
The DFB Guide to
Disney World Dining:

Water Parks



The DFB Guide To Walt Disney World Dining: Water Parks is Copyright © 2025 by DisneyFoodBlog.com and Cambrick Yard, LLC. All rights reserved.

All rights reserved. The information contained in this guide is for informational and entertainment purposes only. The Disney Food Blog (DFB) is not affiliated with Walt Disney World Resort, the Walt Disney Company, or its subsidiaries. Walt Disney World is a registered trademark of The Walt Disney Company.

Some links contained in this guide are affiliate links. This guide may include information, products, or services by third parties. Third Party Materials contain the products and opinions expressed by their owners. We do not assume responsibility or liability for any Third Party Materials or opinions. The publication of such Third Party Materials does not constitute our guarantee of any information, instruction, opinion, products, or services contained within the Third Party Materials. No part of this publication shall be reproduced, transmitted, or sold in whole or in part in any form without the prior written consent of the Author.

All trademarks and registered trademarks appearing in this guide are the property of their respective owners.

Users of this guide are advised to do their own due diligence when it comes to making travel decisions. All information, products, and services that have been mentioned should be independently verified. By reading this guide, you agree that neither I nor my company, Cambrick Yard, LLC, is responsible for unanticipated or negative outcomes related to your Disney World dining, planning, or travel. Hours, prices, menus, and other details are subject to change, so please contact Disney before your visit to confirm.

disneyfoodblog.com

ACKNOWLEDGEMENTS

Thank you to the wonderful writers, editors, and designers who contributed to this project including Laurel Calabek, Leigh Caldwell, Nikki Currier, Traci Curth, Mandie Gibson, Lisa Gilmore, Samantha Kendall, Kimberly LaPaglia, Breea Milburn, Kelly Oliveros, and Wendy Pugh-Hummel.

A huge thank you goes out to the remainder of our Disney Food Blog team too, especially our fantastic reporters.

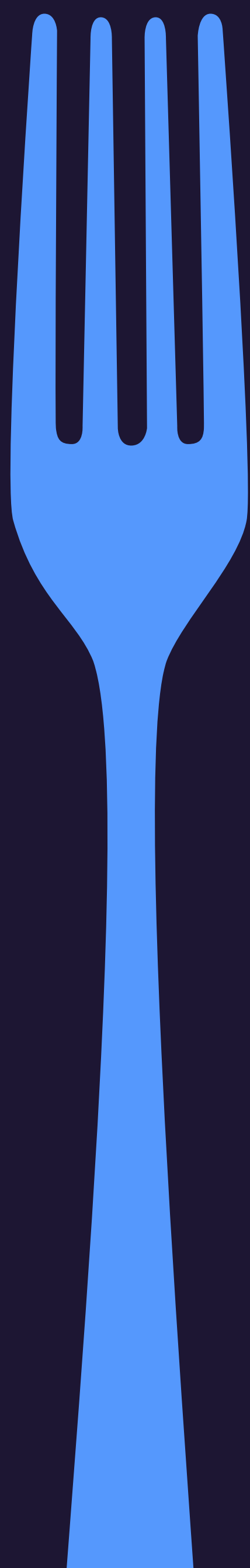
And thanks to YOU – readers, friends, and subscribers – for purchasing this e-book and giving us the chance to share our love and knowledge of Disney World with you. We hope this book is helpful to you as you plan the most incredible vacations.

–AJ Wolfe



TABLE OF CONTENTS

- 1. WATER PARKS OVERVIEW.....05
 - Welcome.....06
 - Overview.....07
- 2. HOW TO USE OUR GUIDE.....08
- 3. TYPHOON LAGOON.....14
 - Restaurant Map.....16
- 4. BLIZZARD BEACH.....26
 - Restaurant Map.....28
- 5. OTHER LOCATIONS.....36
- 6. UNIQUE FOOD EXPERIENCES.....38
 - Cabanas.....40
 - After Hours Events.....41
- 7. DISNEY DINING PLAN TIPS.....42
- 8. DFB TOP PICKS.....45
- 9. ADDITIONAL RESOURCES.....49
- 10. THANK YOU.....53



01



WATER PARKS OVERVIEW



WELCOME

Welcome to The DFB Guide to Walt Disney World Dining: Water Parks! In this book, you'll find pages detailing EVERY restaurant and snack stand in Disney World's Water Parks (plus some details about the eats at the ESPN Wide World of Sports complex). You'll also find maps showing where the restaurants are located within the water parks (so you'll know how far things are from each other), a breakdown of the unique food experiences there, some top Disney Dining Plan tips for these spots, and our TOP PICKS for eats and drinks here. A trip to Disney's water parks might make you think of slides, sunscreen, and lazy rivers, but you have to eat (and stay hydrated) while having fun in the sun too, right?! This guide will help you know what to expect so you can be prepared for your day of fun.

Don't Forget to Join Our Newsletter!
Sign up for our newsletter – you'll never miss Disney updates on our watch!

[Sign Me Up! ↗](#)

Follow us for even more news, reviews, and tips!



DISNEY WATER PARKS - RESTAURANT OVERVIEW

There is nothing quite like the kind of appetite brought on by a day of swimming, sunning, and splashing...and that's why both of Disney World's Water Parks - Blizzard Beach and Typhoon Lagoon - serve up plenty of noshes.

Blizzard Beach delivers some fun in the sun...AND in the *SNOW!?!?*

Typhoon Lagoon is a tropical oasis (albeit, as the story goes, after a raging storm created the "typhoon" that led to the "lagoon")!

At both parks, you'll generally have no trouble finding standard fare like burgers, hot dogs, and chicken strips. There are no Table Service restaurants. You likely won't have the most memorable meal of your life at these spots, but there are some fun eats to be found.

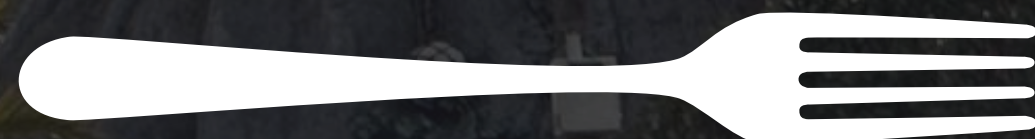
Keep in mind that only one water park may be open at certain points of the year, so check to see what's available during your visit.

While we're here, we're also going to bring you to another spot outside of the parks as we explore the primary dining option at the ESPN Wide World of Sports complex.



The background image shows a pirate-themed attraction. A large wooden pirate ship, the 'Miss Sully', is perched on a dark, jagged rock formation. Below the ship, a long, dark, cylindrical slide descends the rocky slope. The scene is set against a dramatic, cloudy sky. The overall tone is dark and adventurous.

02



HOW TO USE
OUR GUIDE

HOW TO USE OUR GUIDE

Look here for icons that indicate:

DDP Accepted



Pricing Scale



DFB Favorite



Character Meal



Table Service



Quick Service



Snack



Mobile Order



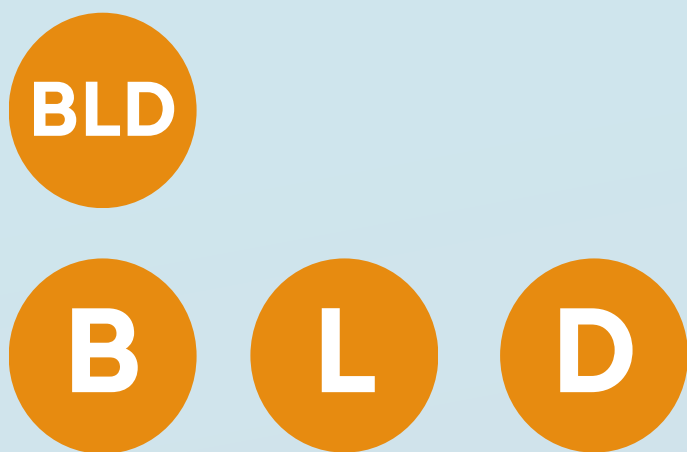
Discount

Disney Vacation Club,
Annual Passholder,
Disney Visa



Meal Times
Available

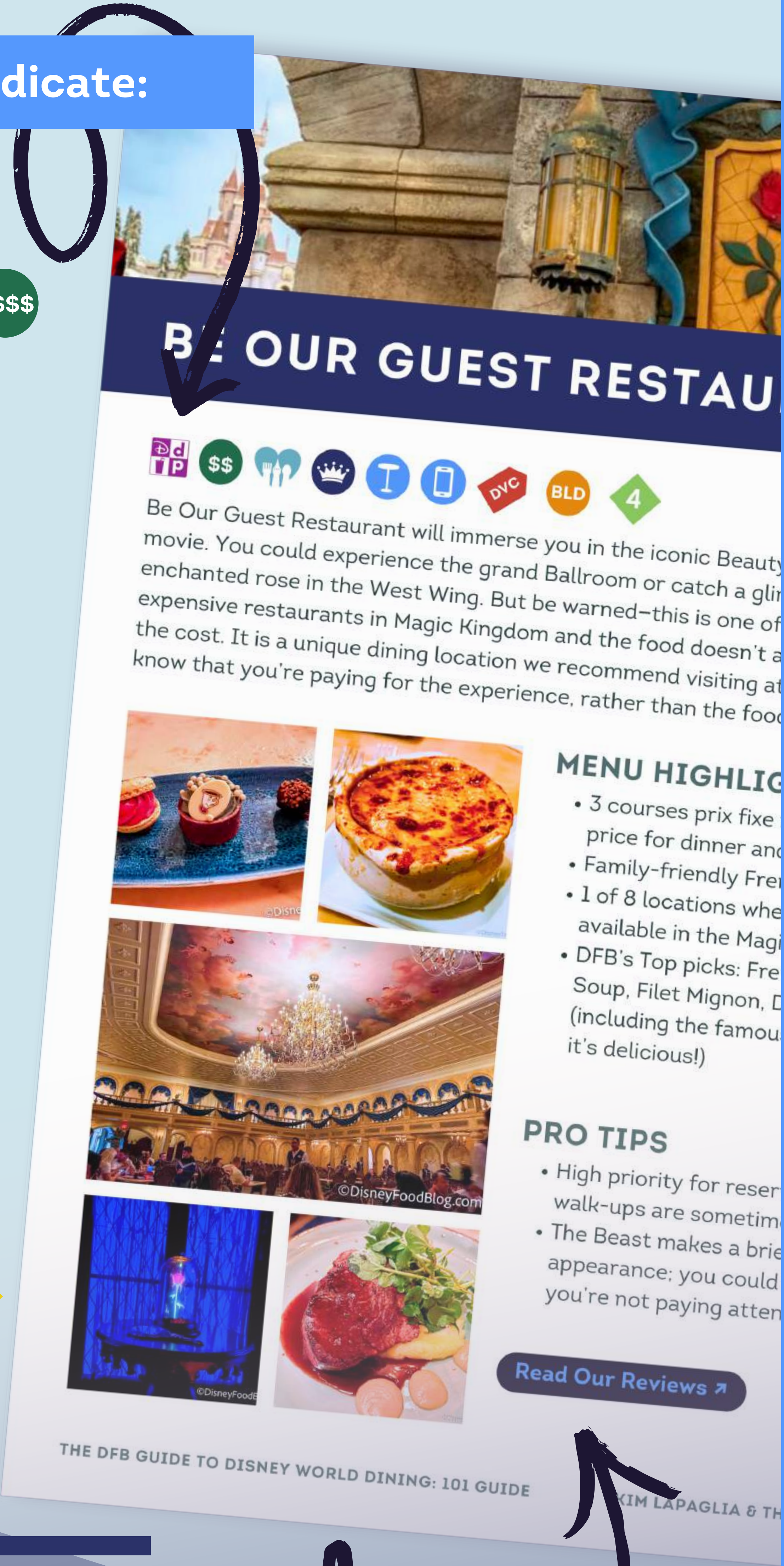
Breakfast,
Lunch, Dinner



ADR Rating



This **button** will take you to our **latest and greatest reviews on the restaurant** because Disney is always changing!





HOW TO USE OUR GUIDE

There is a LOT of information about Disney food and dining options out there, but we've broken down some of the key details you need to know to make the best dining choices for your group. So, let's dive in!

First, you'll notice that we have a smattering of symbols at the top of the restaurant and other dining location pages. These are quick indicators of what you need to know. Most of them are self-explanatory, but we'll give you a rapid rundown of them.

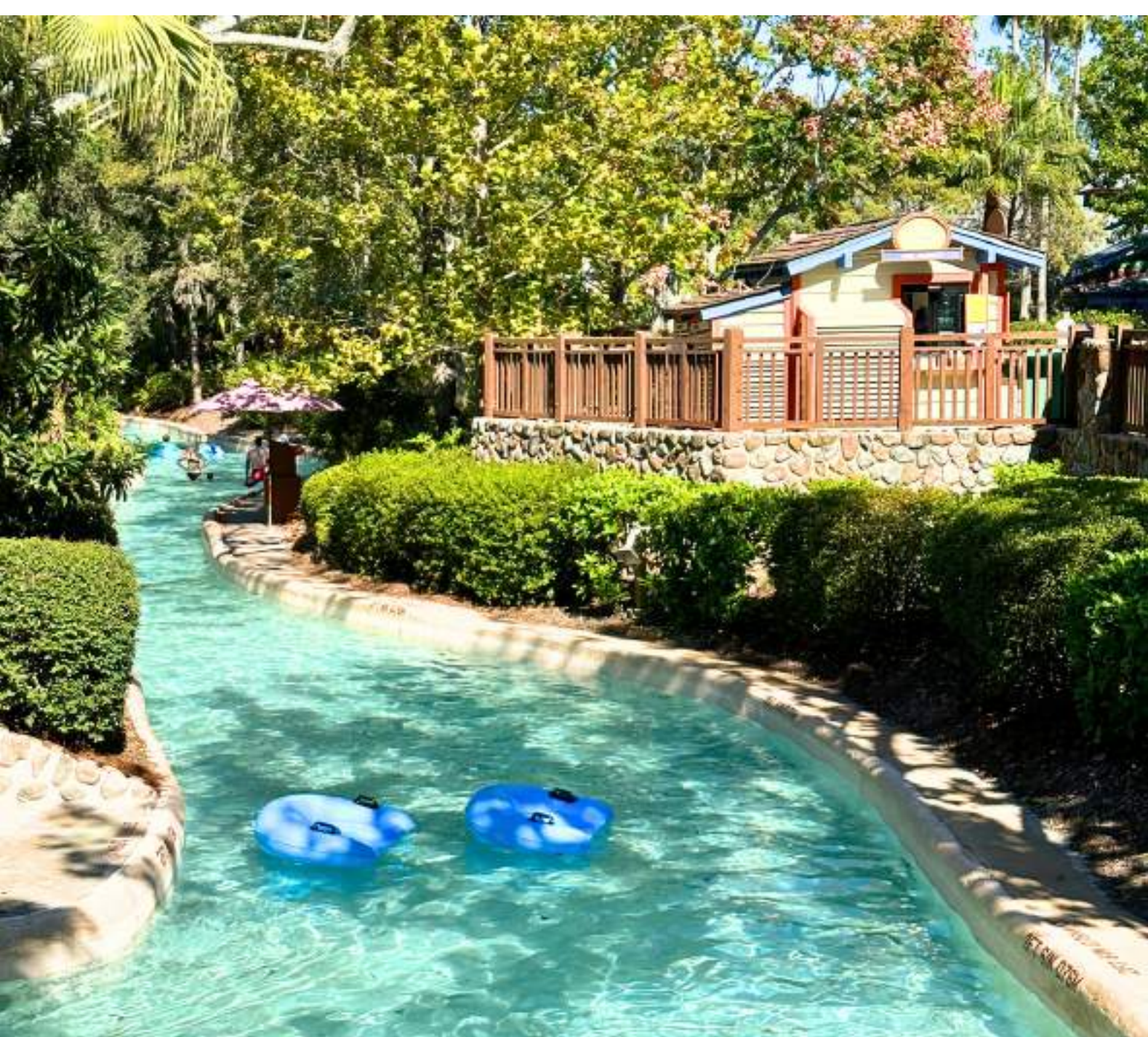


DISNEY DINING PLAN ACCEPTED

- This indicates that the restaurant accepts credits from the Disney Dining Plan. **IMPORTANT:** The location might accept Snack Credits, Table Service credits, Quick Service credits, or a mix. This symbol only indicates that **the location accepts some form of Disney Dining Plan credits**, but you'll want to verify what type of credits are accepted, how many might be needed, and if there are any specific restrictions as to what dishes qualify.
- For an in-depth look at the Disney Dining Plan, check out our [entire guide dedicated solely to the Dining Plan](#) and how to make the best use of it.



For locations accepting Mobile Order via the My Disney Experience app, use the app to create a sample mobile order. That can let you see what might qualify as a snack credit.



HOW TO USE OUR GUIDE



PRICING SCALE

If you're paying out of pocket, this will help you know approximately how much to budget if you plan to dine at this location.

- \$ – \$14.99 and under per adult
- \$\$ – \$15-\$34.99 per adult
- \$\$\$ – \$35-\$59.99 per adult
- \$\$\$\$ – over \$60 per adult



DFB FAVORITE

We've eaten it ALL, and there are some spots we keep coming back to because they are just THAT GOOD! If you want to know our favorites, be on the lookout for this symbol. Keep in mind that while restaurants marked with this symbol might be our favorites, that doesn't mean that the other restaurants are bad. Other spots might have some seriously delicious eats too! Or those other spots might have more standard eats that are just what your group needs. It's all about finding what suits you best. We've got our favorites, but we can't wait to hear all about yours.



CHARACTER MEAL

Dining with the characters is a unique and quintessential Disney World vacation experience.



MOBILE ORDER

Mobile Order allows you to pre-order and pre-pay for your food via the My Disney Experience app (which you'll use on your mobile device) for participating Quick Service restaurants around Disney World.



HOW TO USE OUR GUIDE

SERVICE TYPE

Disney offers three primary dining service types: Snack, Quick Service, and Table Service.



Snack: This is typically the category for those little carts or kiosks you'll find around the parks. Think popcorn or ice cream carts. Expect little to no dedicated seating near these. Plan to eat on a nearby bench or walk as you snack!



Quick Service: For these spots, you'll typically order at a counter (or on your mobile device), collect your food, and seat yourself. Think fast food, but Disney-fied. Seating can vary - sometimes there's ample seating (indoors and/or outdoors). Other times, seating is more limited. Look for our indications throughout this guide of what seating is like at each Quick Service spot



Table Service: At these restaurants, you'll be seated for your meal and waited on by servers. This service type includes buffets, character meals, and fancy signature dining spots. Seating for these is typically indoors, though some spots may also offer outdoor seating.

DISCOUNTS

Some restaurants offer discounts if you are a member of a certain group. Those discounts tend to range from 10%-20%. There may be restrictions on the discounts in terms of what is included, whether it applies to only one meal time or another, and whether there are blackout dates. You can check on the Disney World, [Annual Passholder](#), [Disney Vacation Club](#), and [Disney Visa websites](#) for details. The red tags indicate which groups get discounts at these locations:



DVC: Disney Vacation Club members

AP: Annual Passholders

DV: Disney Visa Cardholders



HOW TO USE OUR GUIDE

MEAL TIMES AVAILABLE

Not every location is open for every meal. We'll indicate which meal each location serves with these letters:

- B** **Breakfast** (we'll typically use this for any spot that is open any time before 11 AM)
- L** **Lunch** (we'll typically use this for any spot that is open between 11 AM and 4 PM)
- D** **Dinner** (we'll typically use this for any spot that is open 4 PM and on)

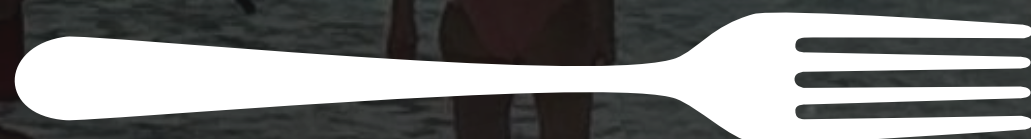
Some restaurants may serve brunch (every day or only on select days) in addition to other meals (particularly a few restaurants in Disney Springs). We have not specifically noted brunch in these icons, but it's something to keep in mind. You'll typically find notes about brunch in our pro tips or menu highlights sections! You'll want to check the Disney World website or the My Disney Experience app for updates.

1 **Advance Dining Reservation (ADR) Rating**

- 2 Dining reservations are strongly recommended for all Table Service locations at Disney World, and some are more
- 3 challenging to secure than others. We've ranked each Table Service location from 1-5 with color coding, with 1 being the hardest to get and 5 being the easiest to get.
- 4
- 5

Now, you're a master at using this book to its fullest potential! Let's get planning!

03



TYPHOON LAGOON

TYPHOON LAGOON - RESTAURANT OVERVIEW

As we mentioned previously, you won't find any Table Service restaurants at Disney's Typhoon Lagoon Water Park

Instead, expect to eat at the Quick Service locations and snack kiosks spread throughout the park.

Here, you'll generally find ice cream, burgers, alcoholic drinks (frozen and not), hot dogs, Mickey-shaped pretzels, and other classics.

But you may also find a few more unique items like special DOLE Whip creations, rice bowls, nachos, salads, flatbreads, and more.

IMPORTANT! You may find a refillable sipper available at select spots in Typhoon Lagoon. When available, these are usually eligible for refills at Quick Service locations throughout the day, which might be worth it for you if you'd otherwise buy several fountain drinks throughout the day. These were previously more generally available, but during a visit in 2025, refillable sipper availability was limited to just the Miss Tilly Sipper Cup. This is subject to change. Check to see what the situation is like when you visit.



TYPHOON LAGOON RESTAURANT MAP



1. [Leaning Palms ↗](#)
2. [Lowtide Lou's ↗](#)
3. [Snack Shack ↗](#)
4. [Typhoon Tilly's ↗](#)
5. [Happy Landings Ice Cream ↗](#)
6. [Let's Go Slurpin' ↗](#)
7. [Mini Donuts by Joffrey's Coffee ↗](#)
8. [Surf Doggies ↗](#)
9. [Hammerhead Fred's ↗](#)
10. [Joffrey's Coffee & Tea Company ↗](#)
11. [High 'n Dry ↗](#)
12. [Arctic Dots Ice Cream ↗](#)
13. [Tropical Amity Outpost ↗](#)



LEANING PALMS



**MODERATE
OUTDOOR**
SEATING

Leaning Palms is one of the headlining Quick Service restaurants at Typhoon Lagoon Water Park. The seating area is large and primarily open-air, but a large portion of the area is protected by a pergola-style roof. In addition to standard Quick Service fare like burgers and chicken strips, Leaning Palms typically provides some refreshing alternatives such as rice bowls, flatbreads, and unique specials you can see listed on a daily board. You can also find DOLE Whip floats here for a cooling refreshment!



MENU HIGHLIGHTS

- Standard Quick service offerings with a few items outside the norm - like a chicken and/or shrimp rice bowl, pork elote nachos, cheeseburger, pepperoni flatbread, tropical salad, and more
- Look for beer options, which you can get in a souvenir cup. That cup lets you buy same-day refills at a reduced cost.
- Things we've enjoyed: Pork Elote Nachos, Frozen Butterfly Pea Tea Lemonade

PRO TIPS

- You can typically pick up the Miss Tilly Sipper Cup souvenir here. You can typically refill it at Quick-Service locations for the rest of your day.
- The Impossible Island Burger is a good pick for plant-based eaters!
- Fun fact: The restaurant gets its name from the park's typhoon pushing over the palm trees.

[Read Our Reviews ↗](#)

[JUMP TO THE MAP ↗](#)

LOWTIDE LOU'S



NO
SEATING

The menu here is light and breezy, featuring a selection of snacks and beverages to keep you fueled for your day in the sun. You'll typically find grab-and-go options like a salad, a wrap, chips, and frozen novelties like Mickey's Premium Ice Cream Bars. Thirsty? Lowtide Lou's has you covered with an array of cold drinks, including bottled water, milk or chocolate milk, and alcoholic beverages like beer, hard seltzer, or a wine spritz.



MENU HIGHLIGHTS

- Food items are VERY limited at this location, and options are often pre-packaged. It's really meant to be grab-and-go.
- Look for seasonal Draft Beer selections here.
- The Barbecue Chicken Wrap is nothing groundbreaking, but it is a pretty tasty, solid, and walkable item.

PRO TIPS

- Lowtide Lou's may only be open on the busiest of days at the park, so check to see if it's open when you visit.
- There are a few outdoor benches nearby so you can relax and enjoy your snack.

[Read Our Reviews ↗](#)



SNACK SHACK



**LIMITED
OUTDOOR
SEATING**

Located right next to Typhoon Tilly's, you'll find Snack Shack. Menu changes can be quite frequent here, but Snack Shack has most recently been turning out some surprising DOLE Whip treats. In the past, we've seen (and tasted!) everything from a Moana Cone and a Hei Hei Cone to a DOLE Whip Sundae served up in a bathtub and DOLE Whip Watermelon with Chamoy and Chili-Lime Spice! It's worth stopping by to see what unique DOLE Whip creation you can try!



MENU HIGHLIGHTS

- Menu can change frequently, but some things you *may* find include a DOLE Whip Bathtub Sundae, DOLE Whip Strawberry Mai Tai Float, DOLE Whip cup or waffle cone, and DOLE Whip Watermelon with chamoy and chili-lime spice
- You may find additional treats too, like a soft-serve cookie sandwich, pina colada, sodas, and beer
- Things we've enjoyed: Specialty DOLE Whip Sundaes, floats, and cones

PRO TIPS

- Be on the lookout for limited-time DOLE Whip creations.
- There really isn't any dedicated seating for this spot. But look for some covered seating just behind Snack Shack, or you can hop over to the Leaning Palms area for more seating.

[Read Our Reviews ↗](#)

[JUMP TO THE MAP ↗](#)

TYPHOON TILLY'S



**MODERATE
OUTDOOR**
SEATING

S.O.S! Miss Tilly, the legendary shipwreck that sits atop Typhoon Lagoon's Mount Mayday, is the inspiration for this eatery. It's a great spot for surf-and-turf, primarily featuring fish and chicken dishes. You won't find too many sweet treats here, but don't you worry...the connected Snack Shack serves up plenty of soft-serve goodies.



MENU HIGHLIGHTS

- Menu items can include things like a tropical salad, a land and sea platter, a pulled pork sandwich, chicken strips, and fried fish
- You may also find some basic kids' meals like PB&J Uncrustable or chicken strips.
- A variety of drinks are available, including ones with alcohol like wine spritz, hard tea, beer, and cocktails like a whiskey punch
- Things we've enjoyed: Fried Fish Platter, Tropical Salad (it nails that tropical flavor!)

PRO TIPS

- Typhoon Tilly's is one spot where you can typically pick up the Miss Tilly Sipper Cup souvenir. You can typically purchase the sipper and then refill it at Quick-Service locations for the rest of your day!
- Look for beer in souvenir cups here. You can then purchase additional refills at a reduced rate.

[Read Our Reviews ↗](#)



ARCTIC DOTS ICE CREAM



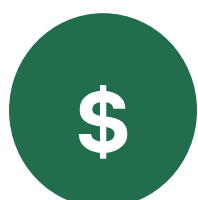
Arctic Dots Ice Cream serves up...you guessed it – ice cream! But these are in the “arctic dots” style (a.k.a. Dippin’ Dots).



MENU HIGHLIGHTS & TOP TIPS

- Various flavors are usually available, like chocolate chip cookie dough, banana split, cookies ‘n cream, and more.
- You can typically create custom layered options.
- The kiddie cup typically qualifies as a snack credit on the Disney Dining Plan.

HAMMERHEAD FRED’S



If you’re looking for a refreshing, tropical beverage to go with your water park adventures, then this is your stop! You’ll typically find bottled beer, hard seltzer, wine, draft beer, and some fun fruity cocktails to quench your thirst.



MENU HIGHLIGHTS & TOP TIPS

- Check out the signature cocktails.
- Pull up a chair and relax!
- May only be open seasonally.
- The Captain’s Mai Tai is a little on the pricier side, but you get some good rum in there. If you enjoy a stronger cocktail with tropical flavors, this one hits the spot.

[Read More ↗](#)



HAPPY LANDINGS ICE CREAM



Find ice cream treats here, like the over-the-top Sand Pail Sundae (served up in a sand pail!!) in addition to root beer floats, sundaes, popular frozen novelties like Mickey's Premium Ice Cream Bars, and more.



MENU HIGHLIGHTS & TOP TIPS

- Look for some more unique ice cream treats here that may pop up.
- Plus, check the menu for frozen treats that may feature DOLE Whip!
- Things we've enjoyed: Sand Pail Sundae, Pineapple Upside-Down Cone (with DOLE Whip Pineapple!)

[Read Our Reviews ↗](#)

JOFFREY'S COFFEE & TEA COMPANY



This spot typically serves up the specialty coffee you know and love from Joffrey's, along with other beverages and pastries.



MENU HIGHLIGHTS & TOP TIPS

- Look for the popular Shakin' Jamaican Cold Brew, lattes, tea, spirited drinks, and more.
- And stop by for some GIANT donuts and other treats if you want something sweet.



LET'S GO SLURPIN'



Let's Go Slurpin' serves up all sorts of sips to cool you down. While the focus is on specialty cocktails (think beach drinks like Rum Runners, Mai Tais, and more), you can also get beer, frozen drinks, and wine, or order from the full bar.



MENU HIGHLIGHTS & TOP TIPS

- It's all sips here – no bites!
- Look for frozen beverages, beer, hard cider, hard seltzer, and more.
- Let's Go Slurpin' is just a few steps away from the Typhoon Lagoon Surf Pool, the park's centerpiece attraction.

[Read Our Reviews ↗](#)

TROPICAL AMITY OUTPOST



This location is right in view of Crush 'n' Gusher. It typically serves a variety of snacks, hot dogs, bottled water, and alcoholic drink options, like beer, hard seltzer, and a wine spritz. It can be a good spot to stop for a quick pre-packaged meal or snack to eat on the go.



MENU HIGHLIGHTS & TOP TIPS

- Menu options can include things like a wrap, a salad, and a hot dog. Look for snacks like hummus with vegetables, a cheese snack cup, a fruit cup, and chips. Expect it to be pre-packaged.
- You will also typically find classic frozen novelties like Mickey's Premium Ice Cream Bars.
- Look for beer in a souvenir cup, which then allows you to get same-day refills at a reduced price.
- The Barbecue Chicken Wrap is not groundbreaking, but it is a pretty tasty, solid, and walkable item.



HIGH ‘N DRY



This spot serves a variety of adult beverages, typically frozen drinks.



MENU HIGHLIGHTS & TOP TIPS

- Menu options typically include canned and draft beer, bottled drinks, frozen drinks, bottled water, some specialty drinks, and a few other options.

ICE CREAM & POPCORN CARTS



Mickey’s Premium Ice Cream Bars and other ice cream novelties, cold drinks, and popcorn can generally be found at snack carts in the park.



MENU HIGHLIGHTS & TOP TIPS

- You can typically get (or refill) your Refillable Popcorn Bucket at a few spots as well.
- Keep an eye out for these throughout your time at the water park.

COTTON CANDY, SNOW CONES & FUNNEL CAKES



Look for a kiosk in the water park selling cotton candy, snow cones, funnel cakes, and more to satisfy your snack needs!



MENU HIGHLIGHTS & TOP TIPS

- Look for a variety of snow cone flavors here, as well as funnel cakes, which you can add ice cream and chocolate to. Or snag a cotton candy or bottled water.



MINI DONUTS BY JOFFREY'S COFFEE



If there's one thing you **MUST** eat while visiting Typhoon Lagoon, it's the Mini Donuts! They are irresistible, so you might as well get the full dozen. Trust me, you'll want to after you catch a whiff!

MENU HIGHLIGHTS & TOP TIPS

- The donuts typically come with a choice of dipping sauces including chocolate, raspberry, and white chocolate.
- You'll also find some hot and cold beverages on the menu.

[Read Our Reviews ↗](#)

SURF DOGGIES



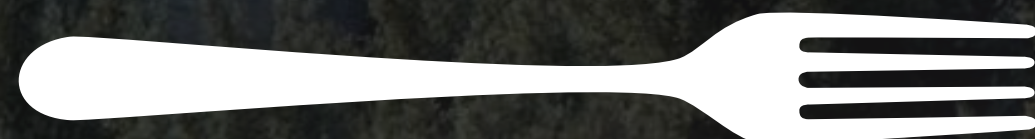
It's all in the name at Surf Doggies! You'll find Hot Dogs here, along with some classic snacks like Mickey-shaped pretzels and churros.

MENU HIGHLIGHTS & TOP TIPS

- Look for sodas, bottled water, and a few limited beverages with alcohol here too.

[Read Our Reviews ↗](#)

04



BLIZZARD BEACH

BLIZZARD BEACH - RESTAURANT OVERVIEW

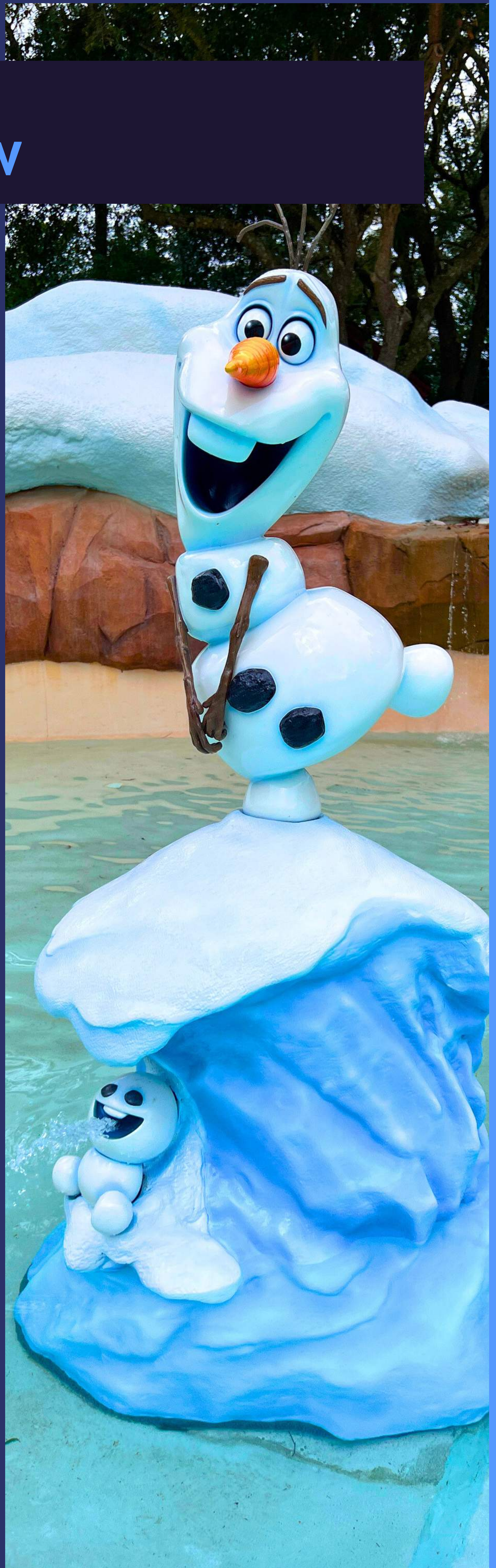
Dining at Blizzard Beach does NOT involve any Table Service restaurants.

Instead, plan to grab your meal or snacks at the Quick Service restaurants and snack kiosks spread throughout the park.

Eats at Blizzard Beach are primarily your theme park standards - Mickey pretzels, hot dogs, popcorn, ice cream, alcoholic drinks, and burgers.

But you may also find a few more unique items like a hot dog topped with bacon macaroni and cheese, specialty churros, loaded nachos, rice bowls, flatbreads, and more.

IMPORTANT! You may find a refillable sipper available at select spots in Blizzard Beach. When available, these are usually eligible for refills at Quick Service locations throughout the day, which might be worth it for you if you'd otherwise buy several fountain drinks throughout the day. Note, however, that during a 2025 visit to Typhoon Lagoon, refillable sipper availability was more limited. This is subject to change. Check to see what the situation is like when you're there.



BLIZZARD BEACH RESTAURANT MAP



1. [Avalunch ↗](#)
2. [Lottawatta Lodge ↗](#)
3. [Warming Hut ↗](#)
4. [Cooling Hut ↗](#)
5. [Frostbite Freddy's ↗](#)
6. [I.C. Expeditions ↗](#)
7. [Mini Donuts by Joffrey's Coffee ↗](#)
8. [Arctic Expeditions ↗](#)
9. [Polar Pub ↗](#)
10. [Joffrey's Coffee & Tea Company ↗](#)
11. [Funnel Cakes & Cotton Candy ↗](#)



AVALUNCH



**LIMITED
OUTDOOR
SEATING**

The specialty of the house at Avalunch is hot dogs (including some with elaborate toppings, like the bacon macaroni & cheese hot dog or the Chicago all-beef foot-long hot dog). Those looking for something a little lighter may spy a salad entree on the menu, as well.



MENU HIGHLIGHTS

- Menu typically features things like hot dogs, loaded hot dogs, salad, a wrap, a sandwich, and other snacks like a hummus snack tray
- Plus, look for sodas, bottled water, and beer

PRO TIPS

- Look for beer in a souvenir cup here. You can then buy additional refills at a reduced cost.
- There's some limited outdoor seating here that is shared with I.C. Expeditions.

[Read Our Reviews ↗](#)



LOTTAWATTA LODGE



**MODERATE
OUTDOOR**
SEATING

Kick off your snow skis & scuba masks! This is the place to satisfy your appetite after taking in all of the slip-sliding adventures that Blizzard Beach has to offer. Hearty Quick Service fare (like burgers and chicken strips) are available, along with a few more unique items like flatbreads and rice bowls. Plus, you'll find drink options here to keep you refreshed.



MENU HIGHLIGHTS

- Classic Quick Service favorites like burgers and Chicken Strips, along with some unique items like Rice Bowls and flatbreads
- Plus you can get a salad, sandwich, or wrap if you want a lighter option.
- And you'll find a few sweet treats, like Mickey's Premium Ice Cream Bars and milkshakes.
- Things we've enjoyed: Chicken Strips, White Cap Flatbread

PRO TIPS

- LottaWatta Lodge is the park's primary eatery, so the menu offers a wider variety of options than many in Blizzard Beach.
- This spot is Imagineered to be a warmed-over ski lodge, so it's the perfect place to sit back and relax. And, unlike many eateries around the park, LottaWatta Lodge has its own dedicated seating area.
- Look for beer in souvenir cups. You can then purchase refills at a lower cost.

[Read Our Reviews ↗](#)



WARMING HUT



**MODERATE
OUTDOOR**
SEATING

Warming Hut is a Quick Service stop at Blizzard Beach just steps away from the park's wave pool, Melt-Away Bay. If it's open on your trip, it's worth a stop to check out the changing options, which are often more interesting than the typical burgers and fries even though the menu is limited. Oh, and there's often Orange DOLE Whip up for grabs as well!



MENU HIGHLIGHTS

- A few unique Quick Service options like Pork Elote Nachos, along with some other options like a wrap, salad, and sandwich
- Look for snacks too like a Mickey-shaped pretzel or fruit cup
- You may also find some sweet treats like ice cream and DOLE Whip
- And expect to find a few drinks like beer and bottled water
- Things we've enjoyed: Orange DOLE Whip swirled with Vanilla soft-serve

PRO TIPS

- Warming Hut can sometimes operate seasonally, so it may not be open on your visit – check to see what the situation is like when you go!

[Read Our Reviews ↗](#)



ARCTIC EXPEDITIONS

[Read Our Reviews ↗](#)

Is this a snowmobile or a snack stand? Arctic Expeditions is BOTH! Arctic Expeditions is typically only open on the busiest of park days, but when this spot is open you'll typically find simple classics like cinnamon-glazed nuts and Mickey Pretzels, as well as a few other items.



MENU HIGHLIGHTS & TOP TIPS

- Menu typically includes a few limited number of entrees, like a turkey and cheddar sandwich, veggie wrap, or hummus snack tray. Plus, look for classic snacks (like that Mickey pretzel), and a few alcoholic drinks like beer or a wine spritz.
- Arctic Expeditions often offers a Souvenir Cup for Beer which can be used throughout the day to refill at a lower cost.
- Be aware that Arctic Expeditions is typically only open on very busy days in the park.

COOLING HUT

[Read Our Reviews ↗](#)

When the water park munchies strike and you need a Mickey's Premium Ice Cream Bar, head over to the Cooling Hut! This kiosk serves lots of classic Disney snacks, including popcorn, ice cream treats, pretzels, and plenty of *cold* drinks, of course!



MENU HIGHLIGHTS & TOP TIPS

- Menu typically includes basic snacks – Mickey Pretzel, popcorn, fresh fruit, chips, cheese snack cup – as well as frozen treats and drinks
- If you have a Refillable Popcorn Bucket, you can have it refilled here!



FROSTBITE FREDDY'S FROZEN FRESHMENTS

[Read Our Reviews ↗](#)

When the heat of the day is wearing you down at Blizzard Beach, make a stop at Frostbite Freddy's for a refreshing drink. Cocktails, beer, and more are up for grabs here.



MENU HIGHLIGHTS & TOP TIPS

- Menu typically includes draft beer, and drinks like margaritas, daiquiris, a Rum Runner, and more
- Keep your eyes peeled for specialty beverages.
- Frostbite Freddy's often offers a Souvenir Cup for Beer which can be used throughout the day to refill at a lower cost.

FUNNEL CAKES & COTTON CANDY



Look for funnel cakes & cotton candy over near Melt-Away Bay.



MENU HIGHLIGHTS & TOP TIPS

- You can typically add ice cream to your funnel cake for an extra charge to take it to the next level.

ICE CREAM & POPCORN CARTS



Need a snack to keep the hanger away right this minute? Look for an ice cream or popcorn cart near you, and you'll be ready to coast down a slide in no time!

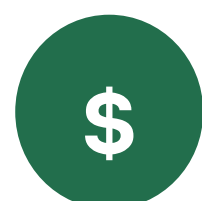


MENU HIGHLIGHTS & TOP TIPS

- You can typically get (or refill) your Refillable Popcorn Bucket at these spots.
- Look for other snack items at carts throughout the park as well.



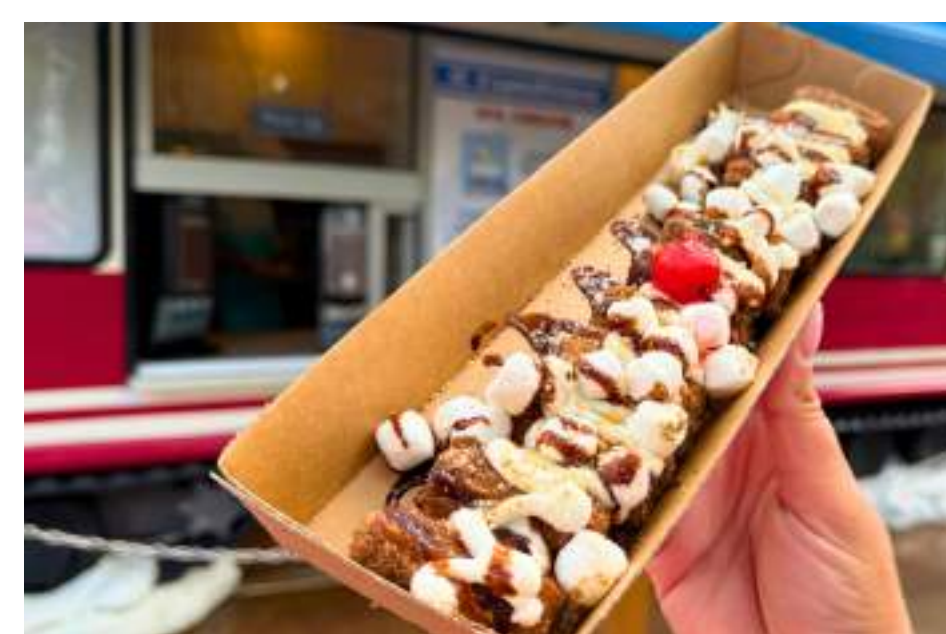
I.C. EXPEDITIONS



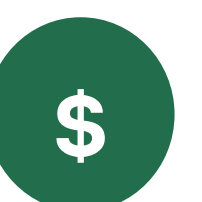
I.C. Expeditions dishes up chilly treats to cool you down. Sip on a Root Beer Float, or dig into the park's famous Sand Pail sundae (served IN a Sand Pail bucket!). If you're craving something iconic, pick up a packaged Mickey's Premium Ice Cream Bar. Or look for specialty snacks like unique churro creations!

MENU HIGHLIGHTS & TOP TIPS

- Menu typically includes the Sand Pail Sundae, specialty churros, sundaes, floats, and other cold treats
- Things we've enjoyed: Sand Pail Sundae, Apple Pie Churro (pro tip: get some ice cream to go with it), S'mores Churro (share this one - it's a LOT to tackle on your own!)

[Read Our Reviews ↗](#)

JOFFREY'S COFFEE & TEA COMPANY



If you're not willing or able to brave Summit Plummet without a little caffeine hit, chill! Joffrey's Coffee & Tea Company will give you the caffeine you need to take on one of the tallest water slides in the world. Or, you know, the wave pool, if that's more your thing.



MENU HIGHLIGHTS & TOP TIPS

- Look for specialty coffee drinks, other beverages, and pastries here.
- You'll typically find several options, including lattes, the signature frozen lemon, and spirited drinks.
- If you're looking for coffee with a kick, see if the Espresso Martini is available.



MINI DONUTS BY JOFFREY'S COFFEE



If there's one thing you **MUST** eat while visiting Blizzard Beach, it's the Mini Donuts! They are irresistible, so you might as well get the full dozen. Trust me, you'll want to after you catch a whiff!

MENU HIGHLIGHTS & TOP TIPS

- The donuts typically come with a choice of dipping sauces including chocolate, raspberry, and white chocolate.
- You'll also find hot and cold beverages on the menu.

[Read Our Reviews ↗](#)

POLAR PUB



This chill hangout serves as a fully-stocked bar, offering refreshing tropical beverages and ice-cold classics. You'll typically find things like frozen drinks, signature cocktails, and beer. You can grab your choice to sip while you soak up the sun or cool off after braving the Summit Plummet.

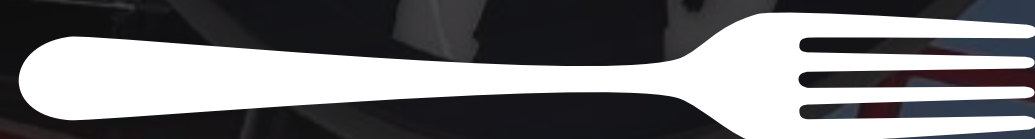


MENU HIGHLIGHTS & TOP TIPS

- This spot serves some classic drinks, but it's not much different than your resort's pool bar. You'll typically find things like a Rum Runner, margarita, strawberry daiquiri, and a few other options.

[Read Our Reviews ↗](#)

05



OTHER
LOCATIONS



ESPN WIDE WORLD OF SPORTS GRILL



MODERATE
INDOOR & OUTDOOR
SEATING

Important: As of the latest updates to this guide, the ESPN Wide World of Sports Grill is closed for refurbishment until fall 2025. Stay tuned for updates!

If you're participating in a *runDisney* race at Disney World or attending a sporting event, you'll likely find yourself at the ESPN Wide World of Sports Complex. And if you're in need of a bite to eat, the ESPN Wide World of Sports Grill is the place to find it! Burgers, sandwiches, and salads are typically part of the line-up, and you may even find some tried-and-true game-day snacks like chicken wings. Enjoy your noshes while watching a game on one of the HDTVs inside, or on the outdoor patio seating.



MENU HIGHLIGHTS

- Quick Service basics like burgers, sandwiches, and salads.
- A full bar is also available

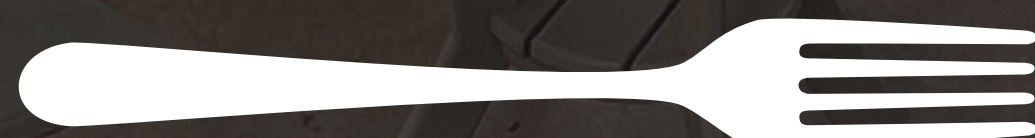
PRO TIPS

- Please be aware that ESPN Grill has limited operating hours.

[Read Our Reviews ↗](#)



006



UNIQUE FOOD
EXPERIENCES

UNIQUE FOOD EXPERIENCES

There are a few ways you can enhance your experience at the Disney water parks, or participate in unique and exclusive special events. We're highlighting the options that also incorporate our very favorite thing: FOOD!



Note that this is not an all-inclusive list of the special experiences available at Disney World's water parks. Instead, our list focuses on events that involve food in some way. But be on the lookout for other special experiences at the water parks that might interest you, like surfing lessons at Typhoon Lagoon!





WATER PARK CABANAS



Blizzard Beach and Typhoon Lagoon each offer private Cabanas for additional purchase. At Blizzard Beach, they're called **Polar Patios**, and at Typhoon Lagoon, they go by the name of **Beachcomber Shacks**. Cabanas generally include room for up to 10 guests, complete with cushioned seating for 6. They also feature towels, ice water available all day, select soft drinks, and a locker to store belongings.



Hungry? You'll have an attendant available to take and bring food orders to your group, from snacks to full meals! Please be aware, however, that separate charges for food apply.

Prices range from \$225-\$500 at press time, with various service levels and inclusions available. Differences are as follows:



- Standard: \$225-\$375 per day
- Deluxe (at Typhoon Lagoon only): \$300-\$450 can accommodate up to 12 guests.
- Premium Plus: \$375 - \$500. These come with additional perks. At Blizzard Beach, for example, these features a mini refrigerator, an oscillating fan, and cell phone chargers.

Disney H2O GLOW AFTER HOURS

H2O GLOW AFTER HOURS



H2O Glow After Hours is an extra-ticket event held at Typhoon Lagoon Water Park typically on select dates during the summer. The 2025 dates run from May 25th to September 13th.

This extra ticket event features glow-in-the-dark fun after the sun goes down with shorter wait times for the park's waterslides, a DJ dance party, Disney character appearances, and more.



Available attractions include the Typhoon Lagoon Surf Pool, Castaway Creek, raft rides, and waterslides...and they are illuminated at night just for the event!

Snacks, including ice cream treats, popcorn, and fountain drinks, are included in the cost and can be found at carts stationed throughout Typhoon Lagoon. That means all the Mickey Bars you can eat!

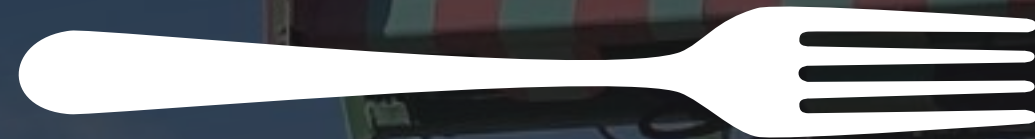
Party-exclusive menu items are available for extra purchase at select locations throughout the park.



[Read More About This Event ↗](#)



07



DISNEY
DINING PLAN
TIPS & TRICKS

DINING PLAN TIPS & TRICKS

If you're considering adding the Disney Dining Plan to your Disney World vacation, you may be trying to figure out how you can maximize the value of your Dining Plan meal and snack credits.

This is such an in-depth topic that we have an entire Guide – [The DFB Guide to Maximizing the Disney Dining Plan](#) – if you'd like to explore it in more detail.

But here we're taking a moment to chat about some good things to know about the Disney Dining Plan, specifically when it comes to dining at the Water Parks.

First things first: **It is a bit more difficult to maximize the value of a Disney Dining Plan Quick Service meal credit in the water parks.** There are fewer Quick Service restaurants to choose from compared to the theme parks and, generally speaking, the entrees cost less in most cases. The differences in pricing aren't huge, but they are present.

But snacks? Now that's a different story! **You can find some terrific ways to maximize the value of a snack credit at the water parks.** Various flavors of DOLE Whip, ice cream cones, non-alcoholic specialty drinks, Mini Donuts, Mickey Pretzels, and more can all hit the spot while you're making a splash...and so many are available for a snack credit!

And just a friendly reminder: **There are no Table Service restaurants in either water park.**

Let's say, though, that you've worked up a hunger at a water park and you've got some Dining Plan credits burning a hole in your MagicBand! Here are our favorite places and our favorite items on which you can use them...



MAXIMIZE YOUR CREDITS



QUICK SERVICE

Typhoon Lagoon:

- **Leaning Palms:** This location offers the best variety when your group wants to use their meal credits together. Flatbreads, Rice Bowls, Nachos, and more are up for grabs.
- **Typhoon Tilly's:** We like the Land & Sea Platter for a combo of fried fish and chicken!

Blizzard Beach:

- **Lottawatta Lodge:** As the primary Quick Service location at Blizzard Beach, you'll find classic selections (like Chicken Strips) and usually some unexpected items too.
- **Avalunch:** While this spot doesn't serve up a ton of variety, it does serve over-the-top foot-long hot dogs!

SNACKS

Typhoon Lagoon:

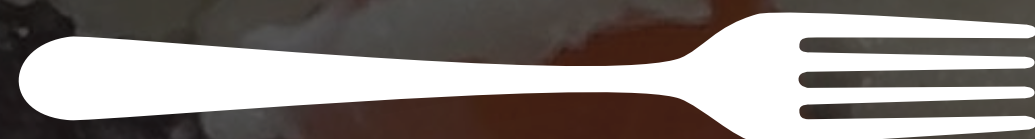
- **Mini Donuts** at the Mini Donuts stand. Grab a Half Dozen for a snack credit
- **DOLE Whip Orange or Pineapple Float** at Leaning Palms
- **Hot Fudge Brownie Sundae** at Happy Landings Ice Cream

Blizzard Beach:

- **Mini Donuts** at the Mini Donuts stand. Grab a Half Dozen for a snack credit
- **Hot Fudge Brownie Sundae** at Warming Hut
- **Mickey Soft Pretzel** at the Warming Hut and snack stands around the park

A hand is holding a piece of sushi. The sushi is topped with a generous amount of shredded chicken, white rice, and various vegetables including red bell peppers, green onions, and a slice of hard-boiled egg. The background is dark and out of focus, showing more of the same sushi dish.

08



DFB TOP PICKS

DFB TOP PICKS

Dining in Disney World's water parks is certainly a different experience than dining at the theme parks, Disney Springs, or the hotels. Options here are far more limited (especially with no Table Service restaurants), a lot of the food is fairly basic, and you might need to think about your dining a little differently too. While a steak and poutine might be perfectly fine during your EPCOT day, you likely

won't want to eat a big and heavy meal before hitting the water slides.

So what should you consider trying? We've got a list to help! Just keep in mind that our favorites might not be your favorites. And just because we haven't included something on this list doesn't mean it isn't worth checking out. But hopefully, this list can give you a starting place for picking what you might want to try.



BEST QUICK SERVICE

Typhoon Lagoon

- Leaning Palms offers a solid mix of classic theme park favorites like cheeseburgers and chicken strips, along with more unique picks like pork elote nachos and flatbreads.
- Honorable mention: Typhoon Tilly's, where the fried fish adds a fun, tropical twist to the menu.

Blizzard Beach

- Lottawatta Lodge – Lots of seating and a solid variety of eats, from the usual crowd-pleasers like burgers to more interesting options like flatbreads.
- Honorable mention: Avalunch – The menu's on the smaller side, but if you're into loaded hot dogs, it's worth a stop.





BEST FOR LARGE GROUPS

You'll generally find a dedicated seating area **at the more full-service Quick Service restaurants** in the water parks, as opposed to the snack kiosks that generally don't have their own dedicated seating. Quick Service options with more seating include:

- Typhoon Lagoon: Leaning Palms
- Blizzard Beach: Lottawatta Lodge

BEST QUICK BREAKFAST

The water parks typically don't open until around 10 AM, and breakfast options are limited. We'd recommend getting your breakfast ahead of time, or stopping by the **Joffrey's Coffee & Tea Company** kiosks in the water parks for pastries or some impressive giant donuts, and a coffee/tea.



BEST QUICK LUNCH/DINNER

Typhoon Lagoon

- Fried Fish Platter or Land and Sea at Typhoon Tilly's
- Pork Elote Nachos at Leaning Palms
- For a healthier option, consider the Tropical Salad at Typhoon Tilly's or Leaning Palms

Blizzard Beach

- Bacon macaroni & cheese hot dog at Avalunch
- White Cap Flatbread at Lottawatta Lodge
- Pork Elote Nachos at Warming Hut





BEST SWEET SNACKS

Typhoon Lagoon

- Sand Pail Sundae at Happy Landings
- Pineapple Upside Down Cone at Happy Landings
- DOLE Whip creations at Snack Shack
- Mini donuts by Joffrey's Coffee
- Mickey's Premium Ice Cream Bar at various spots

Blizzard Beach

- Sand Pail Sundae at I.C. Expeditions
- Mini donuts by Joffrey's Coffee
- DOLE Whip Orange Swirl Cone at Warming Hut
- Apple Pie Churro at I.C. Expeditions (BONUS: get ice cream to mix with it!) or S'mores Churro (share this one!)
- Mickey's Premium Ice Cream Bar at various spots

BEST SAVORY SNACKS

Typhoon Lagoon

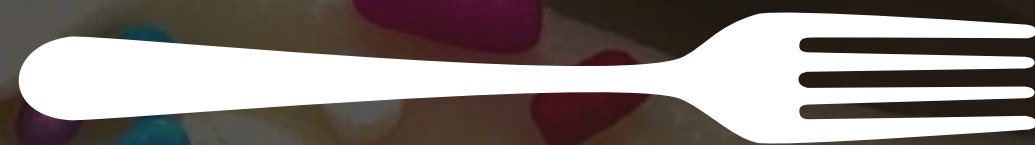
- Mickey-Shaped Pretzel at Surf Doggies, and various other spots
- Popcorn, available at multiple locations

Blizzard Beach

- Mickey-Shaped Pretzel at Arctic Expeditions and various other spots
- Popcorn, available at multiple locations



09



**ADDITIONAL
RESOURCES**



PLANNING WORKSHEETS

Does this all feel overwhelming? Writing down the restaurants & snacks you want to try, the dining reservations you need to book, and how much it'll all cost you can help you have a smoother trip!

We've built planning worksheets to help you keep track of it all!

Download these worksheets and use them to jot down restaurant and meal ideas and input your final dining plans. Keep screenshots of them for easy access throughout your trip!



GRAB YOUR PLANNING WORKSHEETS



JOIN OUR NEWSLETTER

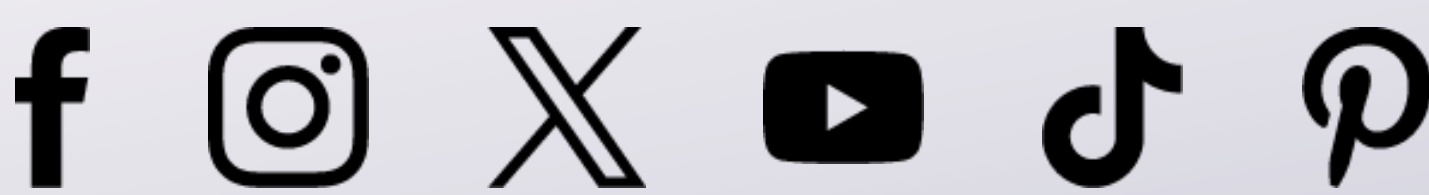
STAY UP-TO-DATE WITH DISNEY CHANGES

As you probably know, things are constantly evolving in Disney World – it's part of the magic! From new attractions to updated menus and experiences, there's always something fresh around the corner. That means some of the details in this book might change or become outdated by the time of your trip. But don't worry – we've got you covered! To make sure you're getting the latest, most up-to-date information and insider tips, click below to subscribe to our newsletter. You'll always be in the loop and ready to win Disney!

[Sign Up for Breaking Disney News ↗](#)

Follow us for even more news, reviews, and tips!

.....





MORE DFB RESOURCES

MORE DFB GUIDES

While writing our Disney Food Blog Guide to Walt Disney World Dining, we confirmed just how much food information there is to share about Disney theme parks and Resorts! So we've expanded our line of e-Books over the years to cover important details even more thoroughly. Through this guide series, we've been able to focus more in-depth on smaller topics.

Check out [DFBStore.com](https://www.dfbstore.com) for Snack Guides that will lead you to all of the best snacks in the Disney World theme parks.

We've got guides for:

- Magic Kingdom Snacks
- EPCOT Snacks
- Animal Kingdom Snacks, and
- Hollywood Studios Snacks

We also offer specialized guides about:

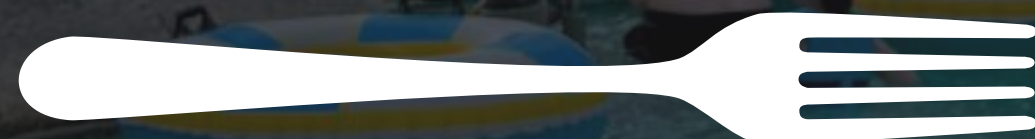
- The EPCOT International Food & Wine Festival
- The EPCOT International Flower & Garden Festival
- The EPCOT International Festival of the Arts
- Halloween at Disney World: DFB's Spooktacular Guide
- Holidays at Disney World: DFB's Merriest Guide
- The DFB Guide to Maximizing the Disney Dining Plan

WE SINCERELY THANK YOU

For all of your support. We couldn't do this without **YOU!**



10



THANK YOU



THANK YOU



Thank you for buying our DFB Guide to Disney World Dining and checking out our Guide to Water Parks.

Working on this Guide is a true joy and labor of love for the entire DFB Team. If we've helped even one person have a great meal, snack, or dining experience in Disney World, it's been well worth it!

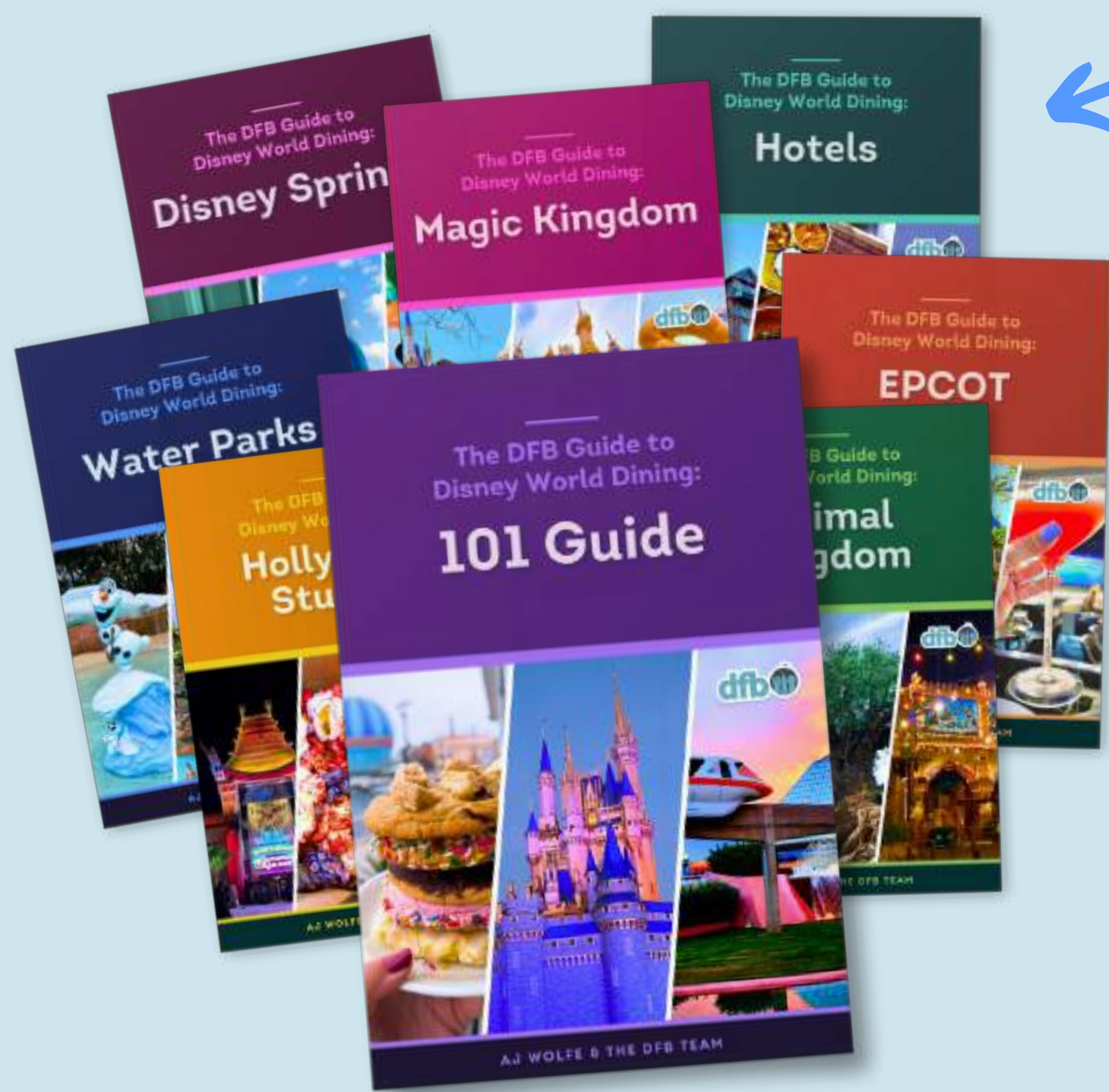


For more information about dining at Disney World, be sure to take a look at the other books in our Guide to Walt Disney World Dining (all included in your purchase!). We have a 101 book FULL of useful tips and tricks, and books dedicated to dining in each of the theme parks, Disney Springs, and the hotels.



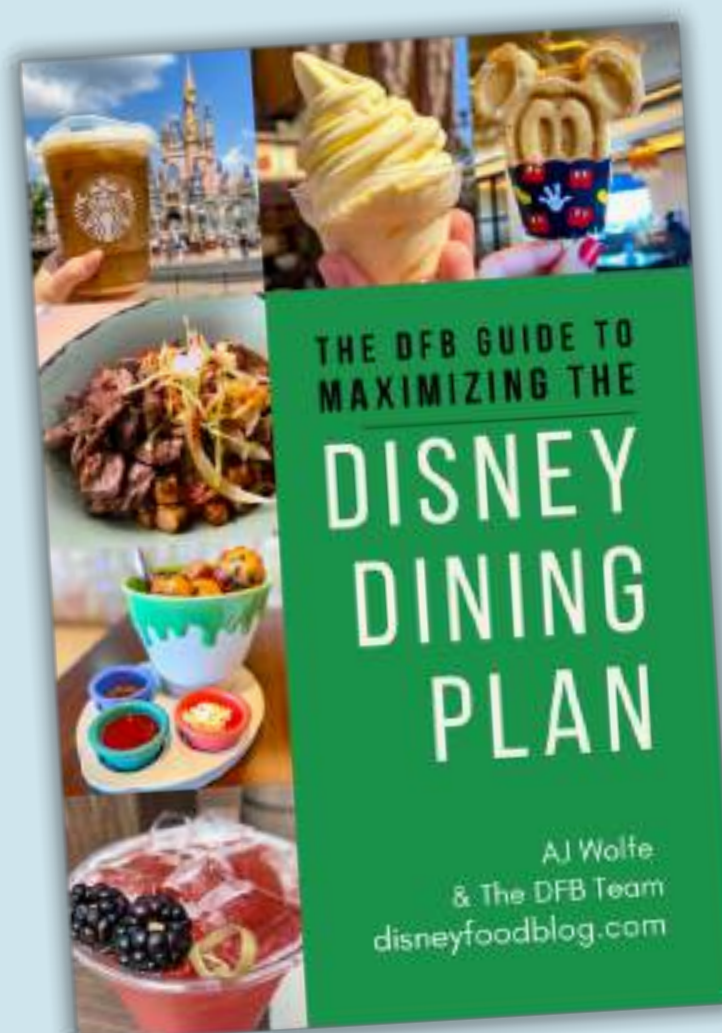
If you have any questions about things you've read in this Guide, find any errors in the Guide, would like to see specific information added, or have any other feedback, please contact us at book_updates@disneyfoodblog.com.

Thank you for reading! Have a wonderful and safe visit to Disney World.



DFB
Guide

everything
BUNDLE



Dining

Snacks



Festivals
&
Holidays



WANT MORE?

So glad you're enjoying the DFB Guide to Disney World Dining: Water Parks Guide! It's a joy creating these books, and guess what? There's a whole lot more to discover! If you're curious about Disney festivals, snacks, and the Disney Dining Plan, we have a special thank you just for you. How about upgrading to our **EVERYTHING Bundle**? It includes every guide we'll publish this year for the price of just one guidebook!

For under \$17, you'll gain comprehensive insights into the Disney Dining Plan, festival maps, stunning photos, and more. It's a fantastic deal meant just for our guide readers like you, and **we hope you'll take advantage of it!**

I'M IN! I WANT THE EVERYTHING BUNDLE!