



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. Restaurants highlighted in blue will be having changes to their menu soon. This document will be updated with the latest information once it becomes available.

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	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 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>Breakfast</u> Avocado Toast <u>Lunch and Dinner</u> Royal Cheese Course Chickpea Panisse Coffee Pot de Crème	   
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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	Madras Red Curry with Roasted Cauliflower, Baby Carrots, Chickpea's and Ben's Original Basmati Rice 
Mac & Eats	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

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: 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> Jackfruit Gyro Vegetable Korma Cookies 'n' Cream Mousse Cup Fruit Broccoli, Carrot Sticks and Tomatoes with Hummus Uncrustables A Cuties Mandarin	      

TABLE SERVICE

Biergarten Restaurant	Buffet - All items with the green leaf label on the buffet are Plant-Based Beet Salad Tomato Salad Pretzel Rolls Warm Potato Salad Red Cabbage Green Beans	    
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	Sauerkraut	
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 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	
	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*	
	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	
	Carrot Cake	

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*	
Tokyo Dining	Edamame* Vegetable Roll*	
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	   
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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)*
Dockside Diner	PB&J Uncrustables*
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 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 Restaurant	Island Cake	
	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)*
Kusafiri Coffee Shop and Bakery	Seasoned House-Made Chips* Fresh Fruit Cup*
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* Mickey Pretzel (no cheese dip)* Chips* Frozen Lemonade* Strawberry fruit bar* Uncrustable*
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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) 
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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*	
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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*

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

Boma	<u>Breakfast - Items on Buffet With The Green Leaf Symbol Are Plant-Based</u> 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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	Tots A Range of Salads* Fruit Salad Watermelon with Mint Pistacio Crumb Bagel, Preserves and Peanut Butter <u>Dinner - Items on Buffet With The Green Leaf Symbol Are Plant-Based</u> Avocado, Papaya and Grapefruit Salad Mixed Garden Greens Salad (no dressing, no cheese) French Rolls Pita Bread Hummus, Sun Dried Tomato Hummus & Cilantro Hummus Tabbouleh* North African Cauliflower Salad Black-Eyed Peas and Stewed Tomatoes Bebere Chickpea Salad Harira (Lentil and Chickpea Stew) Oil Olive Herb Crusted Potatoes Spiced Green Beans With Golden Raisins Basmati Rice Penne Pasta Fruit Salad Chocolate Spice Cake Sorbet Tofutti Ice Cream*	                 
Sanaa	<u>Breakfast – Breakfast is Quick Service</u> Enriching Grains and Fruit Fruit Plate Oatmeal Fruit* <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)	
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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	<u>Breakfast</u>	
	Plant-Based Mickey Waffles	
	Potato Barrels*	
	<u>Lunch and Dinner</u>	
	Grilled Vegetable and Hummus Sandwich	
	Plant-Based Chili	
	House Made Chips*	
	Fudge Brownie	
	<u>All Day</u>	
	Fruit*	
	Uncrustable*	
	Almond Chocolate Milk*	
	Almond Vanilla Milk*	
	Chocolate Soy Milk*	
	Vanilla Soy Milk*	
	Go Go SqueeZ Applesauce*	
Hurricane Hanna's Waterside Bar and Grill	Impossible Burger	
	Garden Salad	
	Fruit	
	Hummus and Crudite*	
	Uncrustable*	

TABLE SERVICE

Beaches & Cream Soda Shop	Tofutti and Rice Dream Ice Cream*	
	Vegan Chili and Cheese Tots	
	Vegan Chili*	
	Plant-Based Burger	
	Cookie Fries (check sauces are vegan)	
	Vegan milkshakes* (specify vegan when ordering)	
	Fries*	
	Potato Tots*	

Cape May Café	<u>Breakfast</u> Mixed Fresh Fruit and Dairy-Free Yogurt  Vegan Bread and Butter (on request)* 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*
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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)*	      
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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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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

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*
Steakhouse '71	<u>Breakfast</u> Avocado Toast  Fresh Fruit Plate  Oatmeal  Breakfast Potatoes (vegan upon request)* <u>Lunch and Dinner</u> Steakhouse 71 Onion Rings  Vegetable Wellington  Steakhouse 71 Stack Burger (vegan upon request, lunch only)* Apple Tart Tatin 

FINE DINING

California Grill	<u>Dinner</u> Heirloom Apple Salad  Handcrafted Wild Mushroom Ravioli  Lavender Sugar Doughnuts 
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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)* Uncrustable* Strawberry Fruit Bar*
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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> 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	

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	

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 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 – French Quarter

SNACK

Mardi Groggs	Pretzel (no cheese sauce)* Uncrustables*
Scat Cat's Club	Beignets (these used to be able to be modified to be vegan so I hope this is still the case! Please check when the chef and specify vegan when ordering. Also check which sauces are vegan)

QUICK SERVICE

Sassagoula Floatworks and Food Factory	<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>	
	Uncrustable*	
	Strawberry Fruit Bar*	
	Fruit*	
	Pickle In A Pouch*	
	Soy Vanilla Milk*	
	Soy Chocolate Milk*	

Port Orleans - Riverside

SNACK

Muddy Rivers	Pretzel (no cheese sauce)* Uncrustables*
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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> Uncrustable* Strawberry Fruit Bar* Fruit* Soy Vanilla Milk* Soy Chocolate Milk*	   
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Riviera Resort

SNACK

Bar Riva	Grilled Vegetable Skewer	
	Fresh Fruit	

QUICK SERVICE

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

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

SNACK

Backstretch Pool Bar	Fruit* Chips*
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QUICK SERVICE

The Artist's Palette	<u>Breakfast</u> Oatmeal Harvest Breakfast Sandwich Mickey Waffles (specify vegan when ordering)* Breakfast Potatoes* Fruit* <u>Lunch and Dinner</u> Plant-Based Gyro House-Made Chips* <u>All Day</u> Uncrustable* A Cuties Mandarin* Vegetable Cup* Fruit* Almond Milk* Chocolate Almond Milk* Soy Milk*
The Paddock Grill	<u>Breakfast</u> Fruit Cup* <u>Lunch and Dinner</u> House-Made Chips*



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	<u>Breakfast</u> Mickey Waffles (specify vegan when ordering)* Potato Barrels* Oatmeal* <u>Lunch and Dinner</u> Grilled Vegetable Sandwich* <u>All Day</u> Uncrustable* Fruit* Fruit Cup* Vegetable Cup*
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TABLE SERVICE

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

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:

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The background is a vibrant pink color, densely covered with small, multi-colored rectangular confetti pieces in shades of yellow, teal, and white. 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