




Your Most Magical Guide to Vegan Options at Disney Springs

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 Disney Springs. It is a comprehensive list of snacks, quick service meals, table service meals and fine dining meals you will find at Disney Springs. 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.

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

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	Tofu Power Bowl* 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* Garlicky Mushroom and Eggplant 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*

THANK YOU!

Your Most Magical Guide to Which Vegan Options at Disney Springs 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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The background is a vibrant pink color, densely covered 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 at the top, "Magical" is in the middle in a large script font, and "GUIDES" is at the bottom.

MOST

Magical

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