include vegetables and tofu medley (with modifications), edamame, and miso soup

Raglan Road Irish Pub - No GF menu on website. Uses a separate fryer (with shared filtration system) for GF items. Items include Wings, Bull the Boxy, Whiskey BBQ Lollipop Chicken, Scallop Forrest, Kiss Before Shrimp, Rack of Heaven, Onion Rings, Chips, OMG Burger, Drunk Mussels, Key Lime Salmon, Serious Steak, No Rush Pork, Fish & Chips, Caesar, Le Chicken, Raglan Risotto, Citrus Salmon Salad, Braised Beef, Sandwich Club, Beef Sandwich, Sides. Specially made Belgian Witte de Cider.

GF/vegan options include Onion Rings (specify), Salad, Risotto (specify)

The Boathouse - No GF menu on website. Will automatically send a manager to speak with you and take your order when you state you are GF. Almost 90% of menu can be GF. Items of note: GF crab cakes, mac and cheese, firecracker shrimp, lobster bisque. They have GF dinner rolls and a GF dessert (brownie with ice cream and cherry compote). Shared fryer. GF/DF options.

GF/vegan options include modified salad, modified pasta dish

The Polite Pig - Allergy menu available in person. GF items include Half chicken, Cedar Plank Salmon, Pork Shoulder, Brisket, Ribs, BBQ Cheddar Sausage, Smoked Turkey Breast, GF buns available for sandwiches, Chipotle Cobb Salad, Tomato and Watermelon Salad, Southern Potato Salad, Side Caesar. As a note: only the BBQ Cheddar Sausage contains dairy, but all sides contain Dairy. Also note: except for the cheddar sausage and watermelon salad, all items are listed as containing soy.

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.



GF/vegan Onion Rings—Raglan Road



Let There Be No Rush Pork—Raglan Road

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City Works Eatery & Pour House - GF items noted. Options include Kung Pao Cauliflower (can add chicken or shrimp), Filet Mignon Sliders (modified), GF pasta, GF buns for burgers

GF/vegan options include Kung Pao Cauliflower, Vegan Impossible Burger

Chef Art Smith's Homecomin' - Fantastic sangria!! No GF menu, but a chef/manager will come out to walk you through the menu. GF items include 1981 Salad, GF bread/buns for the Cuban Sandwich, HFK Barbecue Bun, The Country Club, Shrimp & Grits, Kitchen Plate, Braised Short Ribs, Chargrilled Chicken

The Edison - No GF items noted on the menu. Dedicated allergy fryer. Recent visits have indicated GF options include: Shrimp Cocktail, Seared Scallops, Potato-wrapped Red Snapper, GF buns for burgers, Electric Fries

GF/vegan: no items noted on menu. Will likely accommodate in person

Enzo's Hideaway - Only open for dinner in a small space under the bridge. No GF menu on the website. Items that can be GF include salads, pasta, chicken and polenta and steak.

Frontera Cocina - GF menu on line and in person. GF items include Ensalada's, Taqueria Ensalada, Queso Fundido, Tortilla Soup, Chips & Salsa, Hummus, Guacamole, all tacos (Chipotle Chicken, Mushroom & Eggplant, Carne Asada, Carnitas), Shrimp Mojo de Ajo, Cochinita Pibil, Oaxacan Green Mole Grilled Snapper, Carne Asada, all sides

GF/vegan items include salad with no queso, Hummus, Guacamole, Chips & Salsa, Mushroom Tacos, Red Bean Refritos, Fried Plantains (if requested without the cheese), Arroz con Plantains

Jaleo by Jose Andres - GF menu noted on line. Options include Cheese plates, Egg Taco, Olives stuffed with piquillo pepper and anchovy, Caviar, Piquillo Rellenos con Queso, Sauteed Spinach, Cebolla Asada, Trorrilla de Patatas, Salad, Sliced apple and Fennel Salad, Bean Salad, Shrimp sauteed with Garlic, Fish of the day, Grilled Octopus, Head-on Shrimp, Grilled Pork Sausage, Carne Asada, Chicken Thigh, Chorizo Casero, Rack of Lamb,

GF/Vegan items: Sauteed Spinach with pine nuts, Ensalada Verde, Bean Salad, Compressed Pineapple dessert, Sorbet

Paradiso 37, Taste of the Americas - GF menu offered on site. Items include P37 dips, Border Nachos, South American Crazy Corn, Harbour Island Tropical Chopped Salad, Sonora Ranchero Salad, Patagonian Seared Salmon, GF buns available. Company correspondence noted separate allergy fryer.

GF/vegan items: none noted on the menu. Company response indicated options available upon request for GF/Vegan



Crab Cake (Sandwich)

The Boathouse



Mahi Mahi Tacos

The Boathouse



Snake Bite Sliders

The Hangar Bar

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STK Orlando - No GF menu on line. Staff will note GF items. Majority of the menu is noted to be GF. Note: no GF buns, pasta, or dedicated fryer. GF options include: Raw Bar, Seafood, Steaks, Risotto

Wine Bar George - Open for brunch, lunch, & dinner. GF menu upon request. GF options include: Grilled Octopus Salad, Grilled Romaine, Burrata, Saganaki on Fire, Artisanal Cheese Board, Charcuterie Board, Chicken Breast, Skirt Steak, Grilled Whole Greek Sea Bass

GF/vegan: House-made Hummus, Warm Spiced Olives, Winter Salad

Maria & Enzo's Ristorante - No GF menu. GF options include: GF Pasta, red Snapper, Braised Beef Short-Rib, Salmon, Ribeye, Antipasti.

Paddlefish - GF menu noted on line. Options include: Crab Topped Fries, Wedge Salad, Caprese Salad, Green Salad, Crab Ceviche, Shrimp Cocktail, Crab Guacamole, Snow Crab, Whole Lobster, Peel & Eat Shrimp, Scallops, Filet Mignon, Chicken Breast, (SIDES) Asparagus, Edamame Bacon Succotash, Maque Choux, Blistered Green Beans, Red Bliss Potatoes. Last check = no GF buns

Wolfgang Puck Bar & Grill - Does not appear GF friendly. Various reports. At times are accommodating with limited options. No GF menu on line.

Planet Hollywood - No GF menu on line. GF options include: GF burger buns, Steak, Chicken, Fish, Salad, Fajitas (corn tortillas),

Terralina Crafted Italian - GF menu noted on line. Options include: Antipasti Tower for 4, Caprese, Baby Greens, Spinach with Beets, Italian Salad, Ribeye, Center-cut Pork Chop, Vegetable sides, GF pasta available upon request.

***T-Rex Café** - No GF menu on line. No dedicated fryer. GF options include: Salmon with rice/veggies, burgers with GF buns, Grilled Chicken, Steak, Salads, Beyond Burger

***Rainforest Café** - GF menu on line. GF options include: Anaconda Pasta, GF buns for burgers, some salads, Nachos can be modified (no dedicated fryer though), GF Rasta (Pesto) Pasta.

**Both locations have been known to have a longer than average wait to see the chef and receive your food order.*



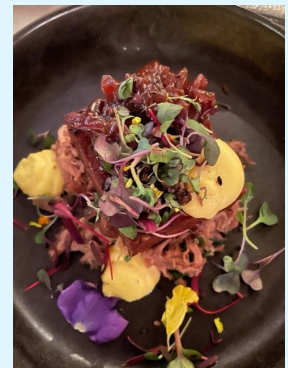
Burrata

Enzo's Hideaway



Kung Pao Cauliflower

City Works Eatery



Pull the Boxy

Raglan Road