



A large, stylized silhouette of the Disney castle from Disneyland Paris, filled with a warm orange gradient. The castle features traditional turrets and a central spire topped with a castle head. Small white stars and silhouettes of characters like a fairy and a prince are scattered around the base of the castle.

**Food allergies?
Disneyland®
Paris
has got you covered!**



This guide, written 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®: 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 at your hotel

Some of our hotels offer a selection of special breakfast items for food allergy sufferers at no extra charge. Because these items are not available on the regular buffet, it is 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 Cheyenne®
Disney's Hotel Santa Fe®
Disney's Davy Crockett Ranch®

Disneyland® Park

Breakfast Disney Morning :
Plaza Gardens Restaurant
Au Chalet de la Marionnette

Breakfast with Disney Characters:
Café Mickey

Location of breakfast in the Disneyland Park may change. 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, stabiliser (sorbitol), non-hydrogenated palm oil, 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, cocoa butter, sugar), stabiliser (glycerol), glucose syrup, emulsifier (rapeseed lecithin), baking powder (diphosphates, sodium carbonates, calcium phosphates), thickening agents (locust bean flour, xanthan gum), salt.

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 in 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

