

# Disneyland Allergy Friendly Restaurant Guide

## Egg Allergy

- Disneyland**
- Alien Pizza Planet (MO)
  - Docking Bay 7 Food and Cargo (MO)
  - Galactic Grill (MO)
  - Harbour Galley (MO)
  - Hungry Bear Restaurant (MO)
  - Jolly Holiday Bakery (MO)
  - Red Rose Tavern (MO)
  - Refreshment Corner (MO)
  - Tiana's Place (MO)
  - Troubadour Tavern (MO)
- California Adventure**
- Aunt Cass Cafe (MO)
  - Cocina Cucamonga Mexican Grill (MO)
  - Flo's V8 Cafe (MO)
  - Lucky Fortune Cookery (MO)
  - Paradise Garden Grill (MO)
  - Pym Test Kitchen (MO)
  - Smokejumpers Grill (MO)

## Fish/Shellfish Allergy

- Disneyland**
- Alien Pizza Planet (MO)
  - Docking Bay 7 Food and Cargo (MO)
  - Galactic Grill (MO)
  - Hungry Bear Restaurant (MO)
  - Jolly Holiday Bakery (MO)
  - Red Rose Tavern (MO)
  - Refreshment Corner (MO)
  - Tiana's Place (MO)
  - Troubadour Tavern (MO)
- California Adventure**
- Aunt Cass Cafe (MO)
  - Cocina Cucamonga Mexican Grill (MO)
  - Flo's V8 Cafe (MO)
  - Lucky Fortune Cookery (MO)
  - Paradise Garden Grill (MO)
  - Smokejumpers Grill (MO)

## Gluten/Wheat Allergy

- Disneyland**
- Alien Pizza Planet (MO)
  - Docking Bay 7 Food and Cargo (MO)
  - Galactic Grill (MO)
  - Harbour Galley (MO)
  - Hungry Bear Restaurant (MO)
  - Jolly Holiday Bakery (MO)
  - Red Rose Tavern (MO)
  - Refreshment Corner (MO)
  - Tiana's Place (MO)
  - Troubadour Tavern (MO)
- California Adventure**
- Cocina Cucamonga Mexican Grill (MO)
  - Flo's V8 Cafe (MO)
  - Lucky Fortune Cookery (MO)
  - Paradise Garden Grill (MO)
  - Pym Test Kitchen (MO)
  - Smokejumpers Grill (MO)

## Milk Allergy

- Disneyland**
- Alien Pizza Planet (MO)
  - Docking Bay 7 Food and Cargo (MO)
  - Galactic Grill (MO)
  - Hungry Bear Restaurant (MO)
  - Milk Stand (MO)
  - Red Rose Tavern (MO)
  - Refreshment Corner (MO)
  - Tiana's Place (MO)
  - Troubadour Tavern (MO)
- California Adventure**
- Adorable Snowman Frosted Treats
  - Aunt Cass Cafe (MO)
  - Cocina Cucamonga Mexican Grill (MO)
  - Flo's V8 Cafe (MO)
  - Lucky Fortune Cookery (MO)
  - Paradise Garden Grill (MO)
  - Pym Test Kitchen (MO)
  - Smokejumpers Grill (MO)

## Peanut/Tree Nut Allergies

- Disneyland**
- Alien Pizza Planet (MO)
  - Docking Bay 7 Food and Cargo (MO)
  - Galactic Grill (MO)
  - Harbour Galley (MO)
  - Hungry Bear Restaurant (MO)
  - Jolly Holiday Bakery (MO)
  - Red Rose Tavern (MO)
  - Refreshment Corner (MO)
  - Tiana's Place (MO)
  - Troubadour Tavern (MO)
- California Adventure**
- Aunt Cass Cafe (MO)
  - Cocina Cucamonga Mexican Grill (MO)
  - Flo's V8 Cafe (MO)
  - Lucky Fortune Cookery (MO)
  - Paradise Garden Grill (MO)
  - Smokejumpers Grill (MO)

## Sesame Allergy

- Disneyland**
- Alien Pizza Planet (MO)
  - Docking Bay 7 (MO)
  - Galactic Grill (MO)
  - Harbour Galley (MO)
  - Hungry Bear Restaurant (MO)
  - Jolly Holiday Bakery (MO)
  - Red Rose Tavern (MO)
  - Refreshment Corner (MO)
  - Tiana's Place (MO)
  - Troubadour Tavern (MO)
- California Adventure**
- Aunt Cass Cafe (MO)
  - Cocina Cucamonga Mexican Grill (MO)
  - Flo's V8 Cafe (MO)
  - Lucky Fortune Cookery (MO)
  - Paradise Gardens Grill (MO)
  - Pym Test Kitchen (MO)
  - Smokejumpers Grill (MO)

## Soy Allergy

- Disneyland**
- Alien Pizza Planet (MO)
  - Galactic Grill (MO)
  - Harbour Galley (MO)
  - Hungry Bear Restaurant (MO)
  - Jolly Holiday Bakery (MO)
  - Red Rose Tavern (MO)
  - Refreshment Corner (MO)
  - Tiana's Place (MO)
  - Troubadour Tavern (MO)
- California Adventure**
- Aunt Cass Cafe (MO)
  - Cocina Cucamonga Mexican Grill (MO)
  - Flo's V8 Cafe (MO)
  - Lucky Fortune Cookery (MO)
  - Paradise Gardens Grill (MO)
  - Pym Test Kitchen (MO)
  - Smokejumpers Grill (MO)

## Allergy Friendly Menus Available

- Disneyland**
- Rancho Del Zocalo (MO)
- California Adventure**
- Boardwalk Pizza and Pasta (MO)

## Allergy Friendly Menus Available

### Reservations Recommended

- Disneyland**
- Blue Bayou
  - Cafe Orleans
  - Carnation Cafe
  - River Belle Terrace
- California Adventure**
- Lamplight Lounge
  - Wine Country Trattoria

## Tips for Successfully Enjoying Your Trip

- When you place a Mobile Order you can customize your order, and include notes/requests for your specific dietary needs.
- When placing an order in person you can request a complete list of ingredients
- When dining at a Full Service restaurant, you can ask to meet with the chef to discuss your requirements.
- Should you experience a medical emergency while visiting the parks you can go to one of the First Aid center. They can be found in the following locations:
  - Disneyland: at the end of Main Street, U.S.A. next to the Baby Care Center
  - Disneyland California Adventure Park: next to the Chamber of Commerce on Buena Vista Street.
  - Downtoen Disney: Contact the nearest cast member for assistance.
- If you are unable to walk to the nearest First Aid center please contact the nearest cast member, and they will help you to get medical assistance.

(MO)–Mobile Order