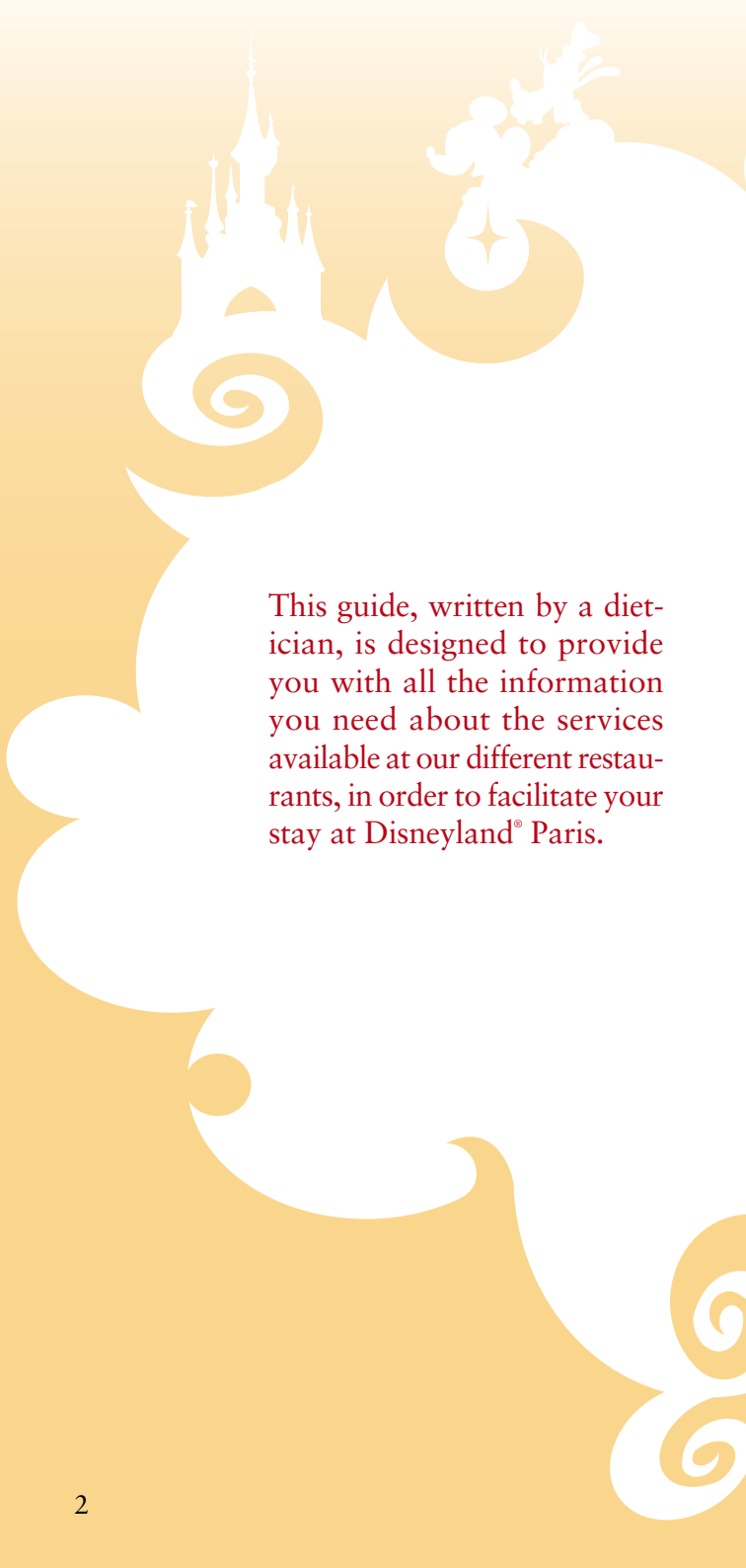


A large, stylized orange cloud graphic with white swirls and cutouts. The cutouts include a Disney castle, Mickey Mouse, a fairy, and a character on a broom. Small gold stars are scattered around the cloud.

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

A stylized white silhouette of a Disney castle with multiple spires and a Mickey Mouse figure sitting on a cloud-like shape. The background is a solid orange color with large, white, swirling cloud-like shapes. The text is centered within one of these white shapes.

This guide, written by a dietitian, 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 nearly 55 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

### **Chicken drumsticks, rice:**

Precooked rice, chicken drumsticks, olive oil, salt, thyme.

### **Turkey fricassée with basil:**

Turkey thigh, potato, carrots, water, Golden Delicious apples, olive oil, rice flour, basil, sea salt, black pepper

### **Oriental meatballs:**

Precooked corn meal, meatballs (beef, salt), tomato, courgette, carrot, olive oil, salt

### **Veal sausage:**

Potatoes, veal sausage (veal, salt, sheep casing), water, olive oil, sea salt, black pepper

## DESSERT CHOOSE FROM

### **Peach delight:**

Apple, peach purée (peach, sugar), sugar.

### **Pom’ pom:**

Apple, sugar.

### **Caramelised pears:**

Pears, sugar.

**Below is the  
list of foods (allergenic)  
not used in any of our meals.**

Additives	Fish	Pine nuts
Almonds	Gluten	Pineapple
Apples, uncooked	Hazelnuts	Pistachio
Avocado	Kidney beans	Pork
Bananas	Kiwi	Rabbit
Barley	Lentils	Raspberries, uncooked
Broad beans	Linseed	Rye
Buckwheat	Lupin	Sesame
Celery	Melon	Shellfish
Cherries	Milk, all types	Soy
Chestnuts	Mushrooms	Spelt
Chick peas	Mustard	Sulphites
Chilli pepper	Nuts, all types	Sunflower
Cinnamon	Oats	Vanilla
Coconut	Peaches, uncooked	Wheat
Eggs	Peanut	Yeast
Fennel	Peas	

## 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

## Disney® Village

La Grange at Billy Bob's Country  
Western Saloon (service buffet)

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:

FRONTIERLAND: The Lucky Nugget Saloon  
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 Restaurant  
Last Chance Café  
Cowboy Cookout Barbecue  
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 at Disneyland® Paris

All of the restaurants (table service and buffet-style) in Disney Hotels offer special meals by Natama for food allergy sufferers.

# 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® Park
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 ®	Breakfast Disney Morning : Plaza Gardens Restaurant Au Chalet de la Marionnette Pizzeria Bella Notte  Teatime with the Disney Characters: Restaurant Cowboy Cookout Barbecue

Location of Teatime with the Disney Characters and 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

#### SLICED COUNTRY BREAD (free from gluten and milk)

**Ingredients:** water, cornstarch, rice flour, buckwheat flour, stabilizer (sorbitol), non-hydrogenated palm oil, thickeners (guar flour, carob flour), plant fibre (inulin), baker's yeast, salt, sugar, glucose syrup, emulsifier (colza lecithin), preservative.

#### SHORTBREAD BISCUITS (gluten free)

**Ingredients:** corn starch, cornflour, sugar, non-hydrogenated vegetable oil, honey, thickener (guar gum), salt, baking powder (ammonium bicarbonate), Bourbon vanilla.

#### CHOCOLATE-CHIP COOKIES (gluten, milk, peanut and soy free)

**Ingredients:** sugar, non-hydrogenated palm oil, cornflour, teff flour, rice flour, 8.3% chocolate chips (cocoa, cocoa butter, sugar), water, manioc flour, glucose syrup, flavoring, emulsifier (colza lecithin), baking powder (ammonium carbonate), thickener (xanthan gum), rice starch, salt.

#### MINI CHOCOLATE CHIP CAKES (free from gluten, milk, peanut and soy)

**Ingredients:** eggs, sugar, non-hydrogenated palm oil, potato flour, 9.9% chocolate chips (cocoa, cocoa butter, sugar), dextrose (corn), rice flour, stabilizer (glycerol), glucose syrup, baking powder (monocalcium phosphate, sodium bicarbonate, disodium pyrophosphate), thickeners (carob flour, xanthan gum), emulsifier (colza lecithin), salt.

#### MINI MARBLE CAKE (free from gluten, milk, peanut and soy)

**Ingredients:** eggs, sugar, non-hydrogenated palm oil, potato flour, rice flour, dextrose (corn), 6% chocolate (cocoa, cocoa butter, sugar), stabilizer (glycerol), glucose syrup, emulsifier (colza lecithin), baking powder (monocalcium phosphate, sodium bicarbonate, disodium pyrophosphate), thickeners (carob flour, xanthan gum), salt.

#### CRAC'FORM (free from gluten, milk, peanut, soy and eggs)

**Ingredients:** Cornflour, 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.

Disneyland® Paris shall not be held liable in the event that you or a child under your care were to consume a meal and/or food or beverage items other than those listed herein if said consumption were to result in an allergic reaction.

Note: If your booking concerns a hotel or restaurant not included in this guide, we recommend that you contact the hotel or restaurant directly.

*Enjoy your meal!*



Disneyland  
PARIS