

## Walt Disney World

### Gluten Free Quick Serve options

#### Epcot

- **Sunshine Seasons** Roast Pork with Rice (from the grill station), Power Salad with Chicken (from the salad station)
- **Sommerfest** at Germany Pavilion - Bratwurst, Frankfurter, German Potato Salad
- **La Cantina de San Angel** Tacos de Barbacoa (beef), Tacos de Pollo (chicken), Rice and Beans
- **Lotus Blossom** Shrimp Fried Rice (without the egg roll), Vegetarian Stir Fry

#### Hollywood Studios

- **Backlot Express** All-Beef Hot Dog, Galactic Chicken Salad
- **ABC Commissary** 1/3 lb Fresh Angus Burger, Chicken Tenders, Asian Salad with Chicken or Salmon
- **PizzeRizzo** PIZZA!!

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#### Magic Kingdom

- **Cosmic Ray's Starlight Cafe** BBQ Sandwich with French Fries, Salad with Grilled Chicken, 1/2 Rotisserie Chicken with Mashed Potatoes and Green Beans (served after 4 pm)
- **Pecos Bill Tall Tale Inn & Cafe** Beef, Chicken, or Vegetarian Rice Bowl
- **Columbia Harbour House** gluten free salmon
- **Liberty Tree Tavern** Patriot's Platter
- **Pinocchio's Haus** PIZZA!!

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#### Animal Kingdom

- **Flame Tree Barbecue** Ribs, Chicken, and Pulled Pork Sampler with Beans and Fruit, Watermelon Salad
- **Satu'li Canteen** Build-Your-Own-Bowl (the one pictured above contains chicken and beef, rice and beans, and creamy herb dressing)
- **Restaurantosaurus** - Angus Bacon Cheeseburger served with choice of French Fries or Apple Slices on an Allergy-Friendly Bun
- **Pizzafari** PIZZA!!
- **Yak & Yeti** (Animal Kingdom) - Atlantic Salmon