



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 - Corn Free Dietary Guide

### Disney's All-Star Resorts

#### End Zone Food Court

Chicken Tenders - AllergyFree  
Dark Chocolate Bar - Enjoy Life®  
Elbow Pasta, Brown Rice - Tinkyada®  
Milk - Lactaid  
Penne Pasta Brown Rice - Tinkyada®  
Rice Crispy Milk Chocolate Bar - Enjoy Life®  
Silk Chocolate Soymilk  
Silk Vanilla Soymilk

#### Intermission Food Court

Chicken Tenders - AllergyFree  
Dark Chocolate Bar - Enjoy Life®  
Elbow Pasta, Brown Rice - Tinkyada®  
Milk - Lactaid  
Penne Pasta Brown Rice - Tinkyada®  
Rice Crispy Milk Chocolate Bar - Enjoy Life®  
Silk Chocolate Soymilk  
Silk Vanilla Soymilk

#### World Premiere Food Court

Chicken Tenders - AllergyFree  
Dark Chocolate Bar - Enjoy Life®  
Elbow Pasta, Brown Rice - Tinkyada®  
Milk - Lactaid  
Penne Pasta Brown Rice - Tinkyada®  
Rice Crispy Milk Chocolate Bar - Enjoy Life®  
Silk Chocolate Soymilk  
Silk Vanilla Soymilk

### Disney's Animal Kingdom Lodge

#### Jiko, Boma & Mara

Carrot/Spice Cake Mix - Namaste  
Chicken Tenders - AllergyFree  
Elbow Pasta, Brown Rice - Tinkyada®  
Milk - Lactaid  
Penne Pasta Brown Rice - Tinkyada®  
Vanilla Cake Mix - Namaste

#### Sanaa

Elbow Pasta, Brown Rice - Tinkyada®  
Gluten Free Waffles - Van's™  
Penne Pasta Brown Rice - Tinkyada®

### Disney's Animal Kingdom® Theme Park

#### Flame Tree Barbecue

Silk Vanilla Soymilk

#### Gardens Kiosk (Allergy Cart)

Live Granola Bar - Go Raw®

#### Restaurantosaurus

Chicken Tenders - AllergyFree

#### Tusker House Restaurant

Chicken Tenders - AllergyFree  
Safflower Oil - Hollywood® Foods  
Silk Chocolate Soymilk  
Silk Original Soymilk  
  
Silk Vanilla Soymilk  
Waffle & Pancake Mix - Namaste

### Disney's Blizzard Beach Water Park

#### Blizzard Beach

Chicken Tenders - AllergyFree

### Disney's BoardWalk Resort Area

#### Disney's BoardWalk Inn and Villas

Elbow Pasta, Brown Rice - Tinkyada®  
Waffle & Pancake Mix - Namaste

### Disney's Caribbean Beach Resort

#### Old Port Royale

Chicken Tenders - AllergyFree  
Chocolate Cake Mix - Namaste  
Gluten Free Baking Flour - Bob's Red Mill®  
Vanilla Cake Mix - Namaste  
Waffle & Pancake Mix - Namaste

### Disney's Contemporary Resort

#### Chef Mickey's

Chicken Tenders - AllergyFree  
Elbow Pasta, Brown Rice - Tinkyada®  
Waffle & Pancake Mix - Namaste

### Disney's Fort Wilderness Resort & Campground

#### Fort Wilderness Bakery

Gluten Free Waffles - Van's™  
Milk - Lactaid

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## Disney's Grand Floridian Resort & Spa

### Disney's Grand Floridian Resort

Chicken Tenders - AllergyFree  
 Elbow Pasta, Brown Rice - Tinkyada®  
 Gluten Free Baking Flour - Bob's Red Mill®  
 Milk - Lactaid  
 Penne Pasta Brown Rice - Tinkyada®  
 Silk Chocolate Soymilk  
 Silk Original Soymilk  
 Silk Vanilla Soymilk  
 Tamari, WF and Red. Sodium - San-J  
 Vanilla Cake Mix - Namaste  
 Waffle & Pancake Mix - Namaste

## Disney's Hollywood Studios®

### ABC Commissary/Sci-Fi

Apple Bar - Jammy Sammy  
 Chicken Tenders - AllergyFree  
 Elbow Pasta, Brown Rice - Tinkyada®  
 Penne Pasta Brown Rice - Tinkyada®  
 Silk Original Soymilk  
 Vanilla Ice Cream - Rice Dream®  
 Whole Grain Bread Crumbs - Hol-Grain

### Backlot Express

Apple Bar - Jammy Sammy  
 Chicken Tenders - AllergyFree  
 Vanilla Ice Cream - Rice Dream®

### Hollywood & Vine

Chicken Tenders - AllergyFree  
 Gluten Free Waffles - Van's™  
 Silk Chocolate Soymilk

Silk Vanilla Soymilk  
 White Rice Flour - Bob's Red Mill®

### Hollywood Brown Derby

Elbow Pasta, Brown Rice - Tinkyada®

### Mama Melrose's Ristorante Italiano

Apple Bar - Jammy Sammy  
 Elbow Pasta, Brown Rice - Tinkyada®

### Pizza Planet

Apple Bar - Jammy Sammy  
 Vanilla Ice Cream - Rice Dream®

### Prime Time Cafe

Chicken Tenders - AllergyFree  
 Gluten Free Waffles - Van's™  
 Silk Chocolate Soymilk  
 Silk Vanilla Soymilk  
 White Rice Flour - Bob's Red Mill®

### Studio Catering Co.

Apple Bar - Jammy Sammy  
 Chicken Tenders - AllergyFree  
 Vanilla Ice Cream - Rice Dream®

### Sunset Ranch Market

Apple Bar - Jammy Sammy  
 Chicken Tenders - AllergyFree  
 Silk Vanilla Soymilk

## Disney's Old Key West Resort

### Disney's Old Key West Resort

Chicken Tenders - AllergyFree  
 Penne Pasta Brown Rice - Tinkyada®  
 Vanilla Ice Cream - Rice Dream®

## Disney's Pop Century Resort/Art of Animation R

### Everything Pop Shopping and Dining

Apple Bar - Jammy Sammy  
 Boca® Sausage Crumbles  
 Chicken Tenders - AllergyFree  
 Gluten Free Baking Flour - Bob's Red Mill®  
 Milk - Lactaid  
 Peanut Butter Choc Chip - Larabar®  
 Peanut Butter Cookie - Larabar®  
 Tamari, WF and Red. Sodium - San-J  
 Waffle & Pancake Mix - Namaste

### Landscapes of Flavor

Apple Bar - Jammy Sammy  
 Carrot Cake Cookies - Go Raw®  
 Milk - Lactaid  
 Waffle & Pancake Mix - Namaste

## Disney's Port Orleans Resort

### Port Orleans Resort - French Quarter

Boca® Sausage Crumbles  
 Gluten Free Pizza Crust - Bob's Red Mill®  
 Milk - Lactaid  
 Waffle & Pancake Mix - Namaste

### Port Orleans Resort - Riverside

Chicken Tenders - AllergyFree  
 Elbow Pasta, Brown Rice - Tinkyada®  
 Penne Pasta Brown Rice - Tinkyada®  
 Waffle & Pancake Mix - Namaste

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## Disney's Saratoga Springs Resort & Spa

### Disney's Saratoga Springs Resort & Spa

Chicken Tenders - AllergyFree  
Elbow Pasta, Brown Rice - Tinkyada®  
Marinara Sauce - Amy's®  
Silk Original Soymilk  
Silk Vanilla Soymilk  
White Rice Flour - Bob's Red Mill®

## Disney's Typhoon Lagoon Water Park

### Disney's Typhoon Lagoon Water Park

Chicken Tenders - AllergyFree

## Disney's Wilderness Lodge

### Disney's Wilderness Lodge Resort

Chicken Tenders - AllergyFree  
Chocolate Cake Mix - Namaste  
Penne Pasta Brown Rice - Tinkyada®  
Vanilla Cake Mix - Namaste  
Waffle & Pancake Mix - Namaste

## Disney's Yacht & Beach Club Resorts

### Disney's Yacht & Beach Club Resorts

Chicken Tenders - AllergyFree  
Chocolate Cake Mix - Namaste  
Marinara Sauce - Amy's®  
Milk - Lactaid  
Silk Chocolate Soymilk  
Silk Original Soymilk  
Silk Vanilla Soymilk  
Spaghetti Brown Rice - Tinkyada®  
Vanilla Cake Mix - Namaste

## Downtown Disney® Area

### Pleasure Island

Chicken Tenders - AllergyFree

## Epcot® Park

### Akershus Restaurant

Gluten Free Waffles - Van's™

### Biergarten Restaurant

Rice Crispy Milk Chocolate Bar - Enjoy Life®

### Coral Reef Restaurant

Silk Vanilla Soymilk  
Vanilla Ice Cream - Rice Dream®

### Electric Umbrella Restaurant

Chicken Tenders - AllergyFree

### Sunshine Seasons

Rice Crispy Milk Chocolate Bar - Enjoy Life®  
Silk Chocolate Soymilk  
Silk Vanilla Soymilk

### The Garden Grill

Silk Chocolate Soymilk

## Magic Kingdom® Park

### Be Our Guest Restaurant

Chocolate Cake Mix - Namaste  
Silk Vanilla Soymilk  
Vanilla Cake Mix - Namaste

### Cinderella's Royal Table

Chicken Tenders - AllergyFree  
Chocolate Cake Mix - Namaste  
Gluten Free Waffles - Van's™  
Silk Chocolate Soymilk

Silk Vanilla Soymilk  
Vanilla Cake Mix - Namaste  
White Rice Flour - Bob's Red Mill®

### Columbia Harbour House

Chicken Tenders - AllergyFree

### Frontierland

Chicken Tenders - AllergyFree  
Gluten Free Baking Flour - Bob's Red Mill®  
Gluten Free Waffles - Van's™  
Milk - Lactaid  
Tamari, WF and Red. Sodium - San-J

### Main Street, USA

Chicken Tenders - AllergyFree

### The Crystal Palace

Chicken Tenders - AllergyFree  
Gluten Free Baking Flour - Bob's Red Mill®  
Gluten Free Waffles - Van's™  
Milk - Lactaid  
Tamari, WF and Red. Sodium - San-J

### Tomorrowland Terrace

Carrot/Spice Cake Mix - Namaste

### Tony's Town Square Restaurant

Penne Pasta Brown Rice - Tinkyada®

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