Document 9

Dining as a vegan at Walt Disney World has become a whole lot easier. Use our helpful guide to find tasty vegan dishes at Walt Disney World Resort parks. Go World Travel is reader-supported and may earn a commission from purchases made through links in this piece. Navigating a vegan diet at Walt Disney World wasn’t always the easiest thing to do. However, that has changed in recent years. Disney listened to feedback from vegans visiting the park. They used this to implement new plant-based options that accommodate vegan guests. If you’re a vegan planning a trip to this magical place, check out this guide on where to go and what to do to find delicious vegan food at Disney World. Disney has created a system to quickly identify plant-based options, which are also vegan. Simply look for the double-leaf symbol on their menus. This double-leaf symbol signifies that the dish does not contain animal meat, dairy, eggs, or honey. Furthermore, you can pick up a guide to the park’s plant-based cuisine available at guest relations. When in doubt, ask your favorite cast member. Each park has a cast member who can answer any question about Disney World dining options. Most cast members know or can find out about the Disney World vegan options offered. After years of visiting Disney, we are thoroughly enjoying the transition to new dining options. For starters, we highly recommend visiting Regal Eagle, an Epcot quick-service restaurant. Be sure to try the BBQ Jackfruit Burger. The kids will love it! The Rice Pilaf and Garden-Fresh Vegetables at the Garden Grill Restaurant are other good options. The Biergarten Restaurant has a limited menu but it does include a variety of vegan items. If you want a snack or a light lunch, get the Beet Salad or sauerkraut, roasted potatoes, and green beans. Disney World is a true American wonderland. From the colorful characters to the stunning parks, you can’t miss the magic that surrounds you. Disney World’s Magic Kingdom has a variety of vegan options to satisfy many plant-based cravings. For example, the DOLE Whip® (a pineapple sorbet) is vegan and delicious. For lunch, we recommend Jungle Navigation Co. LTD Skipper Canteen. Try the Falls Family Falafel for something on the healthier side. For dinner, Impossible™ Meatloaf at Liberty Tree Tavern is a great choice. Animal Kingdom has plenty of plant-based options for breakfast, lunch, and dinner. For lunch, we recommend Satu’li Canteen. Here you can make your own bowl and choose from options like Chili-Spiced Crispy Fried Tofu, Black Beans and Rice or Potato Hash. Then top your creation with the Charred Onion Vinaigrette. At dinner, we suggest Tiffins Restaurant. Tiffins offers a vegan dish of Szechuan Noodles as well as vegan tacos. Have you ever considered a Disney Cruise? Here are 10 Reasons to Cruise with Disney Disney’s Hollywood Studios has perhaps the widest range of vegan options of all the parks.