

## GF DISNEYLAND SIT DOWN DINING

### **Blue Bayou - New Orleans Square**

- Golden Beet Salad
- House Salad
- Surf and Turf
- Bone in Rib Eye
- Catch of the Day (depending)
- Roasted Chicken Maison
- Bone in Pork Loin
- Creme Brûlée

### **Carnation Cafe - Main Street, U.S.A.**

- Gluten Free Mickey Waffles
- Gluten Free Pancake Breakfast
- Classic Eggs Benedict
- All American Breakfast
- Ham and Cheese Omelet
- Spinach and Tomato Egg White Frittata
- Walt's Chili
- House Salad
- Romaine Salad with Shrimp
- Spinach Salad with Grilled Chicken
- Roasted Turkey Sandwich
- Main Street Cheeseburger
- Bacon Cheese Melt
- Fresh Catch of the Day

### **Cafe Orleans - New Orleans Square**

- Shrimp and Grits
- Bourbon Street Chicken
- Monte Cristo and Three-Cheese Monte Cristo (only if you call and give them 24 hour advance notice)
- Vegetable Bolognese
- Steak and Potatoes
- Nicoise Salad
- Muffuletta Chopped Salad

### **Plaza Inn (Breakfast) - Main Street, U.S.A.**

- Scrambled Eggs
- Sausage
- Bacon
- Potatoes
- Ask a Chef for more GF options like Gluten Free Mickey Waffles!

### **River Belle Terrace - Frontierland**

- House Salad
- Grilled and Chilled Shrimp
- River Belle's Chopped Salad
- Terrace Wedge
- Citrus Herb Crusted Cornish Game Hen
- Pork Spare Ribs

## GF CAL ADV SIT DOWN DINING

### **Carthay Circle - Buena Vista Street**

- The allergy menu and regular menu here changes seasonally, but everything I have gotten here has been amazing!

### **Lamplight Lounge - Pixar Pier**

- Lamplight Chilaquiles
- Egg White Frittata Bake
- Potato Flautas
- More Brunch items may be available if you speak to a chef (he made me an amazing Benedict!)
- Lobster (or Steak) Nachos
- Potato Skins
- Carne Asada Roll
- Grilled Chicken Salad
- Spinach Salad
- Ratatouille
- Cheddar Burger
- Salmon PLT

### **Wine Country Trattoria - Pacific Wharf**

- Italian Insalata
- Caprese Salad
- Alla Vongole Pasta
- Bolognese Pasta
- Shrimp Scampi Pasta
- Quattro Pomodoro Pasta
- Broccolini Aglio Olio
- Herb Roasted Chicken Breast
- Today's Sustainable Fish
- Osso Buco

