

QUICK GUIDE TO SPOON-FRIENDLY DISNEY DINING



Tips for managing meals at
Disney with a chronic illness



MAGIC KINGDOM

Columbia Harbor House
is a great dining choice for quick
healthful meals (soup, salads)

For a quick, shaded Break:

Hall of Presidents

Country Bears Jamboree

Carousel of Progress

Hydration Stations:

Space Mountain

Cosmic Rays



EPCOT

Many fabulous dining choices:
try **Le Cellier** Steakhouse for
a high-protein meal

Snack around the world at
festival booths during

Food & Wine Festival

Free water bottle refills at:

Connections Cafe

CommuniCore Hall

near International Gateway



HOLLYWOOD STUDIOS

Try **Woody's Lunchbox**
near **Slinky Dog Dash** for a
quick healthy lunch (also
with
shaded tables

For a shady spot try the
walkway to **Galaxy's Edge**

Free water bottle refill
outside **Docking Bay 7**



ANIMAL KINGDOM

Try **Satu'li Canteen** for a unique
healthy balanced meal

Festival of the Lion King
is a can't miss shade break!

Hydration Station:
near **Satu'li Canteen**
Flame Tree Barbeque

