Food allergies? 
Disneyland® Paris 
has got you covered!
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).

Sample “allergen-free” meal

<table>
<thead>
<tr>
<th>STARTER</th>
<th>CHOOSE FROM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream of tomato soup: Tomato, potatoes, virgin olive oil, sugar, basil, salt, pepper.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>MAIN COURSE</th>
<th>CHOOSE FROM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef with olives: Potatoes, cooked beef (beef shank, salt), tomatoes, carrots, olives, onions, virgin olive oil, rice flour, sugar, salt, rosemary, thyme, pepper</td>
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<tr>
<td>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</td>
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<tr>
<td>Vegetarian pasta: Corn pasta, carrots, leeks, button mushrooms, broccoli, onions, aubergines, virgin olive oil, salt, basil, pepper</td>
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<tr>
<td>Veal sausages with potato and courgette mash: Potatoes, cooked veal sausages, water, courgettes, virgin olive oil, salt</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>DESSERT</th>
<th>CHOOSE FROM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peach delight: Apple, peach purée (peach, sugar), sugar.</td>
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</tr>
<tr>
<td>Caramelised apples: Apple, sugar.</td>
<td></td>
</tr>
<tr>
<td>Caramelised pears: Poire Williams, sugar.</td>
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</tr>
</tbody>
</table>
Below is the list of foods (allergenic) not used in any of our meals.

<table>
<thead>
<tr>
<th>1. Peanuts</th>
<th>7. Lupin</th>
<th>13. Fish</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Gluten *</td>
<td>11. Egg/egg products</td>
<td></td>
</tr>
<tr>
<td>6. Milk (all types/products)</td>
<td>12. Yellow pea</td>
<td></td>
</tr>
</tbody>
</table>

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

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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 Coullisse |
|                    | 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 Sandwiches |
| dinner show |

Disneyland® Park

Table Service:

- ADVENTURELAND®: Blue Lagoon Restaurant
- 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 Restaurante 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 MILK**

**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: 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.
• 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.