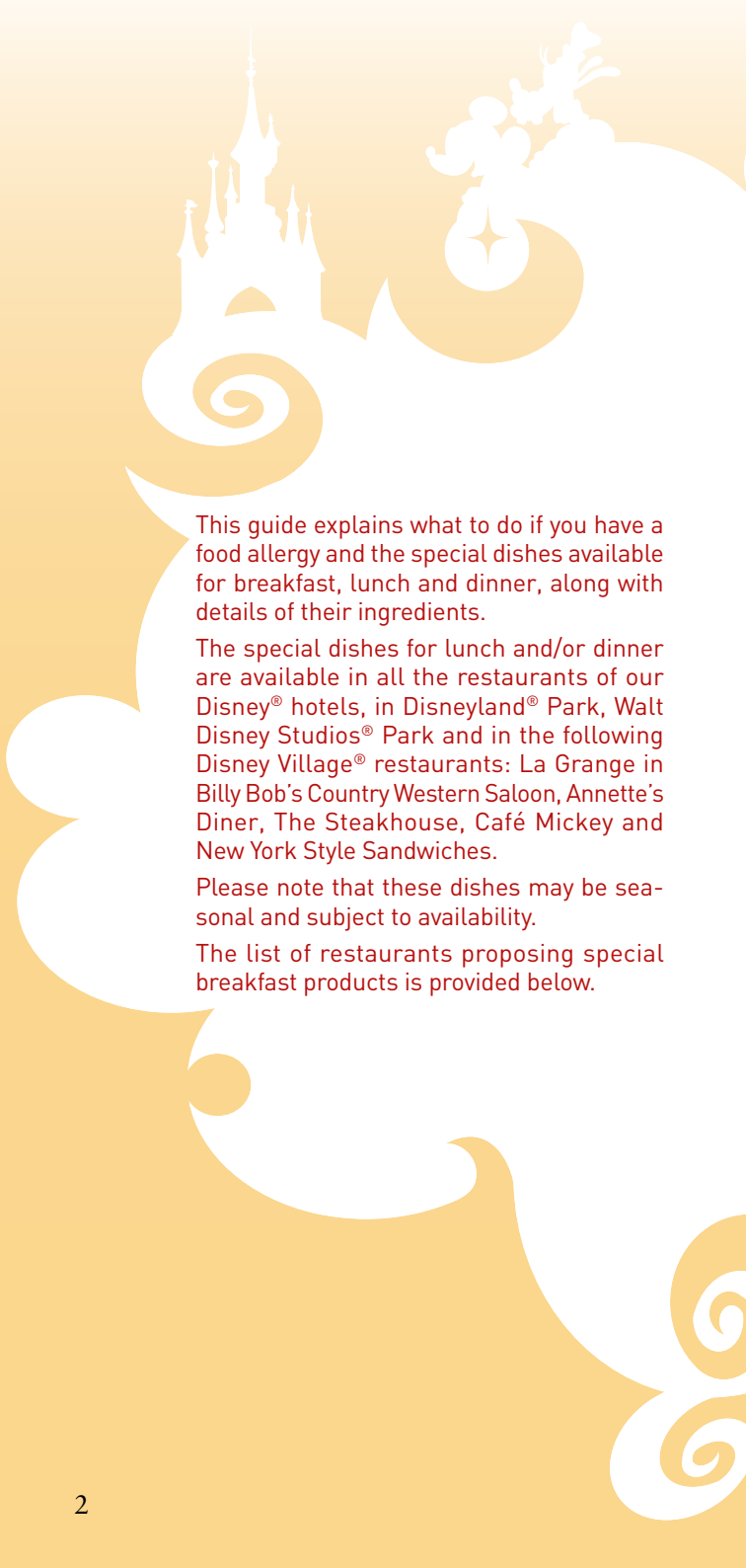


A large, stylized, orange-colored swirl graphic that frames the central text. It features various Disney-themed elements: a castle on the left, a character on a horse at the top, a character on the right, and a character at the bottom. There are also stars and smaller swirls integrated into the design.

# **Practical guide Food Allergies**



This guide explains what to do if you have a food allergy and the special dishes available for breakfast, lunch and dinner, along with details of their ingredients.

The special dishes for lunch and/or dinner are available in all the restaurants of our Disney® hotels, in Disneyland® Park, Walt Disney Studios® Park and in the following Disney Village® restaurants: La Grange in Billy Bob's Country Western Saloon, Annette's Diner, The Steakhouse, Café Mickey and New York Style Sandwiches.

Please note that these dishes may be seasonal and subject to availability.

The list of restaurants proposing special breakfast products is provided below.

# What to do if you have a food allergy

When you arrive at one of the restaurants of our Disney parks and hotels, please explain your allergy to our personnel.

## LUNCH AND DINNER

You will be presented with information on the main allergens contained in each dish on the menu and a selection of special dishes that contain none of the 14 main food allergens so that you can make your choice.

## BREAKFAST

You will be presented with information on the main food allergens contained in each dish on the menu and a range of special products (gluten-free and/or dairy-free and/or egg-free) so that you can make your choice according to your requirements.

**To guarantee your safety,  
we do not propose customized dishes.**

## Warning

In spite of all the care taken in preparing our dishes, it is impossible to exclude all risks of possible cross-contamination. Our dishes may come into accidental contact with allergens. Furthermore, we cannot guarantee the absence of cross-contamination in dishes proposed as part of a buffet.

# Lunch & Dinner

We propose a range of **special dishes**, guaranteed free of the 14 major food allergens.

The restaurants offer **a choice of starters, main courses and desserts, among selection above and while stocks last**. The list of ingredients used is exhaustive (meaning that there are no “hidden” ingredients).

Non contractual photo



**Sample “allergen-free” meal**

## STARTER CHOOSE FROM

**Tomatoes and corn:** tomato 49%, corn 48%, virgin olive oil 3%, salt, pepper.

**Mediterranean soup:** tomato 30%, water 20%, courgette 20%, potato 15%, aubergine 10%, virgin olive oil 2%, sugar 2%, basil, salt, pepper.

**Mexican salad:** corn 36%, apple 32%, bell pepper 22%, cucumber 6%, virgin olive oil 3%, lemon juice (water 50%, lemon concentrate 50%), salt, pepper..

## MAIN COURSE CHOOSE FROM

**Springtime Sauteed chicken:** chicken 28% (French origin), potato 28%, tomato 15%, green beans 15%, virgin olive oil 5%, white onion 5%, green olives 2%, basil <1.5%, salt <1%, pepper <0.1%.

**Fusilli, shredded chicken, white sauce:** corn fusilli 52%, (corn flour, water) (Italian origin), white sauce 25%, (water 59%, onion 31%, rice flour 5%, virgin olive oil 4%, salt, chives, pepper), chicken 22% (French origin), salt..

**Vegetarian fusilli, white sauce** 🌱 : corn fusilli 55%, (corn flour, water) (Italian origin), white sauce 36%, (water 59%, onion 30%, rice flour 5%, virgin olive oil 4%, salt, chives, pepper), carrot 7%, virgin olive oil, chives, salt.

**Vegetarian fusilli, Neapolitan sauce** 🌱 : Neapolitan sauce 59.6% (tomato 72%, onion 19%, water 6%, virgin olive oil, sugar, salt, thyme), corn fusilli 40% (corn flour, water), virgin olive oil, salt.

**Beef cottage pie with carrot mash:** carrot mash 69% (carrot 44%, potato 44%, water 11%, virgin olive oil, salt), beef 27% (French origin), white onion 3%, virgin olive oil <1%, thyme <0.5%, black pepper, salt.

**Chicken quinoa:** cooked quinoa 42% (quinoa, water), chicken 28% (French origin), tomato sauce 18%, aubergine 11%, virgin olive oil <1%, thyme <0.5%, salt <0.5%, pepper <0.1%.

## DESSERT CHOOSE FROM

**Caramelised apples:** apple 86% (French origin), sugar 14%.

**Candy apple, apricot sauce:** apple 70% (French origin), apricot 30% (French origin).

**Chocolate dessert:** Water 80%, sugar 8%, corn flour 8%, powdered chocolate 5% (sugar 68%, cocoa powder 32%).

**Below is  
the list of the 14 major allergens  
defined by European regulations  
(EU regulation no. 1169/2011)  
excluded from the ingredients  
of all special dishes  
(for breakfast dishes, please see page 6)**

1. Cereals containing <b>gluten*</b>	6. Soya and products thereof	11. Sesame seeds and products thereof
2. Crustaceans and products thereof	7. Milk and products thereof (including lactose)	12. Sulphur dioxides and sulphites***
3. Eggs and products thereof	8. Nuts**	13. Lupin and products thereof
4. Fish and products thereof	9. Celery and products thereof	14. Molluscs and products thereof
5. Peanuts and products thereof	10. Mustard and products thereof	

\*Cereals containing **gluten**, namely: oats, wheat, rye, barley, spelt, kamut and products thereof

\*\***Nuts**: almonds, hazelnuts, walnuts, cashew nuts, pecan nuts, Brazil nuts, pistachios, macadamia or Queensland nuts and products thereof

\*\*\***Sulphur dioxide and sulphites** at concentrations of more than 10 mg/kg or 10 mg/litre in terms of total SO<sub>2</sub>

## Where can I find these meals?

Choose your dish from our selection (presented page 4), available at the aforementioned restaurants. 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 assist you as described previously (see page 3).

# Breakfast

Some of our hotels offer a selection of special breakfast products that are gluten-free and/or dairy-free and/or egg-free 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 Disney® Hotels

Disneyland® Hotel, Disney's Newport Bay Club®, Disney's Sequoia Lodge®,  
Disney's Hotel Santa Fe®, Disney's Hotel Cheyenne®,  
Disney's Hotel New York® - The Art of Marvel, Disney's Davy Crockett Ranch®.

## Disneyland® Park

Breakfast Disney Morning: Market House Deli, Café Hypérion\*.  
Breakfast at the Plaza Gardens Restaurant.

## Parc Walt Disney Studios®

Restaurant En Coulisse.

## Disney Village

New York Style Sandwiches, Annette's Diner.

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, RICE DRINK, COCONUT MILK DRINK

### PLAIN SLICED BREAD (gluten-free)

**Ingredients:** mix [modified and natural starch, corn flour, rice flour, **egg** white powder (**egg** whites, acidifier: citric acid), vegetable fibres, corn dextrose, thickeners: E464 - E466 - E412, sugar, salt, organic quinoa and buckwheat sourdough, preservative: E282, maltogenic amylase], water, sunflower oil, texturing agent: E422, dry yeast.

### SABLE BISCUITS (gluten-free, lactose-free)

**Ingredients:** potato starch, sugar, corn starch, high oleic sunflower oil, corn flour 15%, modified starch, emulsifier: rapeseed lecithin, salt, baking powder: ammonium carbonate..

### CHOCOLATE CHIP COOKIES (gluten-free, lactose-free)

**Ingredients:** flour (corn 15.6%, teff 13.5%, rice 9.8%), sugar, high oleic sunflower oil, dark chocolate chips 9.4% (cocoa paste, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), tapioca starch, glucose syrup, chicory fibre (inulin), flavouring, emulsifier (rapeseed lecithin), thickener (xanthan gum), baking powders (citric acid, potassium carbonate), rice starch, salt..

### CHOCOLATE CHIP CAKES (gluten-free, lactose-free)

**Ingredients:** **eggs**, sugar, potato starch, high oleic sunflower oil, chocolate chips 11% (cocoa paste, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), dextrose, rice flour, humectant (glycerol), glucose syrup, thickeners (locust bean flour, xanthan gum), emulsifier (rapeseed lecithin), baking powder (diphosphates, sodium carbonate, calcium phosphate), salt.

### MARBLE CAKES (gluten-free, lactose-free)

**Ingredients:** **eggs**, sugar, high oleic sunflower oil, potato starch, rice flour 10%, dextrose, dark chocolate chips 6.8% (cocoa paste, sugar, cocoa butter, emulsifier: **soya** lecithin, natural vanilla flavouring), humectant (glycerol), glucose syrup, emulsifier (rapeseed lecithin), thickeners (locust bean flour, xanthan gum), baking powders (diphosphates, sodium carbonate, calcium phosphate), salt.

**Only available in Disney hotels®**

### CRAC'FORM TOASTS (gluten-free, egg-free, lactose-free)

**Ingredients:** corn flour, rice flour, sugar, salt.

Available with hot breakfast options;  
excluding Disney's Davy Crockett Ranch®

**APPLE AND RASPBERRY RISOTTO**

**Ingredients:** rice 43%, water 24%, apple 17%, raspberry 8%, granulated sugar 5%, rice flour, virgin olive oil, salt.

**WHITE BEANS AND TOMATO WITH TURKEY**

**Ingredients:** white beans 25%, potato 24%, tomato sauce 18%, turkey 12% (French origin), mushroom 11%, water 4%, virgin olive oil 2%, salt, thyme, pepper.

# 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 suppliers guarantee that the special dishes and products we propose contain none of the ingredients listed on page 5.
- 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.
- For optimal safety, please pick one of the special dishes guaranteed free of all major food allergens for your lunch and/or dinner.

**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.