WALT DISNEY WORLD

Allergy & Special Diet *Dining Guide*

Your on the go guide to dining with food allergies at Walt Disney World

START HERE ›



PLANNED WITH CARE BY YOUR **PPV ADVISOR**

WELCOME TO DINING MADE EASIER

Let's *Eat!*



Keep this guide on your phone for quick answers before and during your trip. Tap any restaurant to open its menu.

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CHAPTER

01

How It Works

Everything to know before you choose a single restaurant.

Your Dining Timeline P. 4

New This Year P. 5

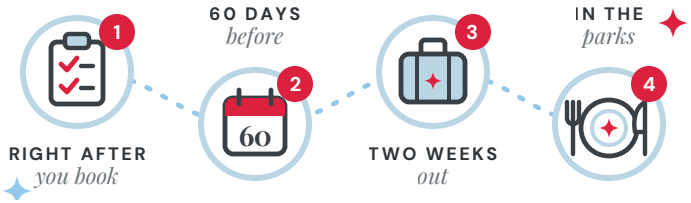
Where You Eat Matters P. 6

Not Run by Disney P. 7

Disney is one of the best places in the world to eat with food allergies, and their chefs take every request seriously.

FROM BOOKING TO YOUR FIRST BITE

Your Dining *Timeline*



1 RIGHT AFTER YOU BOOK

Share Your Needs

Send your advisor every allergy and dietary restriction in your party, plus any favorite foods, so we can plan around them.

2 BEFORE YOUR 60 DAY DINING WINDOW

Review Menus & Make Your List

Look through our favorite spots and tap any restaurant to see its menu. Make your list so you are ready the morning your 60 day window opens.

Premium planning guests: we book your dining for you. You will still share your allergies in person at every meal.

3 TWO WEEKS BEFORE YOU TRAVEL

Send the Form & Pack Your Bag

Four or more allergy requests? Request the Special Diets form. Kosher or halal? Request 24 hours ahead. Pack safe snacks and prescribed medications.

4 IN THE PARKS

Speak Up at Every Meal

Tell the host at check in and your server at the table, every single meal.

A SPOONFUL OF *magic*

Table service first

Plan most meals around table service and use quick service as a backup. Allergy meals can take a little longer, so order before anyone is hungry.

KNOW BEFORE YOU GO

New This *Year*

Disney's allergy friendly menus cover the nine major allergens plus gluten. Other needs, like corn, citrus, or lactose, are handled on request.

No Allergy Notes on Reservations

Since February 2026, allergies can no longer be added to a dining reservation, including reservations your advisor books for you. Share them with the host and your server at every meal instead.

Coconut Is No Longer a Tree Nut

Since October 6, 2026, Disney follows the FDA's updated list, so items marked tree nut friendly at Disney run restaurants may now contain coconut, shea, chestnut, and a few other nuts the FDA no longer counts as tree nuts.



Ask by name

If coconut, shea, or chestnut is a concern for your family, name it at every order, even when the menu says tree nut friendly.

TABLE SERVICE, QUICK SERVICE & MORE

Where You Eat *Matters*



Table Service Is Easiest

A chef or Special Diets trained cast member comes to the table and walks you through the menu. This is where we suggest planning most of your meals.

Buffets & Family Style

Ask the chef to walk the buffet with you, or to bring fresh plates from the back so you avoid shared spoons.

Quick Service & Mobile Order

One allergy? Mobile Order works: choose the allergy friendly options and pick up from a cast member. **More than one?** Skip Mobile Order and order at the counter with a Special Diets trained cast member, so one meal is prepared with every allergy in mind. To go orders get an allergy sticker on the box and bag.

Carts & Kiosks

Most have no allergy menu. Ask to see the packaging before you buy, and do the same for bakery case treats. An ingredient list is not always available.

GOOD TO KNOW

Not Run by *Disney*

Some restaurants on Disney property are run by outside companies, and they follow their own allergy procedures.

Run by Outside Companies

- Most Disney Springs restaurants
- Chefs de France and Via Napoli in EPCOT
- Rainforest Cafe and Yak & Yeti at Animal Kingdom
- T REX at Disney Springs

What This Means

Disney's Special Diets process covers Disney run restaurants only. At these spots, ask for their allergen menu and a manager or chef, and ask about cooking oils and shared fryers.

We are here to help

Not sure about a restaurant? Ask us before you book and we will steer you toward the ones that handle allergies well.

xo, Your PPV Advisor

CHAPTER

02

Special Diets

Gluten free, plant based, kosher & halal.

Gluten Free & Vegan P. 9

Kosher Meals P. 10

Halal Meals P. 11

Every need is welcome at the table. Here is how to ask for yours.

SIMPLE SWAPS, EVERY PARK

Gluten Free & *Vegan*

Gluten Free & Celiac

Gluten is on every allergy friendly menu, and most table service restaurants can make a full gluten free meal. Say it is celiac, not a preference, so the kitchen follows the allergy process.

Plant Based & Vegetarian



Look for the **green leaf icon**. It marks dishes made without meat, dairy, eggs, or honey, and every major restaurant has at least one. You will find it on menus, carts, and kiosks at Disney run locations.

At Your Resort

Every Disney Resort room has a beverage cooler, handy for drinks and snacks from home. If you need a refrigerator or a microwave, ask at the front desk when you arrive. They are never guaranteed.



No fridge available?
Bell Services can hold cold items or ice packs for a cooler, and resort food courts have microwaves you can use.

PLAN AT LEAST 24 HOURS AHEAD

Kosher *Meals*

Meals come sealed from a certified kosher vendor and are served unopened, with wrapped utensils.

NOTICE
24 hours ahead
For quick service, 24 hours before you plan to eat

PHONE
407.939.3463
To add a kosher meal to your reservation

- At buffets and family style spots, you get one plated kosher meal (not all you care to enjoy) at the regular price.
- Not offered at smaller quick service spots, snack stands, or kiosks.

No Notice Needed

Cosmic Ray's and all Magic Kingdom table service, Sunshine Seasons, Garden Grill, Coral Reef, Rosie's All American Cafe, Sci Fi Dine In, Satu'li Canteen, Tiffins, and Disney Resort restaurants (subject to availability).

PLAN AT LEAST 24 HOURS AHEAD

Halal *Meals*

Choose a halal certified protein, a seafood dish, or a plant based entrée.

NOTICE
24 hours ahead
Special Diets sends you a short form

EMAIL
Special.Diets@DisneyWorld.com

No Notice Needed

Cosmic Ray's, Tony's Town Square, Sunshine Seasons, Le Cellier, ABC Commissary, Sci Fi Dine In, Satu'li Canteen, Tusker House, and Disney Resort restaurants (subject to availability).



Table service is your best bet
Quick service may not always have a halal protein, so plan your halal meals around table service when you can.

CHAPTER

03

Our Favorite Spots



Two table service & two quick service picks in every park.

Magic Kingdom P. 13

EPCOT P. 14

Hollywood Studios P. 15

Animal Kingdom P. 16

Tap any restaurant to open its menu. Menus change often, so always confirm with the chef.

WHERE WE LOVE TO EAT

Magic *Kingdom*



Tap a name or Menu to open it on Disney's site.

TABLE SERVICE

Be Our Guest

MENU

Many kids and adult dishes on the allergy menu, inside the Beast's castle.

TABLE SERVICE

Liberty Tree Tavern

MENU

Family style Thanksgiving feast at lunch and dinner. Much of the platter can be made allergy friendly, and it is all you care to enjoy.

QUICK SERVICE

Cosmic Ray's Starlight Cafe

MENU

Big menu with lots of swaps. Kosher and halal with no notice.

QUICK SERVICE

Pecos Bill Tall Tale Inn

MENU

A gluten free favorite with a strong allergy menu.

ASK Which sides work for your allergies

WHERE WE LOVE TO EAT

EPCOT



Tap a name or Menu to open it on Disney's site.

CHARACTER MEAL

Garden Grill MENU

Family style meal with Chip 'n' Dale, with an allergy friendly platter. Kosher with no notice.

TABLE SERVICE

Coral Reef MENU

A longtime gluten free favorite, with aquarium views. Dinner only. Kosher with no notice.

QUICK SERVICE

Sunshine Seasons MENU

A new Special Dietary Requests counter where you order face to face with a cast member. Kosher and halal too.

QUICK SERVICE

Regal Eagle Smokehouse MENU

American Adventure barbecue with a strong allergy menu.

WHERE WE LOVE TO EAT

Hollywood *Studios*



Tap a name or Menu to open it on Disney's site.

TABLE SERVICE

Sci Fi Dine In Theater MENU

Drive in movie fun with a solid allergy menu. Kosher and halal with no notice.

TABLE SERVICE

50's Prime Time Cafe MENU

Comfort food classics, with grilled options on the allergy menu.

QUICK SERVICE

Woody's Lunch Box MENU

Ask the chef about sandwiches on allergy friendly bread.

QUICK SERVICE

Docking Bay 7 Food & Cargo MENU

Galaxy's Edge. Ask about allergy friendly versions of the kids meals.

ASK Confirm the sides with the cast member

WHERE WE LOVE TO EAT

Animal *Kingdom*



Tap a name or Menu to open it on Disney's site.

CHARACTER BUFFET

Tusker House MENU

Ask the chef to walk the buffet with you. Halal with no notice.

TABLE SERVICE

Tiffins MENU

A beautiful sit down meal with a chef who will tailor dishes. Kosher with no notice.

QUICK SERVICE

Satu'li Canteen MENU

Build your bowl. Great for mixed allergy groups, and kosher and halal too.

QUICK SERVICE

Flame Tree Barbecue MENU

Clear allergy menu, plus a plant based option.

ASK Confirm each allergy with the cast member

NUT ALLERGY FAVORITE

Yak & Yeti Restaurant MENU

Families with peanut allergies love its peanut free kitchen. It is run by an outside company, so ask for its allergen menu and the chef.

ASK About tree nuts and coconut

CHAPTER

04

Meals & Treats



Character breakfasts, snacks & Disney Springs.

Character Breakfasts P. 18

Treats & Snacks P. 19

The magic moments everyone in your party can enjoy right along together.

MAGIC EVERYONE CAN ENJOY

Character *Breakfasts*

Allergy friendly Mickey waffles are a breakfast favorite. Tap a name to open its menu.

★ **'Ohana** Polynesian Village Resort
Allergy friendly **Mickey waffles** and fresh fruit. Known for being easy to work with on allergies. MENU ›

★ **Chef Mickey's** Contemporary Resort
Allergy friendly waffles at breakfast. Celebrating? Ask about an allergy friendly dessert at check in. MENU ›

★ **Cape May Cafe** Beach Club Resort
Allergy friendly **Mickey waffles** made fresh in the back. Ask the chef to walk the buffet with you. MENU ›

★ **Crystal Palace** Magic Kingdom
Allergy friendly **Mickey waffles** made fresh in the back. Ask the chef to walk the buffet with you. MENU ›



Buffet tip
At any buffet, ask the chef to bring fresh plates from the back so you skip the shared serving spoons.

SWEET SPOTS & SNACK STOPS

Treats & *Snacks*



IN THE PARKS

★ **Dole Whip** Aloha Isle, Magic Kingdom
The classic pineapple soft serve is **dairy free**. Ask to see the ingredients for other flavors. MENU ›

★ **Classic Popcorn** Carts in every park
Dairy free, popped in a canola and coconut oil blend, so skip it with a coconut allergy. Seasonal flavors are different.

★ **Gluten Free Churros** Nomad Lounge, Animal Kingdom
A celiac favorite. Confirm the fryer with your server, and ask about milk. MENU ›

★ **Grab & Go Snacks** Liberty Square Market & Sunshine Seasons
Allergy friendly brands like Enjoy Life for restocking your park bag. Selection varies. MENU ›

★ **EPCOT Festivals** Food & Wine and more
Disney posts an allergy friendly list for the festival booths. Check it before you go. ALLERGY LIST ›

DISNEY SPRINGS

★ **D Luxe Burger** Disney operated
Burgers and fries with an **allergy friendly bun**, plus allergy friendly options for Mobile Order. MENU ›

★ **Erin McKenna's Bakery** The Landing
A fully **vegan and gluten free** bakery, with cupcakes, cookies, and donuts. MENU ›

CHAPTER

05

Ready to Eat

Your two week checklist & what to say at every meal.

Two Weeks Out P. 21

At Every Meal P. 22

Quick Reference P. 23

You have done the planning. Now enjoy every bite.

YOUR TWO WEEK CHECKLIST

Two Weeks *Out*

Four or More Allergies?

1 NO SOONER THAN 14 DAYS BEFORE ARRIVAL

Request the Form

Email **Special.Diets@DisneyWorld.com** and ask for a Special Diets Request Form.

2 SEND IT BACK

List Everything

Return the form with every allergy and every dining reservation, including any added later.

Four or more allergy requests means everyone in your party added together. The form is also for pureed meals and medically restrictive diets.

Pack Your Park Bag

Must Haves

Any prescribed medications, in date, in your park bag, plus a copy of any allergy action plan from your doctor.

Snack Stash

Ready to eat snacks from home for lines and parades. Chefs cannot heat food from home. Restock at Liberty Square Market or Sunshine Seasons.

WHAT TO SAY & WHAT TO LOOK FOR

At Every *Meal*



SAY THIS AT EVERY MEAL

"We have food allergies in our party: [list them]. May we speak with a chef or Special Diets trained cast member before we order?"

What to Look For

- Allergy meals arrive with a marker: a pick, a special tray, or a sticker on to go boxes. Confirm out loud even when you see it.
- Share your allergies with the host at check in, then again with your server.
- Quick service with more than one allergy: order at the counter with a Special Diets trained cast member. One allergy: Mobile Order is fine, and you confirm with a cast member at pickup.

Reservations do not carry your allergies

Even when we book your dining for you, allergies cannot be added to the reservation. Speaking up in person is what keeps every meal on track.

xo, Your PPV Advisor

SAVE THIS PAGE

Quick *Reference*

SPECIAL DIETS
Special.Diets@DisneyWorld.com

KOSHER MEALS
407.939.3463
24 hours ahead

Menus in the App

Open the restaurant in the My Disney Experience app and scroll to Allergy Friendly to see the current menu.

Please Read

This guide is general information to help you plan and is not medical advice. Your advisor does not prepare, handle, or inspect food and cannot guarantee any restaurant's ingredients, preparation, or practices. Allergy friendly does not mean allergen free; shared kitchens and equipment mean cross contact is always possible, and some allergy friendly recipes use highly refined oils like soybean oil. Disney's Special Diets process covers Disney run restaurants only, and restaurants run by other companies follow their own procedures. Allergies cannot be added to dining reservations, including any your advisor books for you, so share every allergy in person at every meal and confirm each order with the chef. Menus, recipes, and policies change often. This guide reflects Disney's guidance as of November 2026. Always follow your doctor's guidance and carry any prescribed medications.