




Food allergies?

Disneyland®

Paris

has got you covered!

The background is a solid orange color. Overlaid on this are large, white, stylized silhouettes. On the left, there is a silhouette of a Disney-style castle with multiple spires. To the right of the castle, there is a silhouette of a character, possibly a fairy or princess, standing on a cloud-like shape. The character is holding a wand or staff. The overall design is clean and modern, with a focus on the iconic Disney castle and character.

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.

A wide variety of menu items available

The **special allergen-free meals by Natama** cover 16 food allergies and are guaranteed by our supplier.

The restaurants listed on page 5 offer **a choice of two starters, four main courses and three desserts**. The list of ingredients used is exhaustive (meaning that there are no “hidden” ingredients).

Non contractual photo



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 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.

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 delight:

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 meals.**

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

DISCOVERYLAND®: Buzz Lightyear's Pizza Planet Restaurant

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 by Natama for food allergy sufferers.

Disney Hotels

Disneyland® Hotel

Disney's Hotel New York ®

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 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 Hotel New York®, 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

PLAIN SLICED BREAD (gluten 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.