

# Disneyland Allergy Friendly Restaurant Guide

## Egg Allergy

### Disneyland

- Alien Pizza Planet (MO)
- Docking Bay 7 Food and Cargo (MO)
- French Market Restaurant (MO)
- Galactic Grill (MO)
- Harbour Galley (MO)
- Hungry Bear Restaurant (MO)
- Jolly Holiday Bakery (MO)
- Red Rose Tavern (MO)
- Refreshment Corner (MO)
- Troubadour Tavern (MO)

### California Adventure

- Cocina Cucamonga Mexican Grill (Mo)
- Flo's V8 Cafe (MO)
- Lucky Fortune Cookery (MO)
- Pacific Wharf Cafe (MO)
- Paradise Garden Grill (MO)
- Pym Test Kitchen (MO)
- Smokejumperes 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)
- Troubadour Tavern (MO)

### California Adventure

- Cocina Cucamonga Mexican Grill (Mo)
- Flo's V8 Cafe (MO)
- Lucky Fortune Cookery (MO)
- Pacific Wharf Cafe (MO)
- Paradise Garden Grill (MO)
- Smokejumperes Grill (MO)

## Gluten/Wheat Allergy

### Disneyland

- Alien Pizza Planet (MO)
- Docking Bay 7 Food and Cargo (MO)
- French Market Restaurant (MO)
- Galactic Grill (MO)
- Harbour Galley (MO)
- Hungry Bear Restaurant (MO)
- Jolly Holiday Bakery (MO)
- Red Rose Tavern (MO)
- Refreshment Corner (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)
- Smokejumperes Grill (MO)

## Milk Allergy

### Disneyland

- Alien Pizza Planet (MO)
- Docking Bay 7 Food and Cargo (MO)
- French Market Restaurant (MO)
- Galactic Grill (MO)
- Hungry Bear Restaurant (MO)
- Milk Stand (MO)
- Red Rose Tavern (MO)
- Refreshment Corner (MO)
- Troubadour Tavern (MO)

### California Adventure

- Adorable Snowman Frosted Treats
- Flo's V8 Cafe (MO)
- Lucky Fortune Cookery (MO)
- Pacific Wharf Cafe (MO)
- Paradise Garden Grill (MO)
- Pym Test Kitchen (MO)
- Smokejumperes Grill (MO)

## Peanut/Tree Nut Allergies

### Disneyland

- 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)
- Troubadour Tavern (MO)

### California Adventure

- Cocina Cucamonga Mexican Grill (Mo)
- Flo's V8 Cafe (MO)
- Lucky Fortune Cookery (MO)
- Pacific Wharf Cafe (MO)
- Paradise Garden Grill (MO)
- Smokejumperes Grill (MO)

## Soy Allergy

### Disneyland

- French Market Restaurant (MO)
- Galactic Grill (MO)
- Harbour Galley (MO)
- Hungry Bear Restaurant (MO)
- Jolly Holiday Bakery (MO)
- Red Rose Tavern (MO)
- Refreshment Corner (MO)
- Troubadour Tavern (MO)

### California Adventure

- Cocina Cucamonga Mexican Grill (Mo)
- Flo's V8 Cafe (MO)
- Lucky Fortune Cookery (MO)
- Pacific Wharf Cafe (MO)
- Pym Test Kitchen (MO)
- Smokejumperes Grill (MO)

## Allergy Friendly Menus Available

### Reservations Recommended

### Disneyland

- Blue Bayou
- Cafe Orleans
- Carnation Cafe
- River Belle Terrace

### California Adventure

- 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.
  - Downtown 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