


Disneyland
PARIS

A large, stylized graphic in shades of orange and red, featuring various Disney motifs such as a castle, a fairy, a character, and swirls, framing the central text.

**Practical guide
Food Allergies**



This guide, written by our dietician, is designed to provide you with all the information you need about the services available at our different restaurants, in order to facilitate your stay at Disneyland® Paris.

Lunch & Dinner

A selection of **special meals** cover 16 food allergies and are guaranteed by our supplier.

The restaurants listed on page 5 offer a **choice of starters, main courses and desserts, among selection above and while stocks last.** The list of ingredients used is exhaustive (meaning that there are no “hidden” ingredients).



Sample “allergen-free” meal

STARTER CHOOSE FROM

Tomatoes and corn:

tomato 49%, corn 48%, virgin olive oil 3%, salt, pepper.

Mediterranean soup:

tomato 30%, water 20%, courgette 20%, potato 15%, aubergine 10%, virgin olive oil 2%, sugar 2%, basil, salt, pepper.

MAIN COURSE CHOOSE FROM

Sauteed chicken:

chicken 28%, potato 28%, tomato 15%, green beans 15%, virgin olive oil 5%, red onion 5%, green olives 2%, basil, salt, pepper.

Fusilli and chicken with white sauce:

pre-cooked corn fusilli 51% (corn flour, water) (product of Italy), chicken 22%, water 15%, onion 8%, virgin olive oil, chives, salt, pepper.

Vegetarian fusilli, white sauce :

corn pasta 55% (product of Italy), water 21%, onion 11%, carrot 7%, virgin olive oil 2%, rice flour 2%, chives, salt, pepper.

Vegetarian fusilli, Neapolitan sauce :

tomato 45%, corn pasta 55% (product of Italy), water 21%, onion 11%, virgin olive oil 2%, sugar, salt, thyme.

Beef cottage pie with carrot mash:

carrot 30%, potato 30%, beef 27%, water 7%, onion 3%, virgin olive oil, salt, thyme, pepper.

Chicken quinoa:

quinoa 42%, chicken 28%, tomato 18%, aubergine 11%, virgin olive oil, salt, thyme, pepper.

DESSERT CHOOSE FROM

Caramelised apples:

apple, sugar.

Apple and apricot sauce:

apple 85%, apricot 15%.

Fruit salad with mint:

apple 31%, pear 30%, peach 30%, sugar 8%, mint.

**Below is the
list of foods (allergenic)
not used in any of our special,
allergen-free meals
(for breakfast, please see page 6).**

1. Peanuts	7. Lupin	13. Fish
2. Celery	8. Molluscs	14. Sesame
3. Shellfish	9. Mustard	15. Soy
4. Fenugreek	10. Nuts (all types)*	16. Sulphites
5. Gluten *	11. Egg/egg products	
6. Milk (all types/products)	12. Yellow pea	

5. Gluten*: cereals containing gluten: oats, wheat, spelt, khorasan wheat, barley, rye

10. Nuts (all types)*: walnuts, cashew nuts, pecans, Brazil nuts, Macadamia nuts, almonds, pistachios, hazelnuts

Where can I find these meals?

Choose your meal in our selection (presented page 3), available at the restaurants listed on the following page. No pre-reservation is necessary.

If you would like to have lunch or dinner at one of our table service or buffet-style restaurants, advance reservations are recommended. Simply contact our Central Restaurant Reservation Service at +33 (0) 1 60 30 40 50. Be sure to tell the agent which foods you are allergic to.

When you arrive at the restaurant, just ask to speak with one of the managers, who will then inform you of the selection of meals currently available.

List of Restaurants

Walt Disney Studios® Park

Buffet Restaurant:

Restaurant des Stars

Counter Service:

Restaurant En Coulisse
Disney Blockbuster Café

Table Service:

Bistrot chez Remy
Café des Cascadeurs

Disney® Village

La Grange at Billy Bob's Country
Western Saloon
Annette's Diner
The Steakhouse Restaurant
Café Mickey
New York Style Sandwiches
Buffalo Bill's Wild West Show
(dinner show)

Disneyland® Park

Table Service:

ADVENTURELAND® : Captain Jack's – Restaurant des Pirates

FRONTIERLAND® : Silver Spur Steakhouse
The Lucky Nugget Saloon

MAIN STREET, U.S.A.® : Walt's – an American Restaurant

FANTASYLAND® : Auberge de Cendrillon

Buffet Restaurants:

MAIN STREET, U.S.A.: Plaza Gardens Restaurant

ADVENTURELAND: Restaurant Agrabah Café

Counter Service:

ADVENTURELAND: Colonel Hathi's Pizza Outpost
Restaurant Hakuna Matata

FRONTIERLAND: Fuente del Oro Restaurant
Last Chance Café
Cowboy Cookout Barbecue

MAIN STREET, U.S.A.: Casey's Corner
Market House Deli

FANTASYLAND: Au Chalet de la Marionnette
Pizzeria Bella Notte
Toad Hall Restaurant

DISCOVERYLAND: Café Hyperion

Disney Hotels

All of the restaurants (table service and buffet-style) in Disney Hotels offer special meals for food allergy sufferers.

Disney Hotels

Disneyland® Hotel

Disney's Newport Bay Club®

Disney's Sequoia Lodge®

Disney's Hotel Santa Fe®

Disney's Hotel Cheyenne®

Disney's Davy Crockett Ranch®

Club-House Grill at Golf Disneyland®

Breakfast

Some of our hotels offer a selection of special gluten-free, dairy-free and lactose-free breakfast items for food allergy sufferers at no extra charge. These items are not available on the regular buffet, so it's important to let a manager know about your special dietary needs so that an appropriate selection of items suited to your allergy can be offered.

The Disney® Hotels

Disneyland® Hotel, Disney's Newport Bay Club®, Disney's Sequoia Lodge®,
Disney's Hotel Santa Fe®, Disney's Hotel Cheyenne®,
Disney's Davy Crockett Ranch®.

Disneyland® Park

Breakfast Disney Morning: Market House Deli, Café Hypérion*.
Breakfast with Disney Characters: Plaza Gardens Restaurant.

Parc Walt Disney Studios®

Restaurant En Coulisse.

Disney Village

New York Style Sandwiches.

Location of breakfast in the Disneyland Park and Walt Disney Studios® Park may change.

*Breakfast offer only valid on certain dates. Please contact us for the list of applicable dates.

Please be sure to confirm the location before your trip via your reservations agent or with your hotel concierge.

List of available items

SOY DRINK, RICE DRINK, COCONUT MILK DRINK

PLAIN SLICED BREAD (gluten-free, lactose-free, dairy-free)

Ingredients: mix (modified and natural starch, corn flour, rice flour, **egg** white powder [**egg** whites, acidifier: citric acid], vegetable fibres, corn dextrose, thickeners: cellulose [E464, E466], guar gum, sugar, salt, organic quinoa and buckwheat sourdough, preservative: calcium propionate, maltogenic amylase), water, sunflower oil, glycerol, dry yeast [yeast: *Saccharomyces cerevisiae*] (99%) - rehydrating agent: E491 (1%).

SABLÉ BISCUITS (gluten-free, lactose-free, dairy-free)

Ingredients: potato starch, sugar, corn starch, non-hydrogenated palm oil, corn flour, modified starch, emulsifier (rapeseed lecithin), salt, baking powder (ammonium carbonate).

CHOCOLATE CHIP COOKIES (gluten-free, lactose-free, dairy-free)

Ingredients: sugar, non-hydrogenated palm oil, corn flour, teff flour, chocolate chips 9% (cocoa paste, cocoa butter, sugar, emulsifier: **soya** lecithin, natural vanilla flavouring), rice flour, tapioca starch, glucose syrup, aroma, emulsifier (rapeseed lecithin), baking powder (ammonium carbonate), thickening agent (xanthan gum), rice starch, salt.

MINI CHOCOLATE CHIP CAKES (gluten-free, lactose-free, dairy-free)

Ingredients: **eggs**, sugar, potato starch, non-hydrogenated palm oil, chocolate chips 11% (cocoa paste, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), dextrose, rice flour, stabiliser (glycerol), glucose syrup, thickening agents (locust bean flour, xanthan gum), emulsifier (rapeseed lecithin), baking powder (diphosphate, sodium carbonate, calcium phosphate), salt.

MINI MARBLE CAKES (gluten-free, lactose-free, dairy-free)

Ingredients: **eggs**, sugar, non-hydrogenated palm oil, potato starch, rice flour, dextrose, chocolate 6.5% (cocoa paste, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), humectant (glycerol), glucose syrup, emulsifier (rapeseed lecithin), baking powder (diphosphates, sodium carbonates, calcium phosphates), thickening agents (locust bean flour, xanthan gum), salt.

Only available at hotel buffets

CRAC'FORM (gluten-free, egg-free, lactose-free, dairy-free)

Ingredients: corn flour, rice flour, sugar, salt.

IMPORTANT NOTICE

- The information above is subject to change without notice. Therefore, please be sure to confirm availability of special items before your trip via your reservations agent or with your hotel concierge or restaurant host or hostess as soon as you arrive.
- Emergency medical care is available at our parks during park opening hours. If you have a medical emergency, dial 112 from any of the telephones at our Resort. This information is provided with your comfort and safety in mind.
- However, if you have your own first-aid kit, we recommend that you bring it and keep it with you at all times during your stay.
- Our supplier guarantees that these special items and meals do not contain any of the ingredients listed on pages 4 and 6.
- Please be aware of cross-contamination risks if you, or a child under your care, chooses to consume a meal and/or any ingredient other than those listed herein.

Note: If your booking concerns a restaurant that is not included in this guide, we recommend that you contact the restaurant directly.

Enjoy your meal!

Disneyland
PARIS



Avec Ecofolio
tous les papiers
se recyclent.