

MOST

*Magical*


GUIDES

**Your Most Magical  
Guide to Vegan Options  
at Walt Disney World**

## VEGAN AND PLANT-BASED OPTIONS AT WALT DISNEY WORLD

Below is a list of all the vegan and plant-based options that are currently on offer at Walt Disney World. It is a comprehensive list of snacks, quick service meals, table service meals and fine dining meals across all four Disney Parks, Disney Springs and the Disney Resorts. It will give you everything you need to know so you can plan all the delicious things you want to eat during your trip!

Please note all items listed were correct at time of publication but some items may be unavailable or changed as Disney adapt their menus or change suppliers frequently.

Items marked with  are listed as official plant-based. Anytime you see this symbol on menus or next to food items whilst at Disney it means that the items are plant-based as standard and therefore safe for vegans. Items listed below with an asterix \* are items that may be suitable for vegan but not listed officially on the Disney website or may require some modifications to make them suitable. Please always check these items with the chef before ordering.

Only items marked with the plant-based symbol whilst you are at Disney can be guaranteed to be plant-based and cooked to a plant-based recipe.


This is an unofficial guide and has no affiliation with Walt Disney World or The Walt Disney Company.

### Covid-19 Updates

Due to the Covid-19 updates at Disney World some restaurant may not be open during your trip, have a limited menu or a modified dining experience. Below are the vegan options currently available at Walt Disney World. The information below is subject to change as Disney may open or close restaurants or change menu items and suppliers.

## Magic Kingdom

### SNACK

Aloha Isle	Dole Whip (no vanilla swirl)  Dole Whip Float (no vanilla swirl)  Raspberry Swirl Float (Raspberry and Pineapple Swirl)* Raspberry Swirl Cup (Raspberry and Pineapple Swirl)*
Auntie Gravity's Galactic Goodies	Strawberry Smoothie 
Gaston's Tavern	LeFou's Brew (no whipped cream topping)*
Joffrey's	Coffee and Tea with Plant Milks (please check drinks as some mixes may contain animal products)*
Liberty Square Market	Fruit* Mickey Pretzel (no cheese dip)* Pickle* Chips* A Cuties Mandarin*
The Lunching Pad	Mickey Pretzel (no cheese dip)* Frozen Coke Slushy*
Main Street Bakery – Starbucks	Coffee and Tea with Plant Milks (please check drinks as some mixes may contain animal products)*
Plaza Ice Cream Parlor	Non-Dairy Frozen Desserts  Peanut Butter Sauce* Raspberry Sorbet*
Prince Eric's Village Market	Grapes* Pickle* Jumbo Pretzel* Frozen Blue Raspberry Slushy* Frozen Apple Slushy*
Storybook Treats	Peter Pan Float (no chocolate feather)* Lime Dole Whip (no vanilla swirl)*
Sunshine Tree Terrace	Orange Dole Whip (no vanilla swirl)* Orange Dole Float* Strawberry Dole Whip (no vanilla swirl)* Dole Whip Float – Dole flavour with your choice of beverage*

Westwood Ho	Mickey Pretzel (no cheese dip)* Coca Cola Slushy*
-------------	--




QUICK SERVICE

Casey's Corner	Loaded Slaw Dog  Plant-based 'Sausage' Dog  Fries* Frozen Mint Julip Lemonade*
Columbia Harbour House	Lighthouse Sandwich  French Fries* PB&J Uncrustables*
Cosmic Ray's Starlight Café	Impossible Burger  Fries* A Cuties Mandarin* Uncrustables*
The Friar's Nook	Plant-based Brat and Tots  Uncrustable*
Pecos Bill Tall Tale Inn and Café	Veggie Rice Bowl (also on kids menu)  Guacamole* Uncrustable* A Cuties Mandarin*
Pinocchio's Village Haus	Plant-based 'Cheese' Pizza  Fries* Uncrustable*
Tomorrowland Terrace	Harbour Salad (also on kids menu)  Fries* Uncrustable* A Cuties Mandarin* Soy-Based Chocolate Frozen Dessert  Soy-Based Vanilla Frozen Dessert 

TABLE SERVICE


Be Our Guest Restaurant	<u>Lunch and Dinner</u> Mixed Field Greens  Vadouvan Spiced Vegetables* Vanilla Cake with Lemon Curd 
The Crystal Palace	Plant-Based Seasonal Salad  Southern Fried Cauliflower  Strawberry Shortcake 
Jungle Navigation Co. LTD Skipper Canteen	Fall's Family Falafels  Lost and Found Soup (changes seasonally so please check)* Curried Vegetable Crew Stew  Perkins Thai Noodles  Panna-Connie's Congo Lime Delight  Congo Connie's Coconut-Curry Concoction (Kids Menu) 
Liberty Tree Tavern	Declaration Salad  Impossible Meatloaf  Warm Johnny Appleseed Apple Cake 
The Plaza Restaurant	<u>Lunch and Dinner</u> Chili  Chili-Impossible Burger  Dark Chocolate Banana Bread Pudding  Vegan Milkshake* (specify vegan when ordering)
Tony's Town Square Restaurant	Garden Salad  Spaghetti and Impossible Meatballs  Italian Strawberry Shortcake 

FINE DINING






Cinderella's Royal Table	<u>Lunch and Dinner</u> Castle Salad  Chickpea Panisse  Coffee Pot de Crème 
--------------------------	--




## EPCOT

### SNACK




Block & Hans	Mickey Pretzel (no cheese sauce)*
Choza de Margarita	Guacamole with Tortilla Chips*
Cool Wash	Frozen Coke Slushies*
Fife & Drum Tavern	Mickey Pretzel (no cheese dip)* Popcorn*
Gelateria Toscana	Lemon or Strawberry Sorbet*
Joffrey's	Coffee and Tea with Plant Milks (please check drinks as some mixes may contain animal products)*
Kabuki Café	Kakigori (no milk topping)* Edamame*
L'Artisan des Glaces	Fruit Sorbets* (flavours change seasonally) Waffle cone*
The Land Cart	Hummus and Pretzels* Vegetable Plate* Mickey Pretzel (no cheese sauce)*
Oasis Sweets & Sips	Roasted Seasoned Chickpeas* Mixed Nuts and Dates* Mediterranean Olives*
Popcorn in Canada	Popcorn* Maple Popcorn*
Sommerfest	Jumbo Pretzel 
Traveler's Café - Starbucks	Coffee and Tea with Plant Milks (please check drinks as some mixes may contain animal products)*

### EPCOT INTERNATIONAL FOOD & WINE FESTIVAL 2021










Earth Eats	The Impossible Burger Slider with Wasabi Cream and Spicy Slaw on a Sesame Seed Bun  Impossible Three Bean Chili 
India Booth – from Oct 1 <sup>st</sup>	Madras Red Curry with Roasted Cauliflower, Baby Carrots, Chickpea's and Ben's Original Basmati Rice 
Mac & Eats – from Oct 1 <sup>st</sup>	Macaroni and Cheese with House-Made Italian Sausage and Peppers 
The Noodle Exchange	Tofu Pho with Enoki Mushrooms and Thai Basil 













Refreshment Outpost	Spicy Githeri with White Beans, Pigeon Peas, Ben's Original Quinoa & Ancient Grains Medley and Kachumbari Slaw	
Shimmering Sips	Banana Bread with Mixed Berry Compote	
Tangerine Café: Flavors of the Medina	Fried Falafel Pita with Tahini Sauce	

#### QUICK SERVICE

Katsura Grill	Edamame* Streamed Rice* Vegetable Roll*	
Le Cantina de San Angel	Guacamole with Totopos*	
Regal Eagle Smokehouse: Craft Drafts and Barbecue	BBQ Jackfruit Burger Modified Power Green Salad (swap chicken for jackfruit)* Fries* Pickle* All 4 signature BBQ sauces*	
Rose & Crown Pub	Vegan Fish and Chips (specify vegan when ordering)*	
Sunshine Seasons	<u>Lunch and Dinner</u> Whole Wheat Pita Cookies 'n' Cream Mousse Cup	 



#### TABLE SERVICE

Biergarten Restaurant	Family-Style Beyond Sausage, Fishless Filets or Beefless tips (upon request) * Beet Salad Tomato Salad Pretzel Rolls Warm Potato Salad Red Cabbage Green Beans Sauerkraut Berry Compote	       
Chefs de France	Ratatouille sur Quinoa*	
Coral Reef Restaurant	Smoked Wild Mushroom Cioppino Vegetable Skewer with Impossible Kefta	 

	Bailey's Almande and Jack Daniel's Mousse	
Garden Grill Restaurant	<u>Lunch and Dinner – Family Style</u> Veggie Loaf Salad Vegetables Rice Pilaf Berry Shortcake	    
La Hacienda de San Angel	Guacamole* Plant-Based Chicken Enchiladas Sorbet* Note – rice may not be vegan as cooked in chicken stock – please check	
Rose & Crown Dining Room	Coronation Salad Savory Impossible Hot Pot Mushy Peas Chips* Fish and Chips (specify vegan when ordering)* Bangers and Mash (specify vegan when ordering)* Tofu Masala Curry (specify vegan when ordering)*	  
San Angel Inn Restaurante	Chips and Salsa* Guacamole* Tacos de Vegetales (must specify vegan)* Please note rice may contain chicken stock - please check	
Spice Road Table	Pomegranate-Chili Crispy Cauliflower Dolmas Hummus Fries (swap citrus chipotle to Aleppo pepper sauce)* Naan Spreads (swap naan for multigrain bread slices)*	 
Teppan Edo	Yasai Entrée (specify vegan when ordering)* Edamame*	
Via Napoli Ristorante e Pizzeria	House Salad* Vegan Margarita Pizza*	









FINE DINING

Le Cellier Steakhouse	Seasonal Salad	
	Plant-Based House-made Chorizo Meatballs	
	Vegan Poutine (off menu, request vegan)*	
	Asian Impossible Dumplings	
	Maple Whiskey Glazed Brussels Sprouts*	
	Carrot Cake	

## Hollywood Studios

### SNACK


Anaheim Produce	Fruit* Mickey Pretzel (no cheese dip)* Chips* A Cuties Mandarin*
BaseLine Tap House	Bavarian Pretzel and Mustard (no cheese fondue)*
Hollywood Scoops	Tofutti Ice Cream*
Joffrey's	Coffee and Tea with Plant Milks (please check drinks as some mixes may contain animal products)*
Kat Saka's Kettle	Buttered Blue Grains  Outpost Popcorn Mix 
KRNR The Rock Station	Frozen Coca Cola* Frozen Coca Cola with Alcohol*
Milk Stand	Green Milk  Blue Milk  Green Milk Cooler  Blue Milk Cooler 
The Trolley Car Café – Starbucks	Coffee and Tea with Plant Milks (please check drinks as some mixes may contain animal products)*





### QUICK SERVICE

ABC Commissary	<u>Lunch and Dinner</u> California Burger  Curry Rice Bowl with Tofu  Arugula-Farro Salad* Uncrustable* Apple Slices*
Backlot Express	Tatooine Two Suns Hummus  Fries* Uncrustable*
Catalina Eddie's	PB&J Uncrustable*



Docking Bay 7 Food and Cargo	<u>Lunch and Dinner</u> Felucian Kefta and Hummus Garden Spread Peka Pasta Rings Younglings Meal Takodana Veggie Dippers Younglings Meal (no ranch dressing)*	 
Fairfax Fare	Chicago-Style 'Hot Dog' Salad	
PizzeRizzo	Spicy Italian 'Sausage' Sub A Cuties Mandarin*	
Ronto Roasters	<u>Breakfast</u> Triple Suns Breakfast Wrap <u>Lunch / Dinner</u> Zuchii Wrap	 
Rosie's All American Café	Toasted 'Lobster' Roll Fries*	
Woody's Lunch Box	Toasted 'Cheddar' Sandwich Plant-Based Totchos Potato Barrels* A Cuties Mandarin*	 

#### TABLE SERVICE

50's Prime Time Café	Cousin Amy's Lettuce Wedge Cousin Harold's Vegetable Garden Apple Crisp	  
Hollywood & Vine	<u>Breakfast</u> Mickey Waffle (specify vegan when ordering)* Breakfast Potatoes* Plant-Based Four Egg Scramble Plant-Based Egg Frittata Fresh Fruit Cup* <u>Lunch and Dinner</u> Plant-Based Chopped Salad Asparagus and Summer Truffle Risotto Plant-Based Spiced Cherry Pie	    
Mama Melrose's Ristorante Italiano	Margherita Flatbread* (specify vegan when ordering) Minestrone Soup Polenta Cake, Mushroom and Herbed Cauliflower	 



	Lemon Sorbet	
Sci-Fi Dine-In Theater	Island Cake	
Restaurant	Flying Saucer Impossible Burger	
	Cookie Shake	

FINE DINING

The Hollywood Brown Derby	Local Greens and Strawberry Salad	
	Wild Mushroom Risotto (check this is vegan)*	
	Chocolate Coconut Cake	
	Vegetarian Pho (kids menu, check this is vegan)*	









## Animal Kingdom

### SNACK


Creature Comforts – Starbucks	Coffee and Tea with Plant Milks (please check drinks as some mixes may contain animal products)*
Dino-Bite Snacks	Vegan Ice Cream* Waffle Cone* Mickey Pretzel (no cheese dip)* Chips*
Drinkwallah	Frozen Coke Slushy* Blue Raspberry Slushy* Frozen Lemonade* Cinnamon Glazed Nuts* Chips*
Eight Spoon Café	Mickey Pretzel (no cheese sauce)* Chips*
Harambe Fruit Market	Fruit* Mickey Pretzel (no cheese dip)* Chips* A Cuties Mandarin*
Isle of Java	Mickey Pretzel (no cheese dip)*
Joffrey's	Coffee and Tea with Plant Milks (please check drinks as some mixes may contain animal products)*
Mahindi	Popcorn Chips* 
Mr Kamal's	Fries* Hummus*
Pongu Pongu	Night Blossom (check boba is vegan)* Colossal Pretzel (no beer cheese sauce)*
Tamu Tamu Refreshments	Pineapple Dole Whip (no vanilla swirl)  Pineapple Dole Whip Float (no vanilla swirl)  Pineapple Dole Whip with Rum* Simba's Sunset*
Thirsty River Bar & Trek Snacks	Popcorn* Simba Pretzel (no cheese dip)* Chips*



	Frozen Lemonade* Strawberry fruit bar* Uncrustable*
--	---

### QUICK SERVICE





Flame Tree Barbecue	Hot Link Smokehouse Sausage  Fries* Uncrustable* A Cuties Mandarin*
Harambe Market	Hot Link Bowl  Fries* Cilantro Rice* Uncrustable*
Pizzafari	Greens and Grains Salad  A Cuties Mandarin* PB&J Uncrustables*
Restaurantosaurus	Impossible Spicy Southwestern Burger  Fries* Uncrustable* A Cuties Mandarin*
Satu'li Canteen	Build your own bowl. The following options are vegan.  Chili spiced tofu (also on the kids menu)  Black beans and rice  Sweet Potato hash  Charred onion vinaigrette 
Yak & Yeti Local Food Cafes	Hash Brown Bites (breakfast menu)* Fruit Salad (breakfast menu)* Uncrustable*

### TABLE SERVICE

Nomad Lounge	Impossible Sliders (swap bread to vegan bread, check if aioli is vegan)* Tiffins Signature Bread Service (specify vegan when ordering)* Impossible Bunny Chow (kids menu) 
--------------	---

Rainforest Café	Paradise House Salad* (check dressing is vegan) Beyond Burger (no cheese or bun, swap to lettuce bun)* Ancient Grains Bowl* Anaconda Pasta (no cheese, specify vegan)* Python Pasta (kids menu, order with marinara sauce, specify vegan)*
Tusker House Restaurant	<u>Breakfast</u> All-You-Care-To-Enjoy Platter with Just Egg, Plant-Based Mickey Waffles,  Impossible Sausage Patty, Potatoes, Chickpea Curry Over Rice, Fruit Salad with Plant-Based Yogurt, Strawberry Preserve, Vegan Butter, Vegan and Gluten-Free Rolls <u>Lunch / Dinner</u> All-You-Care-To-Enjoy Platter with Poppadoms with Red Pepper  Hummus, Cilantro Dip and Mango Chutney, African Salad, Impossible Durban Curry, Jasmine Rice, Roasted Potatoes, Green Beans, Carrots and Corn, Chocolate Mousse
Yak & Yeti Restaurant	Vegetable Lo Mein with Tofu (specify vegan when ordering)* Miso Tofu (swap out salmon for tofu)* Sweet and Sour Tofu (swap out chicken for tofu)* Roasted Vegetable Bowl* Beyond Burger* House Salad*

## FINE DINING


Tiffins Restaurant	Tiffins Signature Bread Service (specify vegan when ordering)* North African Spiced Tofu  Tinga Taco  Passion Fruit Tapioca Crème  Impossible Bunny Chow (kids menu) 
--------------------	---

## Blizzard Beach

### SNACK

Arctic Expeditions	Glazed Nuts*
Cooling Hut	Fresh Fruit Cup* Popcorn* Pretzel (no cheese dip)* Strawberry Fruit Bar*
I.C Expeditions	Strawberry Fruit Bar*
Warming Hut	Dole Whip (no vanilla swirl)*






### QUICK SERVICE

Lottawatta Lodge	Impossible Burger Vegan Bratwurst Sandwich Roasted Tofu Rice Bowl* Fries* House Made Chips*	
------------------	---	---





## Disney Springs

### SNACK

Erin McKenna's Bakery NYC	Vegan cakes, donuts, ice cream, milkshakes Entire bakery is vegan and gluten-free!	
Everglazed Donuts & Cold Brew	Vegan Purple Glazed Ube Donut Purple Reign (order with sugar-free chai to make this vegan)*	
Gideon's Bakehouse	Peanut Butter Cold Brew* Original White Cold Brew* Ginger Snap Cold Brew*	
Haagen-Dazs	Non-Dairy Ice Cream*	
Jock Lindsey's Hangar Bar	Air Pirate's Pretzel (no beer-cheese fondue)*	
Joffrey's	Coffee and tea with plant milks (please check drinks as some mixes may contain animal products)*	
Marketplace Snacks	Dole Whip (no vanilla swirl) Dole Whip Float (no vanilla swirl) Dole Whip Float with Rum*	 
Sprinkles	Vegan Red Velvet Cupcake	
Starbucks	Coffee and tea with plant milks (please check drinks as some mixes may contain animal products)*	
Vivoli Il Gelato	Seasonal Sorbet Flavours*	
Wetzel's Pretzels	Original Pretzel (no butter)* Wetzel Bitz (no butter)*	

### QUICK SERVICE

4 Rivers Cantina Barbacoa Food Truck	Roasted Sweet Potato Filling* Taco Cone (no sour cream or queso)* Tacos (no crème fraise or queso fresco)* Burrito Bowl (no sour cream or queso fresco)* Cilantro Rice and Black Beans*	
B.B. Wolf's Sausage Co.	Plant-Based Bratwurst Sausage	
Blaze Fast-Fire'd Pizza	Build Your Own Pizza (specify vegan when ordering)* Vegan Cheese* Vegan Chorizo* Note: Normal, high rise and gluten free bases are vegan*	

D-Luxe Burger	Pacific Island Burger Fries*	
Earl of Sandwich	Veggie Sandwich (no feta or dressing)* Various Salads (need modifying, no meat or cheese, check dressings)*	
The Polite Pig	Sweet Potato Tots (no cheese) Crispy Brussel Sprouts (no caramel)* BBQ Cauliflower (no sour cream)* BBQ Waffle Fries*	
YeSake	Organic Tofu Bowl – Build Your Own Bowl (check which elements and sauces are vegan)*	

#### TABLE SERVICE

Chef Art Smith's Homecomin'	Fried Chicken Sandwich (swap to Gardein Chicken Tenders, no aioli)* Harvest Salad (swap to Gardein Chicken Tenders, no dressing, no cheese, no hush puppies)* Kitchen Plate Sides – Sweet Potato, Green Beans, Kale and Collards, Fries*
City Works Eatery & Pour House	Kung Pao Cauliflower* Impossible Burger (made vegan upon request)* Fried Pickle (no ranch)*
The Edison	Guacamole and Tortilla Chips* Beyond Burger*
Frontera Cocina	Guacamole and Chips* Chips and Salsa* Morito Seasonal Vegetable Tacos (no cheese, request vegan)*
House of Blues Restaurant & Bar	Impossible Burger* Make Your Salad Impossible (check dressing, vegan on request)*
Paradiso 37, Taste of the Americas	P37 Salsa* P37 Guacamole* Fries* Napa Valley Vegan Flatbread* P37 Veggie Burger (check bun and aioli, specify vegan when ordering)*
Raglan Road Irish Pub and Restaurant	Allergy Onion Rings (specify vegan when ordering)* This Shepherd Went Vegan* Raglan Road Risotto (no cheese, request vegan)*

Rainforest Café	Paradise House Salad (check dressing is vegan)* Beyond Burger (no cheese or bun, swap to a lettuce bun)* Ancient Grains Bowl* Anaconda Pasta (no cheese, specify vegan)* Python Pasta (kids menu, choose marinara sauce, specify vegan)*
Splitsville Dining Room	Edamame (vegan upon request)* Veggie Roll (vegan upon request)*
T-REX	Jurassic Salad (check which dressings are vegan)* Beyond Burger (no cheese or bun)* Grain Bowl*
Terralina Crafted Italian	Baby Greens Salad* Wood Fired Pizzas (no cheese, specify vegan when ordering)* Grilled Vegetable Sandwich (no cheese, pesto or pecorino truffle potato chips, specify vegan when ordering)*




#### FINE DINING

The Boathouse	Pasta with Vegetables (change sauce, specify vegan)*
Jaleo by Jose Andres	Note: Meat is carved at the table so you may see animal products being taken to tables and carved. Pan de Cristal de Tomate* Ensalada Verde* Tomato Bread (kids menu)*
Morimoto Asia	Gluten Free Soy Sauce (Regular soy sauce is not vegan)* Edamame* Kung Pao Cauliflower (may need modifying, please check with chef)* Wok Sautéed Chinese Vegetables* Stir Fry Tofu Medley (may need modifying, please check with chef)*
Paddlefish	Green Salad* Vegetarian Pasta*

## DISNEY RESORTS

### All-Star Movies Resort

#### QUICK SERVICE






World Premiere Food Court	<u>Breakfast</u>	
	Chipotle Seitan and Vegetable Saute	
	Overnight Oats	
	Plant-Based Mickey Shaped Waffle	
	<u>Lunch and Dinner</u>	
	Plant-Based Barbecue Burger	
	<u>All Day</u>	
	Uncrustable*	
	Chocolate Soy Milk*	
	Vanilla Soy Milk*	
Fruit*		

## Animal Kingdom Lodge










### SNACK

Maji Pool Bar	Barbere black eyed pea harvest salad* Uncrustable* Pretzel (no cheese sauce)* Chips*
---------------	---

### QUICK SERVICE




The Mara	<u>Breakfast</u> Steel-Cut Oatmeal  Mixed Fruit Cup* Fruit* Flamingo Cake  <u>Lunch / Dinner</u> Marrakesh Falafel Platter  Mixed Greens Side Salad  Flamingo Cake  Fruit* Fries*
----------	---

### TABLE SERVICE

Sanaa	<u>Breakfast – Breakfast is Quick Service</u> Enriching Grains and Fruit  Fruit Plate  Oatmeal  <u>Lunch and Dinner – Lunch and Dinner are Table Service</u> Bread Service (specify vegan when ordering)* Salad Sampler  Samosas  Quinoa Tabbouleh Salad (lunch only)  Potje Inspired - Harvest  Biryani (dinner only)  Keer 
-------	---

Art of Animation Resort

QUICK SERVICE

Landscape of Flavours	<u>Breakfast</u>	
	Chipotle Seitan and Vegetable Saute	
	Plant-Based Character Waffles	
	Breakfast Potatoes*	
	Oatmeal*	
	<u>Lunch and Dinner</u>	
	Plant-based BBQ Burger	
	Fries*	
	<u>All Day</u>	
	Fruit*	
	Uncrustable*	
	Chocolate Soy Milk*	
Vanilla Soy Milk*		



## Beach Club Resort

### QUICK SERVICE

Beach Club Marketplace	<p><u>Breakfast</u></p> <p>Plant-Based Mickey Waffles </p> <p>Potato Barrels*</p> <p><u>Lunch and Dinner</u></p> <p>Grilled Vegetable and Hummus Sandwich </p> <p>Plant-Based Chili </p> <p>Fudge Brownie </p> <p><u>All Day</u></p> <p>Fruit*</p> <p>Uncrustable*</p> <p>Almond Chocolate Milk*</p> <p>Almond Vanilla Milk*</p> <p>Chocolate Soy Milk*</p> <p>Vanilla Soy Milk*</p> <p>Go Go SqueeZ Applesauce*</p>
Hurricane Hanna's Waterside Bar and Grill	<p>Seasonal Fruit </p> <p>Hummus and Pita Chips </p> <p>Uncrustable*</p>

### TABLE SERVICE

Beaches & Cream Soda Shop	<p>Tofutti and Rice Dream Ice Cream*</p> <p>Vegan chili and cheese tots </p> <p>Vegan chili*</p> <p>Plant-Based Burger </p> <p>Cookie Fries (check sauces are vegan) </p> <p>Vegan milkshakes* (specify vegan when ordering)</p> <p>Fries*</p> <p>Potato Tots*</p>
Cape May Café	<p><u>Breakfast</u></p> <p>Mixed Fresh Fruit and Dairy-Free Yogurt </p> <p>Vegan Bread and Butter (on request)*</p>

	All-You-Can-Eat Plant-Based Skillet with Just Egg, Potato Barrels, Beyond Sausage, Sweet Earth Bacon Plant-Based Omelet* Potato Barrels* Mickey Waffles (vegan upon request)* <u>Dinner</u> Seasonal Harvest Salad Vegan Bread and Butter (on request)* Marinated Tofu with Vegetables and Rice* Portobello Mushroom Steak* Tiramisu*	       
--	---	--









## Boardwalk

### SNACK

AbracadaBar	Margherita Flatbread with Vegan Cheese (specify vegan when ordering)* Abra Fries (no parmesan or aioli)*
BoardWalk Bakery	The Veggie Sandwich* Fruit* A Cuties Mandarin*
BoardWalk Ice Cream	Chocolate and Vanilla Tofutti Ice Cream* Chocolate Syrup* Strawberry Sauce* Pineapple Sauce* Peanut Butter Sauce* Marshmallow Sauce*
BoardWalk Joe's Marvelous Margaritas	Mickey Pretzel (no cheese sauce)*
Leaping Horse Libations	Power Bowl  Mickey Pretzel* (no cheese) Frozen Lemonade*

### TABLE SERVICE





Trattoria al Forno	<u>Breakfast</u> Avocado Toast  Oatmeal  Breakfast potatoes  Mickey Waffles (specify vegan when ordering)* <u>Dinner</u> Roma Tomato Bruschetta  Plant-Based Rigatoni Bolognese  Affogato al Caffè  Mickey Shaped Cheese Pizza (kids menu, no cheese, add veg, ask for vegan base)*
--------------------	--

## Caribbean Beach Resort



### SNACK



Banana Cabana	Impossible Market Burger 
Centertown Market Grab & Go	Fruit* Uncrustable* Go Go SqueeZ Applesauce* Almond Milk* Chocolate Soy Milk* Vanilla Soy Milk*

### QUICK SERVICE

Centertown Market	<u>Breakfast</u> Avocado Toast  Oatmeal  Plant-Based Island Platter (on request)* Mickey Waffles (specify vegan when ordering)* <u>Lunch and Dinner</u> Impossible Market Burger  Plant-Based Fried Yucca Bowl  Fries* <u>All Day</u> Uncrustable* Fruit* Go Go SqueeZ Applesauce* Almond Milk* Chocolate Soy Milk* Vanilla Soy Milk*
-------------------	--




### TABLE SERVICE

Sebastian's Bistro	Taste of the Caribbean Set Menu  House Baked Rolls with Guava Butter and Onion Jam The Spice Necklace Salad 
--------------------	--


	Taste of the Caribbean (Caribbean Impossible Kabobs, Fried Jerk Tofu, Impossible Sausage, Cilantro Rice and Red Beans, Vegetable Curry, Grilled Broccolini)	
	Plant-Based Coconut-Pineapple Bread Pudding	

## Contemporary Resort





### SNACK




Cove Bar	Mickey Pretzel (no cheese dip) Whole Fruit and Mixed Fruit Cup* Uncrustable*	
The Sand Bar	French Fries Mickey Pretzel (no cheese dip) Fruit*	 

### QUICK SERVICE




Contempo Café	<u>Breakfast</u> Breakfast Tofu Bowl Oatmeal Breakfast Potatoes Mickey Waffle (specify vegan when ordering)* <u>Lunch and Dinner</u> Kale Power Greens Salad Grilled Tofu Bowl All Day Fruit* A Cuties Mandarin* Sou Molk* Chocolate Soy Milk* Hummus and Vegetables* Frozen Strawberry Bar*	    
---------------	--	---

### TABLE SERVICE

Chef Mickey's	<u>Breakfast</u> Tofu Scramble Seasonal Fruit* Plant-Based Mickey Waffle (specify vegan when ordering) <u>Dinner</u> Seasonal Composed Plant-Based Salad Plant-Based Farro Wheat Fried Rice	   
---------------	---	--

	Vegetable Plate* Vegan Bread and Butter (on request)* Tofu with Rice, Black Beans, Pico de Gallo, Avocado* Plant-Based Mini Chocolate Cake* Plant-Based Cookies*
The Wave... Breakfast Served at California Grill	<u>Breakfast</u> Oatmeal  Avocado Toast  Fruit Plate  Mickey Waffle (specify vegan when ordering)*

FINE DINING

California Grill	<u>Dinner</u> Plant-Based Pasta  Forbidden Roll  Plant-Based Blueberry Donuts 
------------------	---

## Coronado Springs Resort














### SNACK

Barcelona Lounge	Fresh Fruit*
Café Rix	Fresh Fruit*
Dahlia Lounge	Crispy Artichokes*

### QUICK SERVICE

Mercado de Coronado	<u>Breakfast</u> Fresh Fruit* Mickey Waffles (specify vegan when ordering)* <u>Lunch / Dinner</u> Beyond Burger (no cheese or aioli)*
Siestas Cantina	Hummus Platter (check this is vegan)* Nachos (no cheese or sour cream, specify vegan)*

### TABLE SERVICE




Maya Grill	Plant-Based Chicken Enchiladas  Guacamole* Chips and Salsa* Mango or Strawberry Sorbet*
Rix Sports Bar & Grill	Chips and Salsa* Nachos (need to be modified. Please speak to the chef)* Watchos (remove queso and bacon, add guacamole and salsa)*
Three Bridges Bar & Grill	House-Made Guacamole  Pan con Tomate  Villa del Largo Salad  Roasted Corn Dip  Poke Bowl  Seasonal Fruit Sorbet 
Toledo – Tapas, Steak and Seafood	Pan con Tomate  Brick Oven Cauliflower  Blistered Shishito Peppers  Brussels Sprouts  Braised Gigante Beans  Chocolate-Avocado Mousse* 

## Fort Wilderness Resort and Campground

### SNACK

Meadow Snack Bar	Mickey Pretzel (no cheese sauce)* Uncrustable* Strawberry Fruit Bar*
------------------	--

### QUICK SERVICE







The Chuck Wagon	Uncrustable*
Crockett's Tavern	Fried Green Tomatoes (check sauce)*
P & J's Southern Takeout	<u>Breakfast</u> Oatmeal  Mickey Waffle (specify vegan when ordering)* Fruit Cup  Potato Barrels* A Cuties Mandarin* <u>Lunch and Dinner</u> Vegetable Burger 

### TABLE SERVICE

Trail's End Restaurant	<u>Breakfast</u> Pastry Basket with Strawberry Preserve  Plant-Based Breakfast Skillet with Just Eggs, Seitan Bacon, Potato Barrels, Mickey Waffles and Table Syrup  Lemon Blueberry Trifle  <u>Dinner</u> Oven Fresh Bread Basket with Pimento Spread and Strawberry Spread  Plant-Based Chopped Salad  Plant-Based Smokehouse Skillet with Beyond Italian Sausage, Gardein  Chick'n, BBQ Jackfruit, Fingerling Potatoes, Green Beans, Corn on the Cob and Chipotle BBQ Sauce Covered Wagon Sundae with Dairy-Free Ice Cream, Brownies, Toppings and Cookies 
------------------------	--

Grand Floridian Resort & Spa

SNACK




Beaches Pool Bar & Grill	Cucumber Salad	
	Potato Barrels	
	House Made Chips	
	Uncrustable*	
Courtyard Pool Bar	Pretzel with Hummus	
	Fruit Cup	
	House-made Chips	
	Uncrustable*	

QUICK SERVICE






Gasparilla Island Grill	<u>Breakfast</u>	
	Oatmeal	
	Mickey Waffle (specify vegan when ordering)*	
	Potato Barrels*	
	<u>Lunch and Dinner</u>	
	Impossible Burger	
	Fries*	
	House Made Chips*	
	Garden Side Salad (check dressing)*	
	All Day	
	Uncrustable*	
	A Cuties Mandarin*	
	Frozen Strawberry Bar*	
	Fruit*	
	Go Go SqueeZ Applesauce*	
	Chocolate Soy Milk*	
	Vanilla Soy Milk*	
	Chocolate Chip Cookie Dough Bar	
Organic Sprouted Bar Raisin Sunflower		



TABLE SERVICE

Grand Floridian Café	Avocado Toast (breakfast and brunch only)	
	Grilled Romaine Market Salad (dinner only)	
	Impossible Burger	
	Miso Tofu* (swap salmon for tofu)	
	Mickey Waffles* (specify vegan when ordering, breakfast and brunch)	
	Apple Crisp*	

FINE DINING

Citricos	Wild Mushroom Arancini	
	House-Made Rigatoni Bolognese	
	Smoked Cauliflower	
	Apple Rose*	
Narcoossee's	Barbecued Crispy Eggplant	
	Sweet Potato Gnocchi	
	Carrot Cake	

## Old Key West Resort







### SNACK

Turtle Shack Poolside Snacks	Power Salad  Fruit* Uncrustable*
------------------------------	---

### QUICK SERVICE




Good's Food To Go	<u>Breakfast</u> Harvest Breakfast Sandwich  Mickey Waffle (specify vegan when ordering)* Oatmeal  <u>Lunch and Dinner</u> Plant-Based Burger (available upon request) Power Salad  Fries* Uncrustable*
Gurgling Suitcase	Miss Vickie's Veggie Burger 

### TABLE SERVICE




Olivia's Café	<u>Breakfast</u> Papa's Hash* Mickey Waffles (specify vegan when ordering)* <u>Lunch</u> Seasonal Market Salad  Miss Vickie's Veggie Burger (also on brunch menu)  Tropical Chocolate Tart  Elbow Pasta (kids menu)* <u>Dinner</u> Seasonal Market Salad  West Indian Tofu and Coconut Curry  Tropical Chocolate Tart 
---------------	---

## Polynesian Village Resort

### SNACK







Pineapple Lanai	Dole Whip (no vanilla swirl)	
	Pineapple Float (no vanilla swirl)	
	Dole Whip with Rum Floater	
Trader Sam's Grog Grotto	Tofu Lettuce Cups*	
	Veggie Rainbow Roll*	

### QUICK SERVICE

Capt. Cook's	<u>Breakfast</u>	
	Oatmeal	
	Power Breakfast Bowl	
	Tonga Toast (on request, specify vegan)*	
	Mickey Waffle (specify vegan when ordering)*	
	<u>Lunch and Dinner</u>	
	Roasted Red Pepper and Arugula Burger	
	Pan Asian Noodles and Vegetables*	
	Superfoods Salad	



### TABLE SERVICE

Kona Café	<u>Breakfast</u>	
	Plant-Based Loco Moco	
	Oatmeal with Apples	
	Fruit Cup	
	Tonga Toast (needs modifying, specify vegan)*	
	Mickey Waffles (specify vegan when ordering)*	
	<u>Lunch and Dinner</u>	
	Vegetable Bowl	
	Coconut Tapioca with Fruit*	
	Fries*	
	All Day	
	Uncrustable*	
	Fruit*	
Vegetable Cup*		

	A Cuties Mandarin* Soy Milk*
'Ohana	<u>Breakfast – Plant-Based Ohana Breakfast Menu</u> Plant-Based Skillet with Plant-Based Egg, Plant-Based Sausage, Fried Potatoes, Plant-Based Mickey Waffles, Fruit, Cinnamon-Sugar Doughnut  <u>Dinner – Plant-Based Ohana Dinner Menu</u> Rolls  Mixed Greens Salad  Hummus with Wonton Chips  Plant-Based Skillet with Ohana Noodles, Roasted Broccolini, Pineapple- Barbecued Jackfruit, Polynesian-inspired Chimichurri, 'Chicken', 'Sausage'  Doughnut with Coconut Milk Frozen Dessert 

## Pop Century Resort

### QUICK SERVICE

Everything POP Shopping & Dining	<u>Breakfast</u>	
	Chipotle Seitan and Vegetable Saute	
	Plant-Based Mickey Waffles (specify vegan when ordering)*	
	Breakfast Potatoes*	
	Steel-Cut Oatmeal*	
	<u>Lunch and Dinner</u>	
	Plant-Based BBQ Burger	
	Fries*	
	Green Beans*	
	<u>All Day</u>	
	Uncrustable*	
	Fruit*	
	Soy Chocolate Milk*	
Soy Vanilla Milk*		
Strawberry Fruit Bar*		






## Saratoga Springs Resort & Spa

### SNACK

Backstretch Pool Bar	Fruit* Chips*
----------------------	------------------

### QUICK SERVICE

The Artist's Palette	<p><u>Breakfast</u></p> <p>Oatmeal </p> <p>Harvest Breakfast Sandwich </p> <p>Mickey Waffles (specify vegan when ordering)*</p> <p>Breakfast Potatoes*</p> <p>Fruit*</p> <p><u>Lunch and Dinner</u></p> <p>Asian Noodle Bowl </p> <p><u>All Day</u></p> <p>Uncrustable*</p> <p>A Cuties Mandarin*</p> <p>Vegetable Cup*</p> <p>Fruit*</p> <p>Almond Milk*</p> <p>Chocolate Almond Milk*</p> <p>Soy Milk*</p>
The Paddock Grill	<p><u>Breakfast</u></p> <p>Fruit Cup*</p>

## Wilderness Lodge

### SNACK

Territory Lounge	House-Made Chips with Chimichurri Ranch Dip (vegan upon request)*
------------------	---

### QUICK SERVICE

Geyser Point Bar & Grill	Multigrain Portobello Salad Edamame* Fruit Plate (no yogurt)*
Roaring Fork	<u>Breakfast</u> Oatmeal* Mickey Waffles (specify vegan when ordering)* <u>Lunch and Dinner</u> Zesty Slaw 'Burger' on a Brioche Bun Fries* House Made Chips* <u>All Day</u> Uncrustable* Fruit* A Cuties Mandarin* Vegetable Cup* Soy Milk*

### TABLE SERVICE

Whispering Canyon Café	<u>Breakfast</u> Pepper Jack 'Cheese' Frittata <u>Lunch and Dinner</u> Corn Bread* Maple-Chipotle Barbecue Jackfruit Dip (dinner only) Seared Impossible Burger (lunch only) Plant-Based Skillet –herb brushed vegan chicken, spicy sausage, maple-chipotle BBQ jackfruit, roasted potatoes, carrots, green beans, charred peppers. For dinner mustard glazed beefless tips are also offered Pan-fired Red Quinoa Cakes (dinner only) Rice Milk Panna Cotta
------------------------	---




## Yacht Club Resort

### SNACK

Ale & Compass Lounge	Roasted Buffalo Cauliflower (request butter free buffalo sauce and vegan ranch)*
----------------------	--

### QUICK SERVICE

The Market at Ale & Compass	<p><u>Breakfast</u></p> <p>Mickey Waffles (specify vegan when ordering)*</p> <p>Potato Barrels*</p> <p><u>Lunch and Dinner</u></p> <p>Roasted Vegetable Sandwich*</p> <p>Mickey Chocolate Mousse Dome </p> <p><u>All Day</u></p> <p>Uncrustable*</p> <p>Fruit*</p> <p>Fruit Cup*</p> <p>Vegetable Cup*</p>
-----------------------------	---

### TABLE SERVICE







Ale & Compass Restaurant	<p><u>Breakfast</u></p> <p>Breakfast Protein Bowl </p> <p>Ale &amp; Compass Salad </p> <p>Fruit </p> <p>Mickey Waffles (specify vegan when ordering)*</p> <p><u>Dinner</u></p> <p>Ale &amp; Compass Salad </p> <p>Protein Bowl </p> <p>Seasonal Market Vegetable Flatbread (request vegan)*</p> <p>Roasted Buffalo Cauliflower (request butter free buffalo sauce and vegan ranch)*</p> <p>Mango Torte Spiced Lemon Pound Cake </p>
--------------------------	---

TABLE SERVICE

Yachtsman Steakhouse	Sweet Potato and Seasonal Mushroom Dumplings Pineapple and Coconut Tart	
----------------------	--	---

# THANK YOU!

Your Most Magical Guide to Which Vegan Options at Walt Disney World was created by Most Magical Guides.

This is an unofficial guide and has no affiliation with Walt Disney World or The Walt Disney Company.

I hope this guide has been helpful and will make preparing for your trip that bit easier. I hope you have the most magical trip!

Be sure to check out my website!

[www.mostmagicalguides.com](http://www.mostmagicalguides.com)

For more guides and information about being vegan at Walt Disney World please visit:

[www.mostmagicalguides.com/vegan-wdw](http://www.mostmagicalguides.com/vegan-wdw)

For a whole range of tips and advice on a whole host of topics for planning a Disney World and Orlando theme park trip be sure to check out the Most Magical Blog at:

[www.mostmagicalguides.com/blog](http://www.mostmagicalguides.com/blog)

Copyright © 2020 Most Magical Guides

The background is a vibrant pink color, densely populated with small, multi-colored confetti pieces in shades of yellow, white, and teal. In the center of the image is a large, solid teal circle. Inside this circle, the text "MOST" is positioned at the top, "Magical" is in the middle, and "GUIDES" is at the bottom.

**MOST**

*Magical*

**GUIDES**