




**Your Most Magical  
Guide to Which Vegan Options  
are Currently Available  
at Magic Kingdom**

## 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 Magic Kingdom. It is a comprehensive list of snacks, quick service meals, table service meals and fine dining meals you will find in 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 this document.

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 Magic Kingdom. 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	Potato Chips* Coca Cola Slushy*
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### QUICK SERVICE

Casey's Corner	Loaded Slaw Dog Plant-based 'Sausage' Dog Fries* Frozen Mint Julip Lemonade*	
Columbia Harbour House	The Doom Burger (Plant-Based Crab Cake Sandwich) French Fries* PB&J Uncrustables*	
Cosmic Ray's Starlight Café	Burger To The Moon (Impossible Burger with Cabbage Slaw) 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	Buffet – All items with the green leaf label on the buffet are Plant-Based	
	Salad	
	Plant-Based Pea Risotto	
	Vegetables	
The Diamond Horseshoe	Tossed Salad	
	Impossible Meatloaf	
Jungle Navigation Co. LTD Skipper Canteen	Fall's Family Falafels	
	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	
Tony's Town Square Restaurant	Vegan Milkshake* (specify vegan when ordering)	
	Garden Salad	
	Spaghetti and Impossible Meatballs	
	Italian Strawberry Shortcake	

## FINE DINING

Cinderella's Royal Table	<u>Breakfast</u>	
	Avocado Toast	
	<u>Lunch and Dinner</u>	
	Royal Cheese Course	
	Chickpea Panisse	
	Coffee Pot de Crème	

# THANK YOU!

Your Most Magical Guide to Which Vegan Options at Magic Kingdom 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)

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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, and "GUIDES" is at the bottom.

**MOST**

*Magical*

**GUIDES**