




**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 that emits a starburst. 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

### **Cream of tomato soup:**

Tomatoes, potatoes, virgin olive oil, sugar, basil, salt, pepper.

### **Tomato and green bean flan:**

Tomato coulis, green beans, peeled and chopped tomatoes, cornflour, first cold pressed extra virgin olive oil, granulated sugar, basil, black pepper, sea salt

## MAIN COURSE CHOOSE FROM

### **Beef with olives:**

Potatoes, cooked beef (beef shank, salt), tomatoes, carrots, olives, onions, virgin olive oil, rice flour, sugar, salt, rosemary, thyme, pepper

### **Beef meatballs with Neapolitan sauce and fragrant rice:**

Pre-cooked long grain rice, cooked meatballs (beef, salt), tomatoes, onions, virgin olive oil, sugar, salt, thyme, basil, rosemary

### **Vegetarian pasta:**

Corn pasta, carrots, leeks, button mushrooms, broccoli, onions, aubergines, virgin olive oil, salt, basil, pepper

### **Veal sausages with potato and courgette mash:**

Potatoes, cooked veal sausages, water, courgettes, virgin olive, salt

## DESSERT CHOOSE FROM

### **Peach delight:**

Apple, peach purée (peach, sugar), sugar.

### **Caramelised apples:**

Apple, sugar.

### **Caramelised pears:**

Poire Williams, sugar.

**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

Café des Cascadeurs

### Table Service:

Bistrot chez Remy

## 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

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

The Lucky Nugget Saloon

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

Market House Deli

Victoria's Home-Style Restaurant

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.

### Hôtels Disney

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®

Clubhouse Grill au 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 items listed below are available at:**

## 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: Café Hypérion, Cable Car Bake Shop,  
Market House Deli, Pizzeria Bella Notte\*.

Breakfast with Disney Characters: Plaza Gardens Restaurant.

## 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

#### RUSTIC SLICED BREAD (gluten-free)

**Ingredients:** water, corn starch, rice flour, buckwheat flour, humectant (sorbitol), non-hydrogenated palm oil, vegetable fibres (inulin), thickening agents (guar gum, locust bean gum), baker's yeast, glucose syrup, salt, sugar, emulsifier (rapeseed lecithin), preservative (calcium propionate).

#### 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: soy 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.