

Walt Disney World

Gluten Free Snacks and Quick Serve options

Epcot

Burts British Hand Cooked Potato Chips - classic Sea Salt
Caramel Corn
Turkey Leg
Bratwurst on a gluten free bun
Maple Popcorn - Canada
Macaron Ice cream sandwiches – France
Macaroon – France
Creme brûlée - France
Rice pudding – Norway
Chocolate banana mousse cake – Norway
Ginger Candy
Chicken Bowl tacos – Mexico
Gelato – Italy
Snow Cones - Japan

Animal Kingdom

Cinnamon-Glazed Almonds or Pecans
Pineapple Dole Whip cup
Mountain Mambo Seed and Fruit Mix
Churros - Nomads Lounge
Night blossom
Build your own bowl – Satu’li Canteen

Hollywood Studios

Flavored Rice Chips
Kind Bars
Loaded Chili-Cheese Nachos – Dockside Diner
Charcuterie board with gf crostini - Baseline
Gluten free smore sandwich – Woody’s Lunch Box
Brownie Sundae
Totchos – Toy Story Land
Blue milk
PBJ Milkshake – 50’s Prime Time (no straw)

Magic Kingdom

Dole Whip cup
Pineapple Spear
Citrus Swirl
Turkey Leg
Le Fou's Brew
Cauliflower Tacos - Pecos Bill
Fries
Peter Pan Float (no chocolate leaf)

Disney Springs

Fried Seafood - Raglan Road
fish and chips – Raglan Road
Calamari – Raglan Road
McKennas Bakery
Onion Rings - Cookes of Dublin
Gluten Free Cookie - Cookes of Dublin
GF Cupcakes - Sprinkles

Throughout the Parks

Popcorn
Ice Cream Treats
Fresh Fruit and Vegetables
Marshmallow Dream Bar
Plain Potatoe Chips
Starbucks
Way Better Snacks
Snacks with Character
Enjoy Life Foods
WOW Baking Company
Baby Bell cheese
Chicken Strips & Fries
Hamburger & Fries (ask for a gluten free bun)
Pizza (ask for gluten free crust)

Disney Resorts

Beignet - French Quarter
Bread Service - Sanaa
Zebra Domes - Boma
Packaged Brownies
Calamari – Narcoosees (Grand Floridian)
Churros - Three Bridges (Coronado)
Boozy beignets – Scat Cat Lounge (Port Orleans)