

MOST

*Magical*


GUIDES

**Your Most Magical  
Guide to Which Vegan Options  
are Currently Available  
at Disney Resorts**

## 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 Resorts. It is a comprehensive list of snacks, quick service meals, table service meals and fine dining meals across 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. Restaurants highlighted in blue have an upcoming menu change. Once the new menu is released I will update this guide.

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 asterisk \* 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 Resorts. The information below is subject to change as Disney may open or close restaurants or change menu items and suppliers.

## 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*		

## All-Star Music Resort

### QUICK SERVICE

Intermission 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*
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### QUICK SERVICE

The Mara	<p><u>Breakfast</u></p> Steel-Cut Oatmeal  Pap and Chakalaka* Potato Barrels* Breakfast Potatoes* Mixed Fruit Cup* Fruit* A Cuties Mandarin*  Flamingo Cake <p><u>Lunch / Dinner</u></p> Marrakesh Falafel Platter  Chickpea Salad Sandwich  Mixed Greens Side Salad  Flamingo Cake  Fruit* Fries*
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### TABLE SERVICE

Boma	<p><u>Breakfast - Items on Buffet With The Green Leaf Symbol Are Plant-Based</u></p> Mickey Waffles (request vegan)* Tofu Scramble (on request)* Coconut Steel Cut Oatmeal  Breakfast Potatoes* Plant-Based Babotie  Chakalaka (Tomato Stew)  Oak Grilled Asparagus 
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	<p>Tots</p> <p>A Range of Salads*</p> <p>Fruit Salad</p> <p>Watermelon with Mint Pistacio Crumb</p> <p>Bagel, Preserves and Peanut Butter</p> <p><u>Dinner - Items on Buffet With The Green Leaf Symbol Are Plant-Based</u></p> <p>Avocado, Papaya and Grapefruit Salad</p> <p>Mixed Garden Greens Salad (no dressing, no cheese)</p> <p>French Rolls</p> <p>Pita Bread</p> <p>Hummus, Sun Dried Tomato Hummus &amp; Cilantro Hummus</p> <p>Tabbouleh*</p> <p>North African Cauliflower Salad</p> <p>Black-Eyed Peas and Stewed Tomatoes</p> <p>Bebere Chickpea Salad</p> <p>Harira (Lentil and Chickpea Stew)</p> <p>Oil Olive Herb Crusted Potatoes</p> <p>Spiced Green Beans With Golden Raisins</p> <p>Basmati Rice</p> <p>Penne Pasta</p> <p>Fruit Salad</p> <p>Chocolate Spice Cake</p> <p>Sorbet</p> <p>Tofutti Ice Cream*</p>	                   
Sanaa	<p><u>Breakfast – Breakfast is Quick Service</u></p> <p>Enriching Grains and Fruit</p> <p>Fruit Plate</p> <p>Oatmeal</p> <p>Fruit*</p> <p><u>Lunch and Dinner – Lunch and Dinner are Table Service</u></p> <p>Bread Service (specify vegan when ordering)*</p> <p>Salad Sampler</p> <p>Samosas</p> <p>Quinoa Tabbouleh Salad (lunch only)</p> <p>Potje Inspired - Harvest</p>	       





	Biryani (dinner only)	
	Kheer	

Art of Animation Resort

SNACK

Drop Off Pool Bar	Pretzel (no cheese dip)* Chips*
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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>	
	Impossible Barbecued Market 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>House Made Chips*</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>Impossible Burger </p> <p>Garden Salad </p> <p>Fruit </p> <p>Hummus and Crudite*</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>
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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> <p>All-You-Can-Eat Plant-Based Skillet with Just Egg, Potato Barrels, </p> <p>Beyond Sausage, Sweet Earth Bacon</p> <p>Plant-Based Omelet*</p> <p>Potato Barrels*</p> <p>Mickey Waffles (vegan upon request)*</p> <p><u>Dinner</u></p> <p>Seasonal Harvest Salad </p> <p>Vegan Bread and Butter (on request)*</p> <p>Marinated Tofu with Vegetables and Rice*</p> <p>Portobello Mushroom Steak*</p> <p>Tiramisu*</p>
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## Boardwalk

### SNACK

AbracadaBar	Margherita Flatbread with Vegan Cheese (specify vegan when ordering)* Abra Fries (no parmesan or aioli)*
BoardWalk Bakery	The Veggie Sandwich* Vegan Muffins (Allergy Muffins, on request)* 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	
	<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 (vegan on request)* Mickey Waffles (specify vegan when ordering)* <u>Lunch and Dinner</u> Impossible Market Barbecued 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*
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### TABLE SERVICE

Sebastian's Bistro	Taste of the Caribbean Set Menu  House Baked Rolls with Guava Butter and Onion Jam The Spice Necklace Salad 
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	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*	 
Steakhouse 71 Lounge	Steakhouse 71 Onion Rings (The Steakhouse 71 Stack Burger may also be available here, vegan upon request)*	

### 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 <u>All Day</u> Fruit* A Cuties Mandarin* Sou Molk* Chocolate Soy Milk* Hummus and Vegetables* Frozen Strawberry Bar*	     
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TABLE SERVICE

<p>Chef Mickey's</p>	<p><u>Breakfast</u></p> <p>Tofu Scramble </p> <p>Seasonal Fruit*</p> <p>Plant-Based Mickey Waffle (specify vegan when ordering) </p> <p><u>Dinner</u></p> <p>Seasonal Composed Plant-Based Salad </p> <p>Plant-Based Farro Wheat Fried Rice </p> <p>Vegetable Plate*</p> <p>Vegan Bread and Butter (on request)*</p> <p>Tofu with Rice, Black Beans, Pico de Gallo, Avocado*</p> <p>Plant-Based Mini Chocolate Cake*</p> <p>Plant-Based Cookies*</p>
<p>Steakhouse '71</p>	<p><u>Breakfast</u></p> <p>Avocado Toast </p> <p>Fresh Fruit Plate </p> <p>Oatmeal </p> <p>Breakfast Potatoes (vegan upon request)*</p> <p><u>Lunch and Dinner</u></p> <p>Steakhouse 71 Onion Rings </p> <p>Vegetable Wellington </p> <p>Steakhouse 71 Stack Burger (vegan upon request, lunch only)*</p> <p>Apple Tart Tatin </p>

FINE DINING

<p>California Grill</p>	<p><u>Dinner</u></p> <p>Heirloom Apple Salad </p> <p>Handcrafted Wild Mushroom Ravioli </p> <p>Lavender Sugar Doughnuts </p>
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## 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)* Un crustable* Strawberry Fruit Bar*
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### QUICK SERVICE







The Chuck Wagon	Un crustable*
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> Fort Wilderness Vegetable Burger  Fries*

### 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 
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## 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)*	
	<u>All Day</u>	
	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 Menu also served in Citricos Lounge	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*
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### 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> Impossible Market Barbecued Burger  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)* Oatmeal* <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 
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## 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 and Trader Sam's Tiki Terrace	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	       
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### 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*	      
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	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 Character Waffles (specify vegan when ordering)*	
	Breakfast Potatoes*	
	Steel-Cut Oatmeal*	
	<u>Lunch and Dinner</u>	
	Impossible Barbecued Market Burger	
	Fries*	
	Green Beans*	
	<u>All Day</u>	
	Uncrustable*	
	Fruit*	
	Soy Chocolate Milk*	
Soy Vanilla Milk*		
Strawberry Fruit Bar*		

Port Orleans - Riverside

SNACK

Muddy Rivers	Pretzel (no cheese sauce)* Un crustables*
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QUICK SERVICE

Riverside Mill Food Court	<u>Breakfast</u>	
	Chipotle Seitan and Vegetable Saute	
	Plant-Based Mickey Waffles	
	Overnight Oats	
	Oatmeal*	
	Breakfast Potatoes*	
	<u>Lunch and Dinner</u>	
	Impossible Barbecued Market Burger	
	Fries*	
	<u>All Day</u>	
	Un crustable*	
	Strawberry Fruit Bar*	
	Fruit*	
Soy Vanilla Milk*		
Soy Chocolate Milk*		





## Riviera Resort






### SNACK

Bar Riva	Grilled Vegetable Skewer Fresh Fruit	 
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### QUICK SERVICE

Primo Piatto	<p><u>Breakfast</u></p> <p>Plant-Based Egg Platter </p> <p>Mickey Waffles (request vegan. Kids menu)*</p> <p>Plant-Based Italian Sausage (side)*</p> <p>Overnight Oats (check this is vegan, also on kids menu)*</p> <p><u>Lunch and Dinner</u></p> <p>Grilled Vegetable Skewers </p> <p>Kids Pasta with Tomato Sauce (kids menu)*</p> <p>Fries*</p> <p><u>All Day</u></p> <p>Uncrustable*</p> <p>A Cuties Mandarin*</p> <p>Fruit*</p> <p>Almond Milk*</p> <p>Soy Milk*</p>	
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### FINE DINING




Topolino's Terrace – Flavors of the Riviera	<p><u>Breakfast</u></p> <p>Wild Mushroom Scramble </p> <p>Mickey Waffle Dippers (specify vegan when ordering) (kid's menu)*</p> <p><u>Dinner</u></p> <p>Tarbais Bean cassoulet </p> <p>Olives Marinees </p> <p>Heirloom Tomato Panzanella </p> <p>Fruits of the Forest </p>	
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## Saratoga Springs Resort & Spa

### SNACK

Backstretch Pool Bar	Fruit* Chips*
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### 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>Plant-Based Gyro </p> <p>House-Made Chips*</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> <p><u>Lunch and Dinner</u></p> <p>House-Made Chips*</p>

## Wilderness Lodge





### SNACK




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

Geyser Point Bar & Grill	Multigrain Portobello Salad  Edamame  Fruit Plate (no yogurt)* Apple Cider Sorbet 
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* Chips* Pineapple Cup* A Cuties Mandarin* Vegetable Cup* Soy Milk*

### TABLE SERVICE

Whispering Canyon Café	<u>Breakfast and Lunch</u> Pepper Jack 'Cheese' Frittata  Seared Impossible Burger  Jacked Up Avocado Toast  <u>Dinner</u> Corn Bread* Maple-Chipotle Barbecue Jackfruit Dip 
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	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	
	Rice Milk Panna Cotta	

## Yacht Club Resort

### SNACK

Ale & Compass Lounge	Roasted Buffalo Cauliflower (request butter free buffalo sauce and vegan ranch)*
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### 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>Oatmeal*</p> <p><u>Lunch and Dinner</u></p> <p>Grilled Vegetable Sandwich*</p> <p><u>All Day</u></p> <p>Uncrustable*</p> <p>Fruit*</p> <p>Fruit Cup*</p> <p>Vegetable Cup*</p>
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### 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>Plant-Based 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>
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TABLE SERVICE

Yachtsman Steakhouse	Sweet Potato and Seasonal Mushroom Dumplings Pineapple and Coconut Tart	
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# THANK YOU!

Your Most Magical Guide to Which Vegan Options at the Walt Disney World Resorts 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 populated with small, multi-colored confetti pieces in shades of yellow, white, and teal. A large, solid teal circle is centered on the page, serving as a backdrop for the text.

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