



Walt Disney Parks and Resorts is committed to offering a wide range of options for you and your family. In order to assist Guests with their dining choices, we are able to provide lists of products that may be available. Please note that while we strive to provide as much information as possible, product offerings are subject to change at any time without notice and may not be available at all locations or at the locations suggested on these guides. Guests should notate any special dietary requests at the time of booking their dining reservation. Guests may also speak with a chef or manager upon arrival at the dining location.

WALT DISNEY WORLD® Resort - Gluten Free Dietary Guide

Disney's All-Star Resorts

End Zone Food Court - All Star Sports

Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Dinner Roll - Udi's®
 Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 Gluten Free Baking Flour - Bob's Red Mill®
 Gluten Free Brownie - OMG
 Gluten Free Brownie Mix - Bob's Red Mill®
 Gluten Free Burger Bun - GNI
 Gluten Free Choc Chip Cookies - OMG
 Gluten Free Individual Pizza - OMG
 Gluten Free Pancake Mix - Bob's Red Mill®
 Hamburger Bun - Udi's®
 Hotdog Bun - Udi's®
 Macaroni & Cheese - Amy's®
 Milk - Lactaid
 Rice Milk - Pacific Natural Foods®
 Silk Original Soymilk
 Silk Vanilla Soymilk
 Spaghetti Brown Rice - Tinkyada®
 Vanilla Ice Cream - Rice Dream®
 White Bread - Udi's®

Intermission Food Court - All Star Music

Aproten Low Protein Penne Pasta
 Dinner Roll - Udi's®
 Egg Replacement Powder - Ener-G®

Gluten Free Baking Flour - Bob's Red Mill®
 Gluten Free Brownie - OMG
 Gluten Free Brownie Mix - Bob's Red Mill®
 Gluten Free Choc Chip Cookies - OMG
 Gluten Free Individual Pizza - OMG
 Gluten Free Pancake Mix - Bob's Red Mill®
 Gluten Free Rolls - GNI
 Hamburger Bun - Udi's®
 Hotdog Bun - Udi's®
 Macaroni & Cheese - Amy's®
 Milk - Lactaid
 Penne Pasta Brown Rice - Tinkyada®
 Rice Milk - Pacific Natural Foods®
 Silk Original Soymilk
 Silk Vanilla Soymilk
 Spaghetti Brown Rice - Tinkyada®
 Vanilla Ice Cream - Rice Dream®
 Vanilla Pints - Tofutti®
 White Bread - Udi's®

World Premiere Food Court - All Star Movies

Aproten Low Protein Penne Pasta
 Chicken Tenders - AllergyFree
 Dinner Roll - Udi's®
 Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 Gluten Free Brownie - OMG
 Gluten Free Burger Bun - GNI
 Gluten Free Choc Chip Cookies - OMG

Gluten Free Individual Pizza - OMG
 Gluten Free Pancake Mix - Bob's Red Mill®
 Hamburger Bun - Udi's®
 Hotdog Bun - Udi's®
 Macaroni & Cheese - Amy's®
 Milk - Lactaid
 Rice Milk - Pacific Natural Foods®
 Silk Original Soymilk
 Silk Vanilla Soymilk
 Spaghetti Brown Rice - Tinkyada®
 Vanilla Ice Cream - Rice Dream®
 Vanilla Pints - Tofutti®
 White Bread - Udi's®

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Disney's Animal Kingdom Lodge

Boma

- Carrot/Spice Cake Mix - Namaste
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Dbl Choc Cookies- Enjoy Life®
- Egg Replacement Powder - Ener-G®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Blueberry Muffin - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Brownie Mix - Bob's Red Mill®
- Gluten Free Burger Bun - GNI
- Gluten Free Chocolate Chip Muffins - Udi's®
- Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
- Gluten Free Individual Pizza - OMG
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Rolls - GNI
- Gluten Free Vanilla Glazed Donuts - Kinnikinnick®
- Gluten Free Vegan Cupcakes - BabyCakes NYC
- Gluten Free Whole Grain Bread - Udi's®
- Macaroni & Cheese - Amy's®
- Milk - Lactaid
- Penne Pasta Brown Rice - Tinkyada®
- Pizza Shell - Udi's®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Sorbet Raspberry (Dairy Free) - Haagen-Daz®
- Sugar Crisp Cookies- Enjoy Life®
- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®

Jiko

- Carrot/Spice Cake Mix - Namaste
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Dbl Choc Cookies- Enjoy Life®
- Egg Replacement Powder - Ener-G®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Blueberry Muffin - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Brownie Mix - Bob's Red Mill®
- Gluten Free Burger Bun - GNI
- Gluten Free Chocolate Chip Muffins - Udi's®
- Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Rolls - GNI
- Gluten Free Vanilla Glazed Donuts - Kinnikinnick®
- Gluten Free Vegan Cupcakes - BabyCakes NYC
- Gluten Free Whole Grain Bread - Udi's®
- Macaroni & Cheese - Amy's®
- Milk - Lactaid
- Penne Pasta Brown Rice - Tinkyada®
- Pizza Shell - Udi's®
- Silk Original Soymilk
- Sorbet Raspberry (Dairy Free) - Haagen-Daz®
- Sugar Crisp Cookies- Enjoy Life®
- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®

Sanaa

- Chocolate Cake Mix - Namaste
- Dinner Roll - Udi's®
- Egg Replacement Powder - Ener-G®

- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Rolls - GNI
- Gluten Free Waffles - Van's™
- Macaroni & Cheese - Amy's®
- Silk Vanilla Soymilk
- Vanilla Pints - Tofutti®

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WALT DISNEY WORLD® Resort - Gluten Free Dietary Guide

The Mara

Carrot/Spice Cake Mix - Namaste
Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®
Dbl Choc Cookies- Enjoy Life®
Egg Replacement Powder - Ener-G®
Elbow Pasta, Brown Rice - Tinkyada®
Gluten Free Blueberry Muffin - Udi's®
Gluten Free Brownie - OMG
Gluten Free Brownie Mix - Bob's Red Mill®
Gluten Free Burger Bun - GNI
Gluten Free Chocolate Chip Muffins - Udi's®
Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
Gluten Free Individual Pizza - OMG
Gluten Free Pancake Mix - Bob's Red Mill®
Gluten Free Rolls - GNI
Gluten Free Vanilla Glazed Donuts - Kinnikinnick®
Gluten Free Vegan Cupcakes - BabyCakes NYC
Gluten Free Whole Grain Bread - Udi's®
Macaroni & Cheese - Amy's®
Milk - Lactaid
Penne Pasta Brown Rice - Tinkyada®
Pizza Shell - Udi's®
Silk Original Soymilk
Sorbet Raspberry (Dairy Free) - Haagen-Daz®
Sugar Crisp Cookies- Enjoy Life®
Vanilla Cake Mix - Namaste
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®

Disney's Animal Kingdom® Theme Park

Flame Tree Barbecue

Choc Chip Cookies - Enjoy Life®
Gluten Free Brownie - OMG
Gluten Free Burger Bun - GNI
Gluten Free Choc Chip Cookies - OMG
NSA Brownie - OMG
Silk Vanilla Soymilk
Tapioca Hot Dog Roll - Ener-G®

Gardens Kiosk (Allergy Cart)

Caramel Popcorn - Rocky Mountain Popcorn Company®
Choc Chip Cookies - Enjoy Life®
Dbl Choc Cookies- Enjoy Life®
Fiesta Lime Rice Chips - Lundberg Farms®
Gluten Free Vegan Cupcakes - BabyCakes NYC
Honey Dijon Rice Chips - Lundberg Farms®
Live Granola Bar - Go Raw®
Sea Salt Rice Chips - Lundberg Farms®
Vegan Cookies - BabyCakes NYC™

Outdoor Vending - Select Stands & Carts

Gluten Free Brownie - OMG

Pizzafari

Choc Chip Cookies - Enjoy Life®
Gluten Free Blueberry Muffin - Udi's®
Gluten Free Brownie - OMG
Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
Gluten Free Whole Grain Bread - Udi's®
Macaroni & Cheese - Amy's®
NSA Brownie - OMG
Silk Vanilla Soymilk

Restaurantosaurus

Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®

Gluten Free Brownie - OMG
Gluten Free Burger Bun - GNI
Gluten Free Choc Chip Cookies - OMG
Gluten Free Whole Grain Bread - Udi's®
Macaroni & Cheese - Amy's®
Vanilla Pints - Tofutti®

Tusker House Restaurant

Choc Chip Cookies - Enjoy Life®
Dbl Choc Cookies- Enjoy Life®
Egg Replacement Powder - Ener-G®
Gluten Free Blueberry Muffin - Udi's®
Gluten Free Brownie - OMG
Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
Gluten Free Whole Grain Bread - Udi's®
Macaroni & Cheese - Amy's®
NSA Brownie - OMG
Silk Vanilla Soymilk
Snickerdoodle Cookies - Enjoy Life®
Sugar Crisp Cookies- Enjoy Life®
Tamari, WF and Red. Sodium - San-J
Tapioca Roll - Ener-G®
Vanilla Ice Cream - Rice Dream®
Waffle & Pancake Mix - Namaste

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Disney's Blizzard Beach Water Park

Blizzard Beach

- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Gluten Free Brownie - OMG
- Gluten Free Choc Chip Cookies - OMG
- Gluten Free Individual Pizza - OMG
- Hamburger Bun - Udi's®
- Hotdog Bun - Udi's®
- Macaroni & Cheese - Amy's®
- Vanilla Pints - Tofutti®

Disney's BoardWalk Resort Area

BoardWalk Bakery

- Chocolate Cake Mix - Namaste
- Cup4Cup Gluten Free Flour
- Gluten Free Brownie - OMG
- Gluten Free Choc Chip Cookies - OMG
- Gluten Free Vegan Cupcakes - BabyCakes NYC
- NSA Brownie - OMG
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Vanilla Cake Mix - Namaste
- Vanilla Pints - Tofutti®
- White Bread - Udi's®

ESPN Sports Club

- Gluten Free Brownie - OMG
- Gluten Free Choc Chip Cookies - OMG
- Hamburger Bun - Udi's®
- Silk Original Soymilk
- Silk Vanilla Soymilk

Kouzzina by Cat Cora®

- Aproten Low Protein Penne Pasta
- Cheddar Cheese Shreds - Daiya™
- Crispy Rice Bar (Berry) - Nature's Path
- Dinner Roll - Udi's®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Brownie - OMG
- Gluten Free Whole Grain Bread - Udi's®
- Mozz Cheese Shreds - Daiya™
- Pizza Shell - Udi's®
- Quiona Pasta, GF, Elbows - Ancient Harvest®
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Sorbet Raspberry (Dairy Free) - Haagen-Daz®
- Vanilla Pints - Tofutti®
- Vegan Cupcakes - BabyCakes NYC™
- White Bread - Udi's®

Disney's Caribbean Beach Resort

Old Port Royale

- Aproten Low Protein Penne Pasta
- Chicken Tenders - AllergyFree
- Chocolate Cake Mix - Namaste
- Dinner Roll - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Burger Bun - GNI
- Gluten Free Choc Chip Cookies - OMG
- Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Individual Pizza - OMG
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Pizza Crust - GNI

- Gluten Free Plain Bagel - Udi's®
- Gluten Free Rolls - GNI
- Macaroni & Cheese - Amy's®
- Rice Crispy Milk Chocolate Bar - Enjoy Life®
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Soy American Cheese - Tofutti®
- Soy Free Spread - Earth Balance
- Spaghetti Brown Rice - Tinkyada®
- Unsweetened Coconut Milk
- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®
- Waffle & Pancake Mix - Namaste
- White Bread - Udi's®

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Shutters at Old Port Royale

Aproten Low Protein Penne Pasta
 Chicken Tenders - AllergyFree
 Chocolate Cake Mix - Namaste
 Dinner Roll - Udi's®
 Gluten Free Brownie - OMG
 Gluten Free Burger Bun - GNI
 Gluten Free Choc Chip Cookies - OMG
 Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
 Gluten Free Hot Dog Bun - GNI
 Gluten Free Individual Pizza - OMG
 Gluten Free Pancake Mix - Bob's Red Mill®
 Gluten Free Pizza Crust - GNI
 Gluten Free Plain Bagel - Udi's®
 Gluten Free Rolls - GNI
 Macaroni & Cheese - Amy's®
 Rice Crispy Milk Chocolate Bar - Enjoy Life®
 Rice Milk - Pacific Natural Foods®
 Silk Original Soymilk
 Silk Vanilla Soymilk
 Soy American Cheese - Tofutti®
 Soy Free Spread - Earth Balance
 Spaghetti Brown Rice - Tinkyada®
 Unsweetened Coconut Milk
 Vanilla Cake Mix - Namaste
 Vanilla Ice Cream - Rice Dream®
 Waffle & Pancake Mix - Namaste
 White Bread - Udi's®

Choc Chip Cookies - Enjoy Life®
 Dinner Roll - Udi's®
 Gluten Free Brownie - OMG
 Gluten Free Individual Pizza - OMG
 Gluten Free Rolls - GNI
 Penne Pasta Brown Rice - Tinkyada®

Chef Mickey's

Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Dinner Roll - Udi's®
 Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 Gluten Free Blueberry Muffin - Udi's®
 Gluten Free Chocolate Chip Muffins - Udi's®
 Gluten Free Cinnamon Raisin Bagel - Udi's®
 Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
 Gluten Free Doughnuts - BabyCakes NYC™
 Gluten Free Individual Pizza - OMG
 Gluten Free Pancake Mix - Bob's Red Mill®
 Gluten Free Plain Bagel - Udi's®
 Gluten Free Waffles - Van's™
 Hamburger Bun - Udi's®
 Macaroni & Cheese - Amy's®
 Milk - Lactaid
 Penne Pasta Brown Rice - Tinkyada®
 Soy Free Spread - Earth Balance
 Waffle & Pancake Mix - Namaste
 White Bread - Udi's®

Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 Gluten Free Blueberry Muffin - Udi's®
 Gluten Free Chocolate Chip Muffins - Udi's®
 Gluten Free Cinnamon Raisin Bagel - Udi's®
 Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
 Gluten Free Doughnuts - BabyCakes NYC™
 Gluten Free Individual Pizza - OMG
 Gluten Free Pancake Mix - Bob's Red Mill®
 Gluten Free Plain Bagel - Udi's®
 Gluten Free Waffles - Van's™
 Hamburger Bun - Udi's®
 Macaroni & Cheese - Amy's®
 Milk - Lactaid
 Penne Pasta Brown Rice - Tinkyada®
 Soy Free Spread - Earth Balance
 Waffle & Pancake Mix - Namaste
 White Bread - Udi's®

Disney's Contemporary Resort

California Grill

Aproten Low Protein Penne Pasta

Contempo Café

Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Dinner Roll - Udi's®

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The Wave

- Carrot/Spice Cake Mix - Namaste
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Blueberry Muffin - Udi's®
- Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
- Gluten Free Individual Pizza - OMG
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Plain Bagel - Udi's®
- Gluten Free Rolls - GNI
- Gluten Free Waffles - Van's™
- Macaroni & Cheese - Amy's®
- Vanilla Ice Cream - Rice Dream®
- Waffle & Pancake Mix - Namaste
- White Bread - Udi's®

Disney's Fort Wilderness Resort & Campground

Mickey's Backyard BBQ

- Aproten Low Protein Penne Pasta
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Dinner Roll - Udi's®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Brownie - OMG
- Gluten Free Individual Pizza - OMG
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Waffles - Van's™
- Hamburger Bun - Udi's®
- Hotdog Bun - Udi's®
- Macaroni & Cheese - Amy's®
- Mini GF/Vegan Bread Loaves - BabyCakes NYC™

- NSA Brownie - OMG
- Pizza Shell - Udi's®
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Soy Free Spread - Earth Balance
- Tapioca Hot Dog Roll - Ener-G®
- Tapioca Roll - Ener-G®
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®

Pioneer Hall - Hoop De Doo Review

- Aproten Low Protein Penne Pasta
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Dinner Roll - Udi's®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Brownie - OMG
- Gluten Free Individual Pizza - OMG
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Waffles - Van's™
- Hamburger Bun - Udi's®
- Hotdog Bun - Udi's®
- Macaroni & Cheese - Amy's®
- Mini GF/Vegan Bread Loaves - BabyCakes NYC™
- NSA Brownie - OMG
- Pizza Shell - Udi's®
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Soy Free Spread - Earth Balance
- Tapioca Hot Dog Roll - Ener-G®
- Tapioca Roll - Ener-G®

- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®

Trail's End and Fort Wilderness Bakery

- Aproten Low Protein Penne Pasta
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Dinner Roll - Udi's®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Brownie - OMG
- Gluten Free Individual Pizza - OMG
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Waffles - Van's™
- Hamburger Bun - Udi's®
- Hotdog Bun - Udi's®
- Macaroni & Cheese - Amy's®
- Mini GF/Vegan Bread Loaves - BabyCakes NYC™
- NSA Brownie - OMG
- Pizza Shell - Udi's®
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Soy Free Spread - Earth Balance
- Tapioca Hot Dog Roll - Ener-G®
- Tapioca Roll - Ener-G®
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®

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Disney's Grand Floridian Resort & Spa

1900 Park Fare

- Caramel Popcorn - Rocky Mountain Popcorn Company®
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Dbf Choc Cookies- Enjoy Life®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Baking Flour - Bob's Red Mill®
- Gluten Free Blueberry Muffin - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Choc Chip Cookies - OMG
- Gluten Free Chocolate Chip Muffins - Udi's®
- Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Plain Bagel - Udi's®
- Gluten Free Rolls - GNI
- Gluten Free Vanilla Glazed Donuts - Kinnikinnick®
- Live Banana Bread Bar- Go Raw®
- Live Granola Bar - Go Raw®
- Macaroni & Cheese - Amy's®
- Milk - Lactaid
- Penne Pasta Brown Rice - Tinkyada®
- Pizza Shell - Udi's®
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Snickerdoodle Cookies - Enjoy Life®
- Sugar Crisp Cookies- Enjoy Life®
- Vanilla Honey Graham Cookies- Enjoy Life®

- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®
- Waffle & Pancake Mix - Namaste
- White Bread - Udi's®
- Xanthan Gum - Bob's Red Mill®

Citrico's

- Caramel Popcorn - Rocky Mountain Popcorn Company®
- Carrot/Spice Cake Mix - Namaste
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Cup4Cup Gluten Free Pizza Crust
- Elbow Pasta, Brown Rice - Tinkyada®
- Falafel Chips
- Jelly Beans - Surf Sweets®
- Silk Vanilla Soymilk
- Spaghetti Brown Rice - Tinkyada®
- Sugar Crisp Cookies- Enjoy Life®
- Tapioca Roll - Ener-G®
- Vanilla Ice Cream - Rice Dream®
- White Rice Flour - Bob's Red Mill®
- Xanthan Gum - Bob's Red Mill®

Gasparilla Island Grill

- Caramel Popcorn - Rocky Mountain Popcorn Company®
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Chocolate Cake Mix - Namaste
- Cream Cheese - Tofutti®
- Dbf Choc Cookies- Enjoy Life®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Baking Flour - Bob's Red Mill®
- Gluten Free Blueberry Muffin - Udi's®

- Gluten Free Brownie - OMG
- Gluten Free Choc Chip Cookies - OMG
- Gluten Free Chocolate Chip Muffins - Udi's®
- Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Plain Bagel - Udi's®
- Gluten Free Rolls - GNI
- Gluten Free Vanilla Glazed Donuts - Kinnikinnick®
- Live Banana Bread Bar- Go Raw®
- Live Granola Bar - Go Raw®
- Macaroni & Cheese - Amy's®
- Milk - Lactaid
- Penne Pasta Brown Rice - Tinkyada®
- Pizza Shell - Udi's®
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Sugar Crisp Cookies- Enjoy Life®
- Vanilla Honey Graham Cookies- Enjoy Life®
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®
- Waffle & Pancake Mix - Namaste
- White Bread - Udi's®
- Xanthan Gum - Bob's Red Mill®

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WALT DISNEY WORLD® Resort - Gluten Free Dietary Guide

Grand Floridian Café

Caramel Popcorn - Rocky Mountain Popcorn Company®
Cheddar Cheese Shreds - Daiya™
Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®
Dbl Choc Cookies- Enjoy Life®
Elbow Pasta, Brown Rice - Tinkyada®
Gluten Free Baking Flour - Bob's Red Mill®
Gluten Free Blueberry Muffin - Udi's®
Gluten Free Brownie - OMG
Gluten Free Choc Chip Cookies - OMG
Gluten Free Chocolate Chip Muffins - Udi's®
Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
Gluten Free Hot Dog Bun - GNI
Gluten Free Pancake Mix - Bob's Red Mill®
Gluten Free Plain Bagel - Udi's®
Gluten Free Rolls - GNI
Gluten Free Vanilla Glazed Donuts - Kinnikinnick®
Live Banana Bread Bar- Go Raw®
Live Granola Bar - Go Raw®
Macaroni & Cheese - Amy's®
Milk - Lactaid
Penne Pasta Brown Rice - Tinkyada®
Pizza Shell - Udi's®
Rice Milk - Pacific Natural Foods®
Silk Original Soymilk

Silk Vanilla Soymilk
Snickerdoodle Cookies - Enjoy Life®
Sugar Crisp Cookies- Enjoy Life®
Vanilla Honey Graham Cookies- Enjoy Life®
Vanilla Ice Cream - Rice Dream®

Vanilla Pints - Tofutti®
Waffle & Pancake Mix - Namaste
White Bread - Udi's®
Xanthan Gum - Bob's Red Mill®

Narcoossee's

Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®
Dinner Roll - Udi's®
Elbow Pasta, Brown Rice - Tinkyada®
Gluten Free Burger Bun - GNI

Victoria & Albert's

Gluten Free Rolls - GNI
Silk Original Soymilk

Disney's Hollywood Studios®

ABC Commissary/Sci-Fi Dine-In Theater

Aproten Low Protein Penne Pasta
Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®
Elbow Pasta, Brown Rice - Tinkyada®
Gluten Free Brownie - OMG
Hotdog Bun - Udi's®
Macaroni & Cheese - Amy's®
Penne Pasta Brown Rice - Tinkyada®
Pizza Shell - Udi's®
Rice Milk - Pacific Natural Foods®
Silk Original Soymilk
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®

Backlot Express
Chicken Tenders - AllergyFree
Rice Milk - Pacific Natural Foods®

White Bread - Udi's®

Hollywood & Vine

Aproten Low Protein Penne Pasta
Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®
Dinner Roll - Udi's®
Double Chocolate Muffins Udis
Elbow Pasta, Brown Rice - Tinkyada®
Gluten Free Blueberry Muffin - Udi's®
Gluten Free Brownie - OMG
Gluten Free Brownie Mix - Bob's Red Mill®
Gluten Free Chocolate Chip Muffins - Udi's®
Gluten Free Cinnamon Raisin Bagel - Udi's®
Gluten Free Hot Dog Bun - GNI
Gluten Free Individual Pizza - OMG
Gluten Free Pizza Crust - GNI
Gluten Free Plain Bagel - Udi's®
Gluten Free Rolls - GNI
Gluten Free Whole Grain Bread - Udi's®
Gluten/Wheat Free French Toast Sticks
Hotdog Bun - Udi's®
Macaroni & Cheese - Amy's®
Quiona Pasta, GF, Elbows - Ancient Harvest®
Silk Vanilla Soymilk
Sorbet Raspberry (Dairy Free) - Haagen-Daz®
Soy American Cheese - Tofutti®
Spaghetti Brown Rice - Tinkyada®
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®
White Rice Flour - Bob's Red Mill®

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Hollywood Brown Derby

- Chicken Tenders - AllergyFree
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Rolls - GNI
- Spaghetti Brown Rice - Tinkyada®
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®

Mama Melrose's Ristorante Italiano

- Aproten Low Protein Penne Pasta
- Choc Chip Cookies - Enjoy Life®
- Gluten Free Rolls - GNI
- Penne Pasta Brown Rice - Tinkyada®
- Pizza Shell - Udi's®
- Potato Flour
- Rice Milk - Pacific Natural Foods®
- Spaghetti Brown Rice - Tinkyada®
- Vanilla Ice Cream - Rice Dream®
- Vegan Mozzarella Cheese
- Xanthan Gum - Bob's Red Mill®

Pizza Planet

- Choc Chip Cookies - Enjoy Life®
- Gluten Free Brownie - OMG
- Pizza Shell - Udi's®
- Vegan Mozzarella Cheese

Prime Time Cafe

- Aproten Low Protein Penne Pasta
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Dinner Roll - Udi's®
- Double Chocolate Muffins Udis

- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Blueberry Muffin - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Brownie Mix - Bob's Red Mill®
- Gluten Free Chocolate Chip Muffins - Udi's®
- Gluten Free Cinnamon Raisin Bagel - Udi's®
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Individual Pizza - OMG
- Gluten Free Pizza Crust - Bob's Red Mill®
- Gluten Free Plain Bagel - Udi's®
- Gluten Free Rolls - GNI
- Gluten Free Whole Grain Bread - Udi's®
- Gluten/Wheat Free French Toast Sticks
- Hotdog Bun - Udi's®
- Macaroni & Cheese - Amy's®
- Quiona Pasta, GF, Elbows - Ancient Harvest®
- Sea Salt Rice Chips - Lundberg Farms®
- Silk Vanilla Soymilk
- Sorbet Raspberry (Dairy Free) - Haagen-Daz®
- Soy American Cheese - Tofutti®
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®
- White Rice Flour - Bob's Red Mill®

Studio Catering Co.

- Chicken Tenders - AllergyFree
- Rice Milk - Pacific Natural Foods®
- White Bread - Udi's®

Sunset Ranch Market, Starring Roll's Bakery, Min & Bill's

- Chicken Tenders - AllergyFree
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®

Disney's Old Key West Resort

Olivia's Café

- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Dinner Roll - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Brownie Mix - Bob's Red Mill®
- Gluten Free Burger Bun - GNI
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Individual Pizza - OMG
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Plain Bagel - Udi's®
- Gluten Free Whole Grain Bread - Udi's®
- Macaroni & Cheese - Amy's®
- Rice Milk - Pacific Natural Foods®
- Silk Vanilla Soymilk
- Tapioca Roll - Ener-G®
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®
- Vegan Mozzarella Cheese
- White Bread - Udi's®

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Disney's Polynesian Resort

Captain Cook's

- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Gluten Free Baking Flour - Bob's Red Mill®
- Gluten Free Blueberry Muffin - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Burger Bun - GNI
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Plain Bagel - Udi's®
- Gluten Free Rolls - GNI
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Snickerdoodle Cookies - Enjoy Life®
- Tamari, WF and Red. Sodium - San-J
- Vanilla Ice Cream - Rice Dream®

Disney's Polynesian Resort

- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Gluten Free Baking Flour - Bob's Red Mill®
- Gluten Free Blueberry Muffin - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Burger Bun - GNI
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Plain Bagel - Udi's®
- Gluten Free Rolls - GNI
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Snickerdoodle Cookies - Enjoy Life®

- Tamari, WF and Red. Sodium - San-J
- Vanilla Ice Cream - Rice Dream®

- Tamari, WF and Red. Sodium - San-J
- Vanilla Ice Cream - Rice Dream®

Kona Café

- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Gluten Free Baking Flour - Bob's Red Mill®
- Gluten Free Blueberry Muffin - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Burger Bun - GNI
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Plain Bagel - Udi's®
- Gluten Free Rolls - GNI
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Snickerdoodle Cookies - Enjoy Life®
- Tamari, WF and Red. Sodium - San-J
- Vanilla Ice Cream - Rice Dream®

Ohana

- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Gluten Free Baking Flour - Bob's Red Mill®
- Gluten Free Blueberry Muffin - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Burger Bun - GNI
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Plain Bagel - Udi's®
- Gluten Free Rolls - GNI
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Snickerdoodle Cookies - Enjoy Life®

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Disney's Pop Century Resort/Art of Animation R

Everything Pop Shopping and Dining

Aproten Low Protein Penne Pasta
 Caramel Popcorn - Rocky Mountain Popcorn Company®
 Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Egg Replacement Powder - Ener-G®
 Gluten Free Baking Flour - Bob's Red Mill®
 Gluten Free Blueberry Muffin - Udi's®

 Gluten Free Burger Bun - GNI
 Gluten Free Hot Dog Bun - GNI
 Gluten Free Individual Pizza - OMG
 Gluten Free Pancake Mix - Bob's Red Mill®
 Gluten Free Pizza Crust - Bob's Red Mill®
 Gluten Free Pizza Crust - GNI
 Gluten Free Plain Bagel - Udi's®
 Gluten Free Rolls - GNI
 Gluten Free Vegan Cupcakes - BabyCakes NYC
 Gluten Free Whole Grain Bread - Udi's®
 Hamburger Bun - Udi's®
 Hotdog Bun - Udi's®
 Jelly Beans - Surf Sweets®
 Pizza Shell - Udi's®
 Rice Milk - Pacific Natural Foods®
 Silk Original Soymilk

 Silk Vanilla Soymilk
 Soy Free Spread - Earth Balance
 Tapioca Hot Dog Roll - Ener-G®
 Tapioca Roll - Ener-G®

Landscapes of Flavor

Vegan Mozzarella Cheese

 Caramel Popcorn - Rocky Mountain Popcorn Company®
 Cheddar Cheese Shreds - Daiya™
 Chicken Tenders - AllergyFree
 Dinner Roll - Udi's®
 Double Chocolate Muffins Udis
 Egg Replacement Powder - Ener-G®
 Falafel Chips

 Fiesta Lime Rice Chips - Lundberg Farms®
 Gluten Free Baking Flour - Bob's Red Mill®
 Gluten Free Blueberry Muffin - Udi's®

 Gluten Free Burger Bun - GNI
 Gluten Free Chocolate Chip Muffins - Udi's®
 Gluten Free Hot Dog Bun - GNI
 Gluten Free Individual Pizza - OMG
 Gluten Free Pizza Crust - GNI
 Gluten Free Plain Bagel - Udi's®
 Gluten Free Rolls - GNI
 Gluten Free Whole Grain Bread - Udi's®
 Hamburger Bun - Udi's®
 Honey Dijon Rice Chips - Lundberg Farms®
 Hotdog Bun - Udi's®
 Jelly Beans - Surf Sweets®
 Macaroni & Cheese - Amy's®
 Milk - Lactaid
 Silk Original Soymilk

 Silk Vanilla Soymilk
 Soy American Cheese - Tofutti®

Spaghetti Brown Rice - Tinkyada®
 Vanilla Ice Cream - Rice Dream®
 Vegan Mozzarella Cheese

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Disney's Port Orleans Resort

Port Orleans Resort - French Quarter

Cheddar Cheese Shreds - Daiya™
 Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Chocolate Cake Mix - Namaste
 Dinner Roll - Udi's®
 Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 GF Flour
 Gluten Free Baking Flour - Bob's Red Mill®
 Gluten Free Cinnamon Raisin Bagel - Udi's®
 Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
 Gluten Free Doughnuts - BabyCakes NYC™
 Gluten Free Hot Dog Bun - GNI
 Gluten Free Individual Pizza - OMG
 Gluten Free Pancake Mix - Bob's Red Mill®
 Gluten Free Pizza Crust - Bob's Red Mill®
 Gluten Free Pizza Crust - GNI
 Gluten Free Plain Bagel - Udi's®
 Gluten Free Vanilla Glazed Donuts - Kinnikinnick®
 Gluten Free Whole Grain Bread - Udi's®
 Hotdog Bun - Udi's®
 Macaroni & Cheese - Amy's®
 Mozz Cheese Shreds - Daiya™
 NSA Brownie - OMG
 Pizza Shell - Udi's®
 Quiona Pasta, GF, Elbows - Ancient Harvest®
 Rice Milk - Pacific Natural Foods®
 Silk Original Soymilk

Silk Vanilla Soymilk
 Snickerdoodle Cookies - Enjoy Life®
 Soy American Cheese - Tofutti®
 Soy Free Spread - Earth Balance
 Tapioca Hot Dog Roll - Ener-G®
 Tapioca Roll - Ener-G®
 Waffle & Pancake Mix - Namaste
 White Bread - Udi's®
 White Rice Flour - Bob's Red Mill®
 Xanthan Gum - Bob's Red Mill®

Port Orleans Resort - Riverside

Aproten Low Protein Penne Pasta
 Cheddar Cheese Shreds - Daiya™
 Chicken Tenders - AllergyFree
 Choc Chip Cookies - Enjoy Life®
 Chocolate Cake Mix - Namaste
 Chocolate Chip Cookie Dough - Larabar®
 Dinner Roll - Udi's®
 Double Chocolate Muffins Udis
 Egg Replacement Powder - Ener-G®
 Elbow Pasta, Brown Rice - Tinkyada®
 GF Flour
 Gluten Free Baking Flour - Bob's Red Mill®
 Gluten Free Blueberry Muffin - Udi's®
 Gluten Free Brownie - OMG
 Gluten Free Brownie Mix - Bob's Red Mill®
 Gluten Free Choc Chip Cookies - OMG
 Gluten Free Chocolate Chip Muffins - Udi's®
 Gluten Free Cinnamon Raisin Bagel - Udi's®
 Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
 Gluten Free Doughnuts - BabyCakes NYC™

Gluten Free Hot Dog Bun - GNI
 Gluten Free Individual Pizza - OMG
 Gluten Free Pancake Mix - Bob's Red Mill®
 Gluten Free Pizza Crust - Bob's Red Mill®
 Gluten Free Pizza Crust - GNI
 Gluten Free Plain Bagel - Udi's®
 Gluten Free Rolls - GNI
 Gluten Free Whole Grain Bread - Udi's®
 Hamburger Bun - Udi's®
 Hotdog Bun - Udi's®
 Macaroni & Cheese - Amy's®
 Mozz Cheese Shreds - Daiya™
 NSA Brownie - OMG
 Penne Pasta Brown Rice - Tinkyada®
 Pizza Shell - Udi's®
 Pizza, OG, Cheese, Rice Crust - Amy's®
 Quiona Pasta, GF, Elbows - Ancient Harvest®
 Snickerdoodle Cookies - Enjoy Life®
 Spaghetti Brown Rice - Tinkyada®
 Tapioca Hot Dog Roll - Ener-G®
 Tapioca Roll - Ener-G®
 Vanilla Ice Cream - Rice Dream®
 Vanilla Pints - Tofutti®
 Waffle & Pancake Mix - Namaste
 Wheat Free Biscuit & Baking Mix - Bob's Red Mill®
 White Bread - Udi's®
 White Rice Flour - Bob's Red Mill®
 Xanthan Gum - Bob's Red Mill®

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Disney's Saratoga Springs Resort & Spa

Artist's Palette

- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Egg Replacement Powder - Ener-G®
- Fiesta Lime Rice Chips - Lundberg Farms®
- Gluten Free Brownie - OMG
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Plain Bagel - Udi's®
- Gluten Free Whole Grain Bread - Udi's®
- Honey Dijon Rice Chips - Lundberg Farms®
- Live Granola Bar - Go Raw®
- Macaroni & Cheese - Amy's®
- NSA Brownie - OMG
- Pizza Shell - Udi's®
- Sea Salt Rice Chips - Lundberg Farms®

Disney's Saratoga Springs Resort & Spa

- Caramel Popcorn - Rocky Mountain Popcorn Company®
- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Dbf Choc Cookies- Enjoy Life®
- Elbow Pasta, Brown Rice - Tinkyada®
- Fiesta Lime Rice Chips - Lundberg Farms®
- Gluten Free Brownie - OMG
- Gluten Free Choc Chip Cookies - OMG
- Gluten Free Plain Bagel - Udi's®
- Live Granola Bar - Go Raw®
- Macaroni & Cheese - Amy's®
- NSA Brownie - OMG
- Penne Pasta Brown Rice - Tinkyada®
- Pico De Gallo Rice Chips - Lundberg Farms®

- Pizza Shell - Udi's®
- Santa Fe BBQ Chips - Lundberg Farms®
- Sea Salt Rice Chips - Lundberg Farms®
- Tapioca Roll - Ener-G®
- Waffle & Pancake Mix - Namaste

The Turf Club Bar & Grill

- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Brownie - OMG
- Hotdog Bun - Udi's®
- Macaroni & Cheese - Amy's®
- NSA Brownie - OMG
- Pizza Shell - Udi's®
- Tapioca Roll - Ener-G®

Disney's Typhoon Lagoon Water Park

Disney's Typhoon Lagoon Water Park

- Chicken Tenders - AllergyFree
- Choc Chip Cookies - Enjoy Life®
- Gluten Free Brownie - OMG
- Gluten Free Choc Chip Cookies - OMG
- Gluten Free Individual Pizza - OMG
- Hamburger Bun - Udi's®
- Hotdog Bun - Udi's®
- Macaroni & Cheese - Amy's®
- Vanilla Pints - Tofutti®

Disney's Wilderness Lodge

Artist Point

- Carrot/Spice Cake Mix - Namaste
- Chicken Tenders - AllergyFree

- Chocolate Cake Mix - Namaste
- Gluten Free Brownie - OMG
- Gluten Free Brownie Mix - Bob's Red Mill®
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Rolls - GNI
- Hamburger Bun - Udi's®
- NSA Brownie - OMG
- Pizza Shell - Udi's®
- Silk Original Soymilk
- Spaghetti Brown Rice - Tinkyada®
- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®
- Waffle & Pancake Mix - Namaste
- White Bread - Udi's®
- Xanthan Gum - Bob's Red Mill®

Roaring Forks

- Carrot/Spice Cake Mix - Namaste
- Chicken Tenders - AllergyFree
- Chocolate Cake Mix - Namaste
- Gluten Free Brownie - OMG
- Gluten Free Brownie Mix - Bob's Red Mill®
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Rolls - GNI
- Hamburger Bun - Udi's®
- NSA Brownie - OMG
- Pizza Shell - Udi's®
- Silk Original Soymilk
- Spaghetti Brown Rice - Tinkyada®
- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®
- Waffle & Pancake Mix - Namaste
- White Bread - Udi's®
- Xanthan Gum - Bob's Red Mill®

Whispering Canyon Café

- Carrot/Spice Cake Mix - Namaste
- Chicken Tenders - AllergyFree
- Chocolate Cake Mix - Namaste
- Gluten Free Brownie - OMG
- Gluten Free Brownie Mix - Bob's Red Mill®
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Rolls - GNI
- Hamburger Bun - Udi's®
- NSA Brownie - OMG
- Pizza Shell - Udi's®
- Silk Original Soymilk
- Spaghetti Brown Rice - Tinkyada®

- Vanilla Cake Mix - Namaste
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®
- Waffle & Pancake Mix - Namaste
- White Bread - Udi's®
- Xanthan Gum - Bob's Red Mill®

- Silk Original Soymilk
- Silk Vanilla Soymilk
- Vegan Cookies - BabyCakes NYC™
- Vegan Loaf Cake, Assorted Flavors - BabyCakes NYC™

Captain's Grille

- Chicken Tenders - AllergyFree
- Dbl Choc Cookies- Enjoy Life®
- Dinner Roll - Udi's®
- Double Chocolate Muffins Udis
- Egg Replacement Powder - Ener-G®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Blueberry Muffin - Udi's®
- Gluten Free Brownie - OMG
- Gluten Free Chocolate Chip Muffins - Udi's®
- Gluten Free Hot Dog Bun - GNI
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Rolls - GNI
- Gluten Free Whole Grain Bread - Udi's®
- Rice Milk - Pacific Natural Foods®
- Silk Original Soymilk

- Vanilla Ice Cream - Rice Dream®
- Xanthan Gum - Bob's Red Mill®

Disney's Yacht & Beach Club Resorts

Beaches & Cream Soda Shop

- Gluten Free Brownie - OMG
- Gluten Free Choc Chip Cookies - OMG
- Hamburger Bun - Udi's®
- Hotdog Bun - Udi's®
- Silk Original Soymilk
- Silk Vanilla Soymilk
- Vanilla Ice Cream - Rice Dream®
- Vanilla Pints - Tofutti®

Cape May Café

- Chicken Tenders - AllergyFree
- Chocolate Cake Mix - Namaste
- Dbl Choc Cookies- Enjoy Life®
- Elbow Pasta, Brown Rice - Tinkyada®
- Gluten Free Brownie - OMG
- Gluten Free Cinnamon Raisin Bagel - Udi's®
- Gluten Free Doughnuts - BabyCakes NYC™
- Gluten Free Individual Pizza - OMG
- Gluten Free Pancake Mix - Bob's Red Mill®
- Gluten Free Rolls - GNI
- Gluten Free Vegan Brownie Bites - BabyCakes NYC
- Macaroni & Cheese - Amy's®
- Penne Pasta Brown Rice - Tinkyada®
- Rice Milk - Pacific Natural Foods®

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WALT DISNEY WORLD® Resort - Gluten Free Dietary Guide

Disney's Yacht & Beach Club Resorts

Chicken Tenders - AllergyFree
Gluten Free Brownie - OMG
Gluten Free Choc Chip Cookies - OMG
Gluten Free Doughnuts - BabyCakes NYC™
Gluten Free Individual Pizza - OMG
Gluten Free Vegan Brownie Bites - BabyCakes NYC
Gluten Free Waffles - Van's™
Gluten Free Whole Grain Bread - Udi's®
Hamburger Bun - Udi's®
Vegan Cookies - BabyCakes NYC™

Yachtsman Steakhouse

Elbow Pasta, Brown Rice - Tinkyada®
Gluten Free Rolls - GNI
Goat Milk

Downtown Disney® Area

Disney Quest - FoodQuest

Chicken Tenders - AllergyFree
Gluten Free Brownie - OMG
Gluten Free Burger Bun - GNI
Gluten Free Choc Chip Cookies - OMG
Gluten Free Hot Dog Bun - GNI
Gluten Free Individual Pizza - OMG
Pizza Shell - Udi's®
Vanilla Pints - Tofutti®

Epcot® Park

Akershus Restaurant

Choc Chip Cookies - Enjoy Life®
Cup4Cup Gluten Free Flour
Dinner Roll - Udi's®

Elbow Pasta, Brown Rice - Tinkyada®
GF Flour
Gluten Free Blueberry Muffin - Udi's®
Gluten Free Pancake Mix - Bob's Red Mill®
Gluten Free Waffles - Van's™
Hamburger Bun - Udi's®
Macaroni & Cheese - Amy's®
Penne Pasta Brown Rice - Tinkyada®
Potato Flour
Quiona Pasta, GF, Elbows - Ancient Harvest®
Rice Milk - Pacific Natural Foods®
Silk Original Soymilk
Snickerdoodle Cookies - Enjoy Life®
Soy Free Spread - Earth Balance
Tapioca Roll - Ener-G®
Vanilla Ice Cream - Rice Dream®

Vanilla Pints - Tofutti®

Biergarten Restaurant

Choc Chip Cookies - Enjoy Life®
Elbow Pasta, Brown Rice - Tinkyada®
Gluten Free Brownie - OMG
Hotdog Bun - Udi's®
Rice Crispy Milk Chocolate Bar - Enjoy Life®
Silk Original Soymilk
Spaghetti Brown Rice - Tinkyada®
Tapioca Roll - Ener-G®

Coral Reef Restaurant

Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®
Dbl Choc Cookies- Enjoy Life®
Macaroni & Cheese - Amy's®

Silk Vanilla Soymilk
Snickerdoodle Cookies - Enjoy Life®
Tapioca Roll - Ener-G®
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®

Electric Umbrella Restaurant

Chicken Tenders - AllergyFree
Gluten Free Burger Bun - GNI
Macaroni & Cheese - Amy's®
NSA Brownie - OMG

Le Cellier

Penne Pasta Brown Rice - Tinkyada®
Silk Original Soymilk
Soy Free Spread - Earth Balance
Tapioca Roll - Ener-G®
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®

Liberty Inn

Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®
Gluten Free Burger Bun - GNI
Hamburger Bun - Udi's®
Macaroni & Cheese - Amy's®
Tapioca Hot Dog Roll - Ener-G®

Walt Disney Parks and Resorts will use reasonable efforts to prevent the introduction of the allergen of concern into the food through close attention during our sourcing, preparation and handling process. However, it is ultimately up to the Guest to use his or her individual discretion to make an informed choice regarding whether to order or consume any particular item(s). Walt Disney Parks and Resorts cannot guarantee that allergens may not have been introduced during another stage of the food handling process, or even inadvertently during preparation. We do not have separate kitchens to prepare allergen-free items or separate dining areas for Guests with allergies or intolerances. Guests with food allergies or intolerances are allowed to bring food items into any Disney theme park or resort. Please inform the Security Cast Member at bag check that someone in the party has a food allergy or intolerance.

WALT DISNEY WORLD® Resort - Gluten Free Dietary Guide

Rose & Crown Restaurant

Aproten Low Protein Penne Pasta
Gluten Free Pancake Mix - Bob's Red Mill®
Silk Original Soymilk
Sorbet Raspberry (Dairy Free) - Haagen-Daz®
Spaghetti Brown Rice - Tinkyada®
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®

Sunshine Seasons

Aproten Low Protein Penne Pasta
Caramel Popcorn - Rocky Mountain Popcorn Company®
Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®
Dbl Choc Cookies- Enjoy Life®
Gluten Free Rolls - GNI
Gluten Free Whole Grain Bread - Udi's®
Macaroni & Cheese - Amy's®
NSA Brownie - OMG
Penne Pasta Brown Rice - Tinkyada®
Pizza, OG, Cheese, Rice Crust - Amy's®
Rice Crispy Milk Chocolate Bar - Enjoy Life®
Silk Vanilla Soymilk
Soy American Cheese - Tofutti®
Spaghetti Brown Rice - Tinkyada®
Vanilla Ice Cream - Rice Dream®

Vanilla Pints - Tofutti®
White Bread - Udi's®

The Garden Grill

Aproten Low Protein Penne Pasta
Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®

Cream Cheese - Tofutti®
Dbl Choc Cookies- Enjoy Life®
Egg Replacement Powder - Ener-G®
Gluten Free Rolls - GNI
Gluten Free Waffles - Van's™
Gluten Free Whole Grain Bread - Udi's®
Macaroni & Cheese - Amy's®
NSA Brownie - OMG
Pizza, OG, Cheese, Rice Crust - Amy's®
Silk Vanilla Soymilk
Soy American Cheese - Tofutti®
Spaghetti Brown Rice - Tinkyada®
Vanilla Ice Cream - Rice Dream®

Vanilla Pints - Tofutti®
White Bread - Udi's®

ESPN Wide World of Sports

ESPN Wide World of Sports Grill

Caramel Popcorn - Rocky Mountain Popcorn Company®
Choc Chip Cookies - Enjoy Life®
Fiesta Lime Rice Chips - Lundberg Farms®
Gluten Free Blueberry Muffin - Udi's®
Gluten Free Burger Bun - GNI
Gluten Free Choc Chip Cookies - OMG
Gluten Free Hot Dog Bun - GNI
Live Granola Bar - Go Raw®
Sea Salt Rice Chips - Lundberg Farms®

Magic Kingdom® Park

Be Our Guest Restaurant

Choc Chip Cookies - Enjoy Life®
Chocolate Cake Mix - Namaste

Egg Replacement Powder - Ener-G®
GF Flour
Gluten Free 6" Round Cake - BabyCakes NYC™
Gluten Free Rolls - GNI
Gluten Free Whole Grain Bread - Udi's®
Hotdog Bun - Udi's®
Quiona Pasta, GF, Elbows - Ancient Harvest®
Silk Vanilla Soymilk
Tapioca Roll - Ener-G®
Vanilla Cake Mix - Namaste
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®
Wheat Free Bread - Food for Life®
Xanthan Gum - Bob's Red Mill®

Casey's Corner

Choc Chip Cookies - Enjoy Life®
Hotdog Bun - Udi's®

Cinderella's Royal Table

Chicken Tenders - AllergyFree
Chocolate Cake Mix - Namaste
Gluten Free 6" Round Cake - BabyCakes NYC™
Gluten Free Rolls - GNI
Gluten Free Waffles - Van's™
Silk Vanilla Soymilk
Vanilla Cake Mix - Namaste
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®
White Rice Flour - Bob's Red Mill®

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WALT DISNEY WORLD® Resort - Gluten Free Dietary Guide

Columbia Harbour House

Chicken Tenders - AllergyFree
Choc Chip Cookies - Enjoy Life®
Gluten Free Brownie - OMG
Gluten Free Choc Chip Cookies - OMG
Macaroni & Cheese - Amy's®

Cosmic Ray's Starlight Café

Choc Chip Cookies - Enjoy Life®
Gluten Free Brownie - OMG
Gluten Free Burger Bun - GNI
Gluten Free Choc Chip Cookies - OMG
Gluten Free Hot Dog Bun - GNI
Hamburger Bun - Udi's®
Hotdog Bun - Udi's®

Liberty Tree Tavern

Choc Chip Cookies - Enjoy Life®
Egg Replacement Powder - Ener-G®
Gluten Free 6" Round Cake - BabyCakes NYC™
Gluten Free Burger Bun - GNI
Gluten Free Rolls - GNI
Gluten Free Whole Grain Bread - Udi's®
Macaroni & Cheese - Amy's®
Silk Vanilla Soymilk
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®

Main Street, USA

Chicken Tenders - AllergyFree
Gluten Free Brownie - OMG
Gluten Free Burger Bun - GNI
Gluten Free Hot Dog Bun - GNI
Hotdog Bun - Udi's®

Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®

Peco's Bill's Café

Choc Chip Cookies - Enjoy Life®
Gluten Free Brownie - OMG
Gluten Free Burger Bun - GNI
Gluten Free Choc Chip Cookies - OMG
Hamburger Bun - Udi's®

Pinocchio Village Haus

Choc Chip Cookies - Enjoy Life®
Gluten Free Brownie - OMG
Gluten Free Choc Chip Cookies - OMG
Gluten Free Individual Pizza - OMG
Macaroni & Cheese - Amy's®
Pizza Shell - Udi's®

The Crystal Palace

Chicken Tenders - AllergyFree
Egg Replacement Powder - Ener-G®
Gluten Free 6" Round Cake - BabyCakes NYC™
Gluten Free Baking Flour - Bob's Red Mill®
Gluten Free Brownie Mix - Bob's Red Mill®
Gluten Free Chocolate Chip Muffins - Udi's®
Gluten Free Cinnamon Sugar Donuts - Kinnikinnick®
Gluten Free Individual Pizza - OMG
Gluten Free Rolls - GNI
Gluten Free Vanilla Glazed Donuts - Kinnikinnick®
Gluten Free Waffles - Van's™
Gluten Free Whole Grain Bread - Udi's®
Macaroni & Cheese - Amy's®
Milk - Lactaid
Pizza Shell - Udi's®
Rice Milk - Pacific Natural Foods®

Soy American Cheese - Tofutti®
Tamari, WF and Red. Sodium - San-J
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®

The Plaza Restaurant

Chicken Tenders - AllergyFree
Gluten Free Brownie - OMG
Gluten Free Burger Bun - GNI
Gluten Free Hot Dog Bun - GNI
Hotdog Bun - Udi's®
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®

Tomorrowland Terrace

Caramel Popcorn - Rocky Mountain Popcorn Company®
Gluten Free Brownie - OMG
Gluten Free Burger Bun - GNI
Gluten Free Hot Dog Bun - GNI
Hamburger Bun - Udi's®
Hotdog Bun - Udi's®
NSA Brownie - OMG

Tomorrowland Terrace Dessert Party

Caramel Popcorn - Rocky Mountain Popcorn Company®
Gluten Free Brownie - OMG
NSA Brownie - OMG

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Tony's Town Square Restaurant

Chicken Tenders - AllergyFree
Gluten Free 6" Round Cake - BabyCakes NYC™
Gluten Free Brownie - OMG
Penne Pasta Brown Rice - Tinkyada®
Pizza Shell - Udi's®
Quiona Pasta, GF, Elbows - Ancient Harvest®
Silk Vanilla Soymilk
Soy Free Spread - Earth Balance
Tapioca Roll - Ener-G®
Vanilla Ice Cream - Rice Dream®
Vanilla Pints - Tofutti®

Tortuga Tavern

Choc Chip Cookies - Enjoy Life®
Gluten Free Brownie - OMG
Gluten Free Burger Bun - GNI
Gluten Free Choc Chip Cookies - OMG
Hamburger Bun - Udi's®