

# Vegetarian and Vegan Food Options at Disneyland Resort: Fact Sheet

ANAHEIM, Calif. – At the [Disneyland Resort](#), vegetarian and vegan guests can munch on much more than leafy greens. Chefs flaunt their creative side with a wide selection of dishes to please any palate. From corn with a cayenne kick to veggie gumbo in a bread bowl, these breakfast, lunch and dinner offerings range from light to hearty. Highlights are:

## **At Disneyland Park**

**Plaza Inn** on Main Street, U.S.A.

- Vegan: golden hash browns, vegan mini Mickey waffles

**Carnation Cafe** on Main Street, U.S.A.

- Vegetarian: apple-granola pancakes; huevos rancheros (corn tortilla, poached eggs, jack cheese and fire-roasted salsa with avocado-black bean pico del gallo)
- Vegan: Chef's Vegan Burger

**Royal Street Veranda** in New Orleans Square

- Vegan: vegetarian gumbo served in a sourdough bread boule

**Harbour Galley** in Critter Country

- Vegetarian: broccoli cheese soup in a sourdough bread boule

**French Market** in New Orleans Square

- Vegetarian: corn chowder with roasted corn and black-eyed pea maque choux in a sourdough bread boule
- Vegan: "N'awlins" salad without pecans (lettuce, julienned yams, granny smith apples, lentils and tart cherries with a sweet citrus vinaigrette); vegetable jambalaya

**Blue Bayou Restaurant** in New Orleans Square

- Vegan: Portobello mushroom and couscous maque choux (marinated in a balsamic vinaigrette with roasted corn and bell pepper couscous and sautéed spinach)

**Cafe Orléans** in New Orleans Square

- Vegetarian: three-cheese Monte Cristo, veggie crepe
- Vegan: vegetable ragout without cheese, Crescent City Salad without meat and cheese

**Village Haus Restaurant** in Fantasyland

- Vegetarian: garden vegetable burger

#### **Edelweiss Snacks** in Fantasyland

- Vegetarian: chile lime corn on the cob

#### **Big Thunder Ranch Barbecue** in Frontierland

- Vegetarian: vegetable tofu skewer

#### **Rancho del Zocalo Restaurante** in Frontierland

- Vegetarian: soft flour tacos filled with onion, red and green bell pepper, yellow squash, zucchini, carrots and cheese; vegetable burrito; enchiladas filled with cheddar cheese, cilantro and red onions
- Vegan: All vegetarian items can be made vegan except enchiladas.

#### **Hungry Bear Restaurant** in Critter Country

- Vegetarian: fried green tomato sandwich (cornmeal-cruste d fried green tomatoes with fresh heirloom tomatoes, Havarti cheese, remoulade and jicama-mango slaw on a multi-grain roll); watermelon salad

#### **Redd Rockett's Pizza Port** in Tomorrowland

- Vegetarian: cheese pizza, vegetable pizza
- Vegan: tomato-basil pasta without cheese, spaghetti with "Mars-inara" sauce without cheese

### **At Disney California Adventure Park**

#### **Flo's V-8 Cafe** in Cars Land

- Vegetarian: Veggie Tater Bake (roasted vegetables, bulgur wheat, soy crumbles and smashed red potatoes with cheddar cheese)

#### **Paradise Garden Grill** on Paradise Pier

- Vegetarian: vegetable and tofu skewer with Moroccan chili sauce, chimichurri or tzatziki

#### **Boardwalk Pizza & Pasta** on Paradise Pier

- Vegetarian: pesto ravioli, Portobello mushroom and spinach flatbread pizza
- Vegan: Boardwalk field greens without pecans or blue cheese (fresh greens, tomatoes, cucumbers, Craisins Dried Cranberries, golden raisins and basil vinaigrette)

#### **Cove Bar** on Paradise Pier

- Vegetarian: nachos with black beans, pico de gallo, serrano peppers, cilantro, chipotle cream and jack and cheddar cheeses; spinach and artichoke dip

#### **Ariel's Grotto** on Paradise Pier

- Vegetarian: fire-roasted corn cakes with sautéed spinach, onions and shiitake mushrooms

### **Wine Country Trattoria** near Pacific Wharf

- Vegetarian: Tuscan salad without shrimp or chicken (romaine and radicchio, red and yellow grape tomatoes, celery, green beans, cannellini beans and roasted peppers tossed in creamy Italian dressing); roasted vegetable Panini (zucchini, eggplant, red peppers, mushrooms, tomatoes and lemon-goat cheese spread on multigrain bread); Quattro Pomodoro Pasta; Broccolini Aglio Olio; vegetarian panini; roasted vegetable bruschetta

### **Carthay Circle Restaurant** on Buena Vista Street

- Vegetarian: grilled eggplant sandwich with sautéed artichoke, tomatoes, garlic and melted reserve cheeses on rustic country bread; squash ravioli
- Vegan: vegan pasta or vegan tower featuring seasonal produce, customized for each guest

### **Award Wieners** in Hollywood Land

- Vegetarian: Portobello mushroom Philly (grilled Portobello mushrooms, onion and bell peppers sautéed in hefeweizen beer and topped with pepper jack)

### **At Disneyland Hotel**

#### **Steakhouse 55**

- Vegetarian: wedge salad with vine-ripened tomato and gorgonzola dressing
- Vegan: baked potato, broccoli with roasted garlic, sautéed spinach, sautéed mushrooms with Madeira sauce

#### **Tangaroa Terrace**

- Vegetarian: grilled cinnamon-spiced oatmeal cakes; egg white, vegetable and tofu bake with spinach, mushrooms, onions, tomatoes and cheese topped with a mushroom-tomato vinaigrette

### **At Disney's Grand Californian Hotel & Spa**

#### **Storytellers Cafe**

- Vegetarian: California omelet (egg whites with diced plum tomatoes, fresh basil and baby spinach); banana-stuffed french toast
- Vegan: vegan omelet (thick layer of hash browns with mushrooms, tomatoes, spinach and bell peppers)

### **At Disney's Paradise Pier Hotel**

#### **Disney's PCH Grill**

- Vegetarian: Santa Monica Flatbread; roasted red pepper hummus; Muir Woods Roasted Pepper and Mushroom Pasta

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