

THE BEST GLUTEN FREE AT DISNEY!



1

POPCORN

Disneyland popcorn is one of a kind! You can find these carts on Main Street (follow the delicious smell!) and in each land throughout the park. Not only is it gluten free, but it is GMO too!

2

WAFFLES

Disneyland has amazing breakfast options including their famous Mickey waffles. Have no fear because they have a gluten free option! Just let a cast member know you need gluten free waffles and they will have a Disney chef whip them up!

3

FRUIT

Sometimes we just want a good piece of fruit, right? While you're welcome to bring your own into the park, you can find a wide variety of fresh delicious fruit throughout the park. Their grapes and watermelon are an especially delicious treat!

4

CHOCOLATE CHIP COOKIE

Did you know the Jolly Holiday on Main Street has a secret menu?! You can order an "OMG...It's Gluten Free" pre-packaged chocolate chip cookie. Best part? They'll warm it up for you so it comes out hot and gooey. Yum!

5

FRIES

Theme parks across America go through thousands of fries each day, but frying in oil is just asking for cross contamination. Let a cast member know you need gluten free fries and a chef will make sure they are safe!

6

COTTON CANDY

Disneyland cotton candy is not your average spun sugar. They have seasonal flavors throughout the year including watermelon, pineapple, and of course, a classic pink. You can find cotton candy at carts throughout the park and along the parade route before showtime.

7

BURGERS & HOT DOGS

At Disneyland, dreams really do come true! Similar to the waffles and fries, you can request a gluten free burger or hot dog at food locations throughout the park. And we aren't talking hard as a rock bread, but soft, fresh bread that you'll love!

8

DOLE WHIP

Saved the best for last! Dole Whip is a classic Disneyland treat and an icon in its own right. Not only is it gluten free, but it is dairy free too! You can get yours at two locations outside the Tiki Room in Disneyland.

For more tips and tricks that will help you have the BEST Disney day ever, follow along on Facebook and Instagram @mainstreetpals