

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 EPCOT. It is a comprehensive list of snacks, quick service meals, table service meals and fine dining meals you will find at this park. 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. Restaurants highlighted in blue have an upcoming menu change. Once the new menu is released I will update the available options.

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.

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 EPCOT. The information below is subject to change as Disney may open or close restaurants or change menu items and suppliers.

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*
	Mediterrenean 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)*

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Earth Eats	The Impossible Burger Slider with Wasabi Cream and Spicy Slaw on a	D
	Sesame Seed Bun	
	Impossible Three Bean Chili	P
India Booth	Madras Red Curry with Roasted Cauliflower, Baby Carrots, Chickpea's and	M
	Ben's Original Basmati Rice	
Mac & Eats	Macaroni and Cheese with House-Made Italian Sausage and Peppers	D

The Noodle Exchange	Tofu Pho with Enoki Mushrooms and Thai Basil	D
Refreshment Outpost	Spicy Githeri with White Beans, Pigeon Peas, Ben's Original Quinoa &	D
	Ancient Grains Medley and Kachumbari Slaw	
Shimmering Sips	Banana Bread with Mixed Berry Compote	D
Tangierine Café: Flavors of the Medina	Fried Falafel Pita with Tahini Sauce	D

QUICK SERVICE

Crepe A Emporter	Ratatouille Galette (specify vegan)*	
	Red Berries Crepe (swap crepe to buckwheat galette, specify vegan)*	
Katsura Grill	Edamame*	
	Streamed Rice*	
	Vegetable Roll*	
Le Cantina de San Angel	Guacamole with Totopos*	
Regal Eagle Smokehouse:	BBQ Jackfruit Burger	M
Craft Drafts and Barbecue	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	Lunch and Dinner	
	Jackfruit Gyro	D
	Vegetable Korma	M
	Cookies 'n' Cream Mousse Cup	BBB
	Fruit	D
	Broccoli, Carrot Sticks and Tomatoes with Hummus	M
	Uncrustables	M
	A Cuties Mandarin	M

TABLE SERVICE

Biergarten Restaurant	Buffet - All items with the green leaf label on the buffet are Plant-Based	
	Beet Salad	
	Tomato Salad	D
	Pretzel Rolls	D
	Warm Potato Salad	P

	Red Cabbage	M
	Green Beans	M
	Sauerkraut	D
Chefs de France	Ratatouille sur Quinoa*	
Coral Reef Restaurant	Smoked Wild Mushroom Cioppino	M
	Vegetable Skewer with Impossible Kefta	D
	Bailey's Almande and Jack Daniel's Mousse	
Garden Grill Restaurant	Lunch and Dinner – Family Style	
	Veggie Loaf	D
	Salad	
	Vegetables	D
	Rice Pilaf	
	Berry Shortcake	D
La Creperie de Paris	Salade Maison*	
	Ratatouille Galette (specify vegan)*	
	Melba Peach Crepe (switch crepe to galette, no almonds, specify vegan)*	
	Can order a buckwheat galette with banana or pear, no other toppings*	
La Hacienda de San Angel	Guacamole*	
	Sorbet*	
	Note – rice may not be vegan as cooked in chicken stock – please check	
Nine Dragons	Vegetable Spring Rolls (check with the chef these can be vegan)*	
	Vegetable and Tofu Stir Fry (specify vegan when ordering)*	
Rose & Crown Dining Room	Coronation Salad	M
	Savory Impossible Hot Pot	
	Mushy Peas	D
	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*	
	Huarache Vegetariano (check if this can be made vegan)*	
	Sorbet*	
	Please note rice may contain chicken stock - please check	

Space 220	Galaxy Grain Salad*	
	Terra-Bolognese	D
	Carrot Cake	P
Spice Road Table	Pomegranate-Chili Crispy Cauliflower	D
	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*	
Tokyo Dining	Edamame*	
	Vegetable Roll*	
Via Napoli Ristorante e Pizzeria	House Salad*	
	Vegan Margarita Pizza*	

FINE DINING

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

THANK YOU!

Your Most Magical Guide to Which Vegan Options at EPCOT 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

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

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

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