DISNEY FOOD BLOG GUIDE TO

EPCOT SNACKS



AJ WOLFE & THE DFB TEAM

DFB's Guide to EPCOT Snacks 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.

Please understand that there are some links contained in this guide that 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. I do not assume responsibility or liability for any Third Party material or opinions. The publication of such Third Party Materials does not constitute my guarantee of any information, instruction, opinion, products or services contained within the Third Party Material. 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; and all information, products, and services that have been mentioned should be independently verified. By reading this guide, you agree that neither myself 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

First and foremost, thank you to AJ Wolfe for her over 12 years of mentorship.

I work with the best team! My gratitude goes out to our entire hard-working team of DFB writers, reporters, and editors whose collective knowledge contributed to this book. A shout-out to Mandie Gibson, Laurel Calabek, Nikki Currier, and Traci Curth for their design work, edits, and suggestions.

Thanks to the readers of The Disney Food Blog for their continued encouragement, fantastic ideas, kind support, and sense of humor.

And thanks to YOU for purchasing this e-Book and giving me the opportunity to share information about the tastiest snacks in this most magical place: Walt Disney World's EPCOT. I'm inspired every day to help make your vacation extra magical... and flavorful!

-Wendy Hummel

TABLE OF CONTENTS

1. WELCOME 05
2. WORLD CELEBRATION 08
3. WORLD NATURE 20
4. WORLD DISCOVERY 28
5. MEXICO PAVILION 37
6. NORWAY PAVILION 46
7. CHINA PAVILION 54
8. GERMANY PAVILION 61
9. ITALY PAVILION 73
10. THE AMERICAN ADVENTURE PAVILION 82
11. JAPAN PAVILION 95
12. MOROCCO PAVILION 105
13. FRANCE PAVILION 115
14. UNITED KINGDOM PAVILION 134
15. CANADA PAVILION 140
16. MORE WORLD SHOWCASE LOCATIONS 145
17. BEST EPCOT SNACKS 152
18. EPCOT SNACKS CRAWLS 155
19. A DAY OF EPCOT SNACKS 169
20. MORE DFB RESOURCES 179



WELCOME!

Welcome to the Disney Food Blog Guide to EPCOT Snacks. We're so glad you're here!

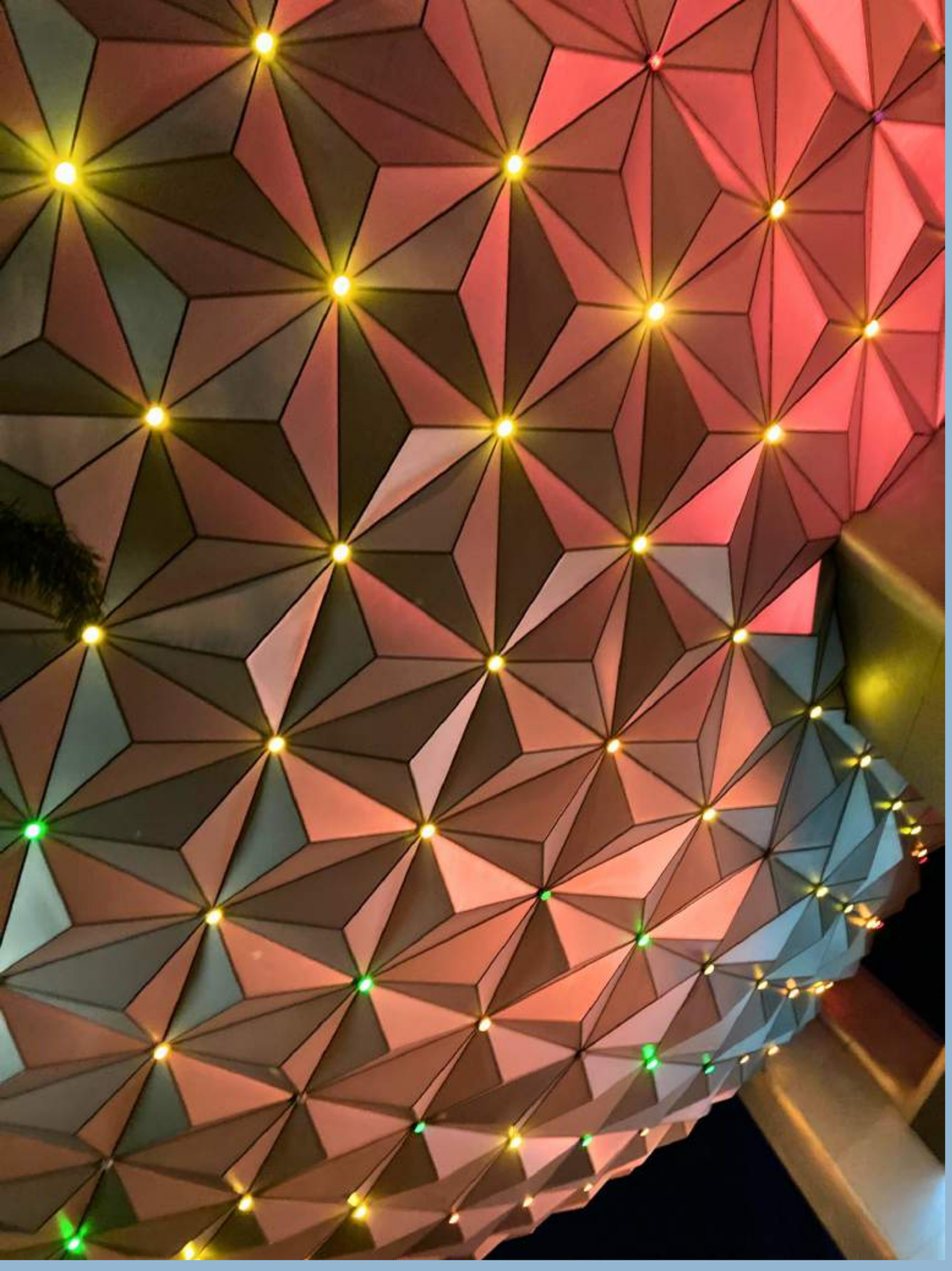
Disney World snacking is a passion of ours at the Disney Food Blog, and we're pleased to share this guide (which is updated every year) with you! We think you'll have a different idea of "theme park food" by the time you've learned about all of the unique treats there are to enjoy in EPCOT.

Here we offer a broad range of savory and sweet snacks (very nearly every snack option) in EPCOT that run in the $4-$12 price range. We admit, some may venture slightly out of that range. And while some of these items are Disney classics, many will likely be new to you!

This e-Book was created to give reviews and details about some of the best snacks in EPCOT, but it offers even more.

While we'll certainly cover the basics, with photographs, reviews, and locations (as well as Disney Dining Plan Snack Credit information costs for nearly 200 snacks), we also wanted to provide a few fun extras, such as:

- A list Best Snack Values so you can get the most bang for your buck (OR for your Disney Dining Plan Snack Credit!);
- A few of our famous Disney Food Blog Snack Crawls, specific to EPCOT;
- Strategies for a Day of Dining—All Snacks-style! (Yes, it's possible. It's also budget-friendly, fun, and flavorful!)



DISNEY DINING PLAN

The Disney Dining Plans (DDP) are pre-paid meal plans created by Disney and available for add-on to an existing vacation package. Along with these plans come “snack credits,” with which guests can purchase a variety of snacks in the Disney parks and resorts.



If You Have A Disney Dining Plan:
If you've purchased a Disney Dining Plan for your visit, this book will guide you toward some of the best snacks available in the EPCOT. Any time you see the Disney Dining Plan Snack Credit logo by the name of snack in this guide (and, funny enough, by an eligible snack listed on a menu in the park ;-D), that means that the snack is eligible to receive for your snack credit, at no additional out-of-pocket cost! Here is what the logo looks like:





If You Don't Have a Disney Dining Plan:

If you have not purchased a Disney Dining Plan for your visit, this book works just as well for you! We've gathered our favorite snacks regardless of their ability to be purchased with a snack credit and have included prices!

Please be aware that menu items and prices throughout this guide are subject to change. And you may make some fun new discoveries on your trip!

Remember, a little planning goes a long way... and we hope we can help you bring some fun to this part of your journey as well as to your trip with the the Disney Food Blog Guide to EPCOT Snacks!

02

WORLD CELEBRATION

WORLD CELEBRATION

World Celebration is the first neighborhood guests encounter when entering EPCOT, with Spaceship Earth setting the iconic scene. This neighborhood serves as a “host” to the entire park, with CommuniCore Hall and CommuniCore Plaza providing a center for EPCOT’s seasonal Festivals, complete with the World Celebration Gardens. And the “Walt the Dreamer” statue pays tribute to the man who started it all.

It's also here where you can take a J*ourney Into Imagination with Figment,* and meet MICKEY and Friends!

World Celebration hosts a combination restaurant, too: Connections Cafe and Eatery! The Connections Cafe side is home to Starbucks in the park, and Connections Eatery provides unique twists on globally-inspired dishes (along with comforting Counter Service classics) to EPCOT.

Let's EXPLORE the snacks and sips in World Celebration!





CONNECTIONS CAFE

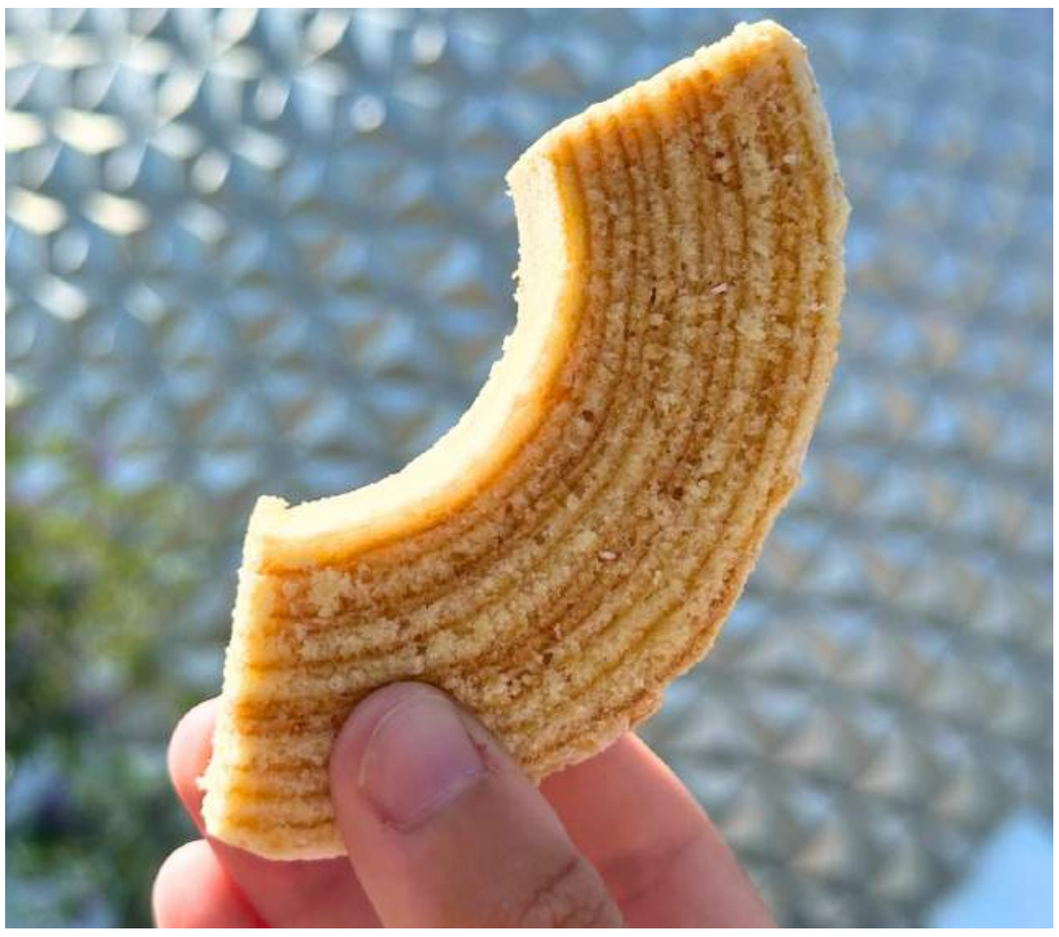
Connections Café and Eatery is a fast-casual Quick Service restaurant (and home to Starbucks coffee) in World Celebration. The **Connections Cafe** side serves as the home to **Starbucks** in the park, and it features all of your Starbucks beverages and pastries that you know and love from back home. But you'll find a few unique-to-Disney snacks, too! Lines can get quite long here – especially first thing in the morning. But you are guaranteed to be able to enjoy your favorite Starbucks drink just the way you like it, then bring it outside to sip within view of Spaceship Earth. Not bad!

P.S. See that mug just below? Each Disney World theme park has its VERY OWN collectible Starbucks mug, so you can show everyone that you've "BEEN THERE!"





BAUMKUCHEN—“TREE CAKE” $6.29





What, exactly, is **Baumkuchen**? Translated from German as “tree cake,” the ringed treats (sliced into portions) are comprised of FIFTEEN layers! You can choose the lightly iced vanilla (left) or a piece enrobed in chocolate (right). The flavor profile in each is obviously simple; what makes this snack noteworthy is the light and fluffy texture. That said, it’s that same light texture that makes us wish there were more of it; the small slice is not particularly filling. Tasty, yes, but it doesn’t go along way.

CROISSANT DOUGHNUT $5.99





Now, if you want to talk about layers that pack a punch, let’s chat about the **Croissant Doughnut**! You may know this croissant-meets-doughnut as a “Cronut,” which exploded on the culinary scene (and not just the Disney scene) several years ago. Even if it’s not in its heyday, I’m still thrilled that this snack is back in EPCOT after a long absence. This large treat is covered in cinnamon sugar and delightfully flaky – exactly as it should be!

LIEGE WAFFLE $4.49





What makes the **Liege Waffle** different from your regular waffle? The pastry chefs, as we've learned, batch out fresh Brioche dough, press it in Pearl sugar, and then bake it in a cast iron to create a caramelized yet flaky waffle. Simple, but delicious! And, as you can see with the Orange Bird Liege Waffle on the right, this treat gets a fun seasonal makeover from time to time! P.S. A kind Cast Member taught me the correct pronunciation for “Liege” – which is one syllable, “LEEZH” – after I butchered saying it for the first time. So now you can hopefully order yours a bit easier!

STARBUCKS BEVERAGES VARIES BY SIZE





The menu at Connections Cafe features your traditional **Starbucks beverages** in those famous Starbucks sizes – tall, grande, and venti. During certain times of the year you’ll also find popular seasonal drinks such as the Pumpkin Spice Latte in the fall and the Peppermint Mocha Frappuccino during the winter holidays. And, just like back home, you can always order your own custom drink, exactly the way you like it! No matter what you order, remember this: no matter the drink, size, or add-ins, ANY drink is eligible for a Disney Dining Plan snack credit!



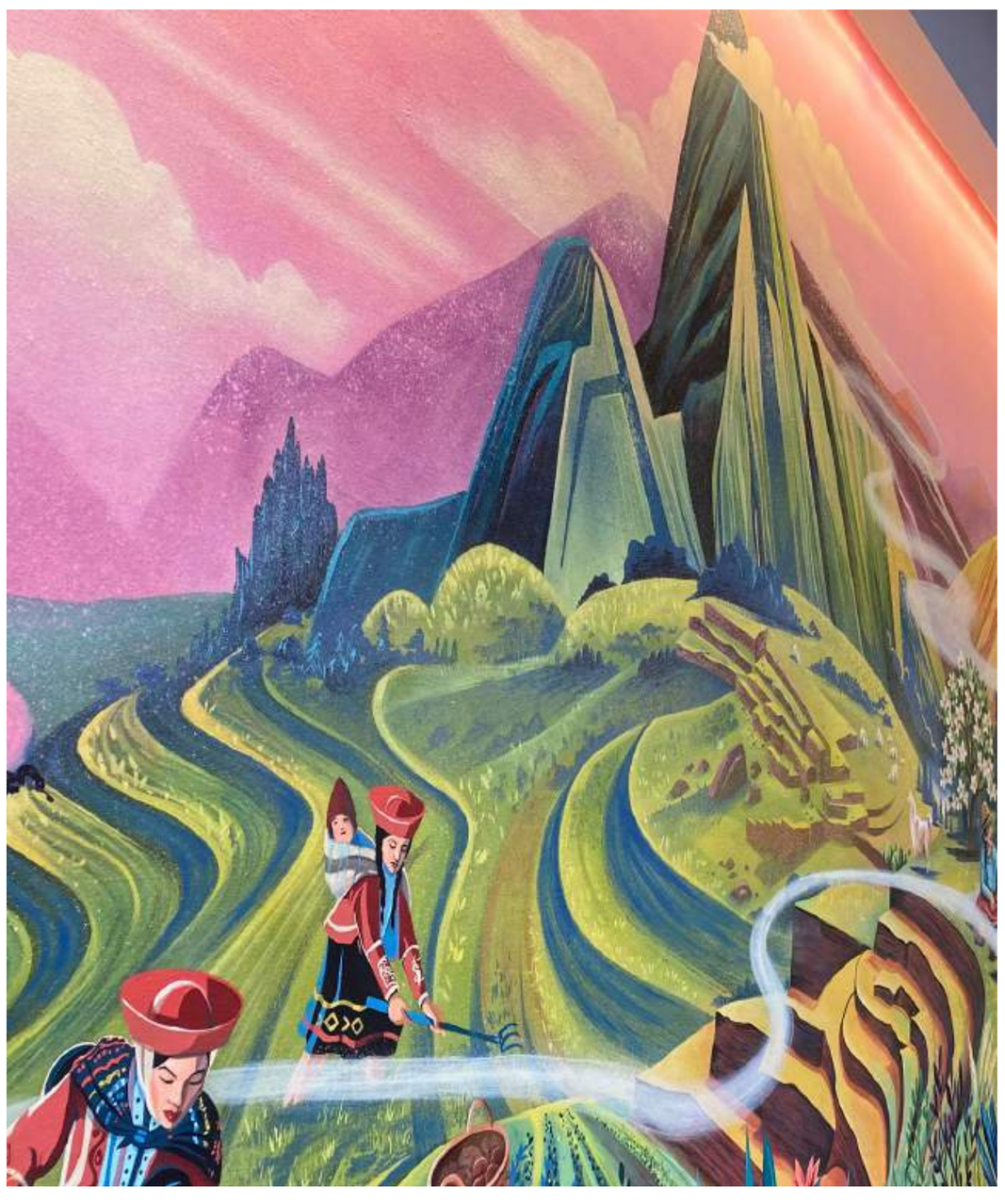
CONNECTIONS EATERY

Connections Café and Eatery is a recently added fast-casual restaurant (and home to Starbucks coffee) in EPCOT's World Celebration! At **Connections Eatery** (the restaurant side), look for classic Quick Service dishes like burgers, salads, and pizza. But you'll also find twists on each of those classic items inspired by global flavors (like a French Bistro Burger, General Tso Chicken Salad, and more!

Connections Eatery is a great solution if your group has a combination of picky eaters and some who like to try things outside the norm.







GARLIC, TRUFFLE, AND PARMESAN FRIES $6.49



The **Black Garlic, Truffle, and Parmesan Fries** are a unique – and even sophisticated – snack featuring black garlic-truffle aioli and parmesan cheese. The creamy garlic-truffle sauce boasts a rich, earthy garlic flavor. Meanwhile, the truffle is light and not overwhelming, and the cheese really sets everything off in a great way.

These flavors are perhaps best suited for adults, and we are loving this addition at Connections!

SEASONAL BAUMKUCHEN $6.29

The fifteen-layer **Baumkuchen "Tree Cake"** can be enjoyed with some extra flourish at Connections Eatery, and it changes with the seasons!



The Lemon-Lavender Baumkuchen (pictured) is just one example from EPCOT's Flower & Garden Festival. THIS is definitely my preferred way to order the Tree Cake in EPCOT! Again, the Baumkuchen changes with the season, so you may see a different version highlighted when you are there.

LIEGE WAFFLE $5.79



The Connections Eatery version of the **Liege Waffle** starts with the same delicious Liege Waffle base that you'll find on the Cafe side, made with fresh Brioche dough and pressed in pearl sugar for some caramelized crunch. At the Eatery, though, it's topped with fresh strawberries and whipped cream, and drizzled over with chocolate sauce. This reminds me of a beautifully presented (and tasty!) dish you might find during one of EPCOT's seasonal Festivals... only you can enjoy this any time of year!

APPLE PIE GELATO SHAKE $7.49



The **Apple Pie Gelato Shake** is as indulgent as it sounds! Rich, creamy, and loaded with sweet cinnamon sugar, this gelato shake also presents a unique texture from bits of graham cracker as a nod to the “crust.” You won't encounter any apple pieces in the drink, but the signature fruit flavor is definitely present. Topped with whipped cream, it really does taste like an apple-pie-in-a-glass! (Which I realize may not sound altogether enticing... but trust me, it IS!)

MANGO-COCONUT “MILK” SHAKE $7.49

I wish I could rave about the **Mango-Coconut Milk Shake**. Alas, I can’t. Topped with an optional pomegranate- molasses drizzle, this plant-based “milk” shake is surprisingly tart. Neither the coconut nor mango does much to balance out the rather sharp flavor from the drizzle. It gets points for creativity... but that's about it. Remember, though, that the drizzle is *optional*. That still doesn’t make this a “wow,” but if you have a plant-based eater in your group, it’s good to know!



WATERMELON-MINT AGUA FRESCA $5.99



The **Watermelon-Mint Agua Fresca** is a refreshing change of pace, and a terrific non-alcoholic option at Connections Eatery.

The emphasis is on the watermelon flavor over the mint, and the taste is surprisingly authentic (unlike the artificial watermelon syrup flavor that I anticipated). It's simply a lovely drink.



CLUB COOL

Club Cool, hosted by Coca-Cola, gives guests the chance to sample Coca-Cola beverages from around the globe… for FREE!

You'll find Club Cool by the Creations Shop. Along with beverages to sample, you'll also find ice cream floats and frozen slushes available for purchase, along with oodles and *oodles* of Coca-Cola merchandise!





INTERNATIONAL BEVERAGE SAMPLES FREE!



The fan-favorite Club Cool gives guests a chance to **sample Coca-Cola beverages** from around the globe for FREE! Simply step right up to one of the self-serve fountain beverage stations to try as many as you like of the EIGHT soda flavors available. Sample sips from Moldova, the Philippines, Madagascar, and beyond! Our team is partial to the refreshing Sprite Cucumber. But you simply can't leave without trying Beverly, the infamously bitter beverage from Italy. Does it taste good? Nope! But taking a sip of Beverly (and convincing your family members to do the same) is an absolute rite of passage for visitors to EPCOT!

FROZEN SLUSH ICE CREAM FLOAT $7.99





Now THIS is a fun twist on a traditional ice cream float! The **Frozen Slush Ice Cream Float** at Club Cool DOUBLES the cooling factor of a float by allowing guests to choose their preferred flavor of Frozen Slush – from Fruit Punch, Lemonade, Blue Raspberry, and Fanta Orange – instead of the typical soda (though you may opt for that, too)! We chose the Fruit Punch and vanilla soft-serve, which are layered back and forth for a really great mix of creamy-meets-tart and fruity. We think this highly customizable treat is something of a hidden gem!



WORLD CELEBRATION POPCORN AND SNACK CARTS

It’s not just Popcorn you’ll find at the **World Celebration Popcorn and Snack Cart...** Cotton Candy and iconic ice cream treats and more are found here, too!

That said, if you are a major popcorn fan (or if your group has several popcorn fans!), take advantage of the Refillable Popcorn Bucket offer. You'll get a souvenir bucket (an example is pictured left below) filled with popcorn for $14.25 - $15.50 for your initial purchase. Refills for your length of stay are only $2.25 a POP. ;-D





MICKEY PREMIUM ICE CREAM BAR $6.50



The **Nestle Mickey Premium Ice Cream Bar** is delicious AND shaped like our favorite mouse! With rich vanilla ice cream enrobed in chocolate, this ice cream treat on a stick is a Walt Disney World favorite snack... so much so that it's also become a beloved icon of Disney park food.

When you're on vacation at Disney World, you are always just a few steps away from a Mickey Ice Cream Bar. And that is a *very* good thing.

MICKEY ICE CREAM SANDWICH $6.50



The **Mickey Cookies and Cream Ice Cream Sandwich** is a true Disney tradition—another one of the classic ice cream novelty treats found at carts throughout Disney World. Combining cookies and cream ice cream with two soft chocolate cookies in the shape of Mickey's face, this is a simple, but wonderful, portable snack.

If you're an ice cream sandwich fan, this one's for you!

OLAF FROZEN LEMONADE BAR $6.25



At several Disney World ice cream carts you'll find the **Olaf Frozen Lemonade Strawberry Bar**, with the wrapper sharing the snowman's famous sentiment: *"Some things are worth melting for."* A mottled red and yellow frozen fruit bar boasts strawberry and lemon flavors that are sour and... sour. Yep—there's a SUPER tart quality to this bar that might turn off some of the little Olaf fans who may be drawn to the packaging. Just be prepared!

03

WORLD NATURE

WORLD NATURE

World Nature is home to several EPCOT attractions, including the popular Soarin' Around the World! The Land and The Seas pavilions are both housed within World Nature.

This neighborhood is also home to the new Journey of Water – the first *Moana*-themed attraction!

Enjoy a little Turtle Talk with Crush and The Seas with Nemo & Friends in the Seas pavilion.

You can even see some of the veggies you might eat in Disney World growing inside the Living With the Land attraction! (Don't worry... these are WAY better than regular vegetables—they're DISNEY vegetables! ;-D)

So let's check out what there is to EAT while having all the FUN in World Nature!



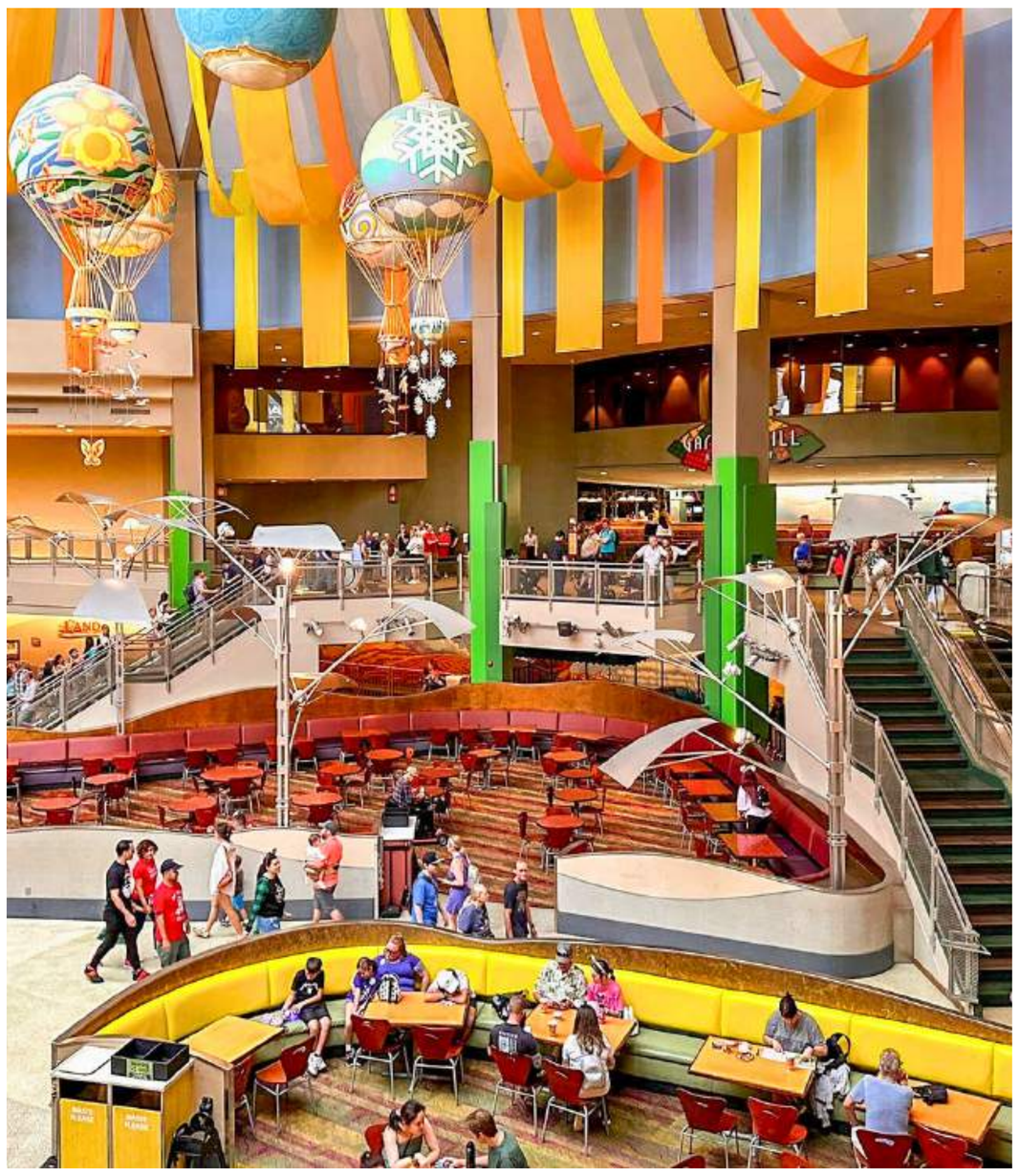


SUNSHINE SEASONS

A step above traditional quick service, **Sunshine Seasons** offers variety, delicious food, and a prime location in The Land pavilion, situated within steps of Soarin' Around the World, one of the park's most popular attractions. Guests have to healthier entrees including Rotisserie Chicken and Salmon (in addition to fun finds like Pizza Rolls). You'll also find a plentiful "Grab & Go" section packed with better-for-you-fare and baked goodies!

Be aware that, while Sunshine Seasons typically operates from park open to close, the counters featuring hot food and full entrees often close by 4PM.





PIZZA ROLL $11.29/$11.79





This HUGE **Pizza Roll** is basically the size of entire slice of pizza, wrapped up and then cooked so the crust (touched with a hint of garlic) is nice and golden, yet still chewy with a hint of crunch. Tucked inside is melted mozzarella and spicy pepperoni (though you can order the Roll with just cheese, if you prefer). It's yummy, super filling, and just plain fun! And it’s served with a chilled Pasta Salad for a lighter texture to balance the hearty Roll.

PEANUT BUTTER WHOOPIE PIE $4.49





Oh, MY... The **Peanut Butter Whoopie Pie** takes two moist chocolate cake with a smooth and creamy peanut butter filling spread between and garnished with shaved chocolate pieces around the outside. It’s topped with whipped cream and dusted with powdered sugar. It is somehow both light and fluffy, yet also decadent without being too rich. Everything here comes together perfectly for a truly memorable dessert. This is currently my top treat at Sunshine Seasons!

CHERRY PIE ARTISANAL COOKIE $4.79



The **Cherry Pie Cookie** is one of several artisanal cookies rotating through the Sunshine Seasons bakery case these days! A layer of buttercream is tucked between a sugar cookie base and cherry pie filling. More buttercream surrounds the filling and is topped with graham crumbs. The cookie and incredibly sweet buttercream are balanced somewhat by the tart cherry, and it all comes together to make a very delicious and decadent treat that is difficult for even diehard cherry pie fans to finish. Consider sharing... and then indulge!

BIRTHDAY CAKE ARTISANAL COOKIE $4.79

The **Birthday Cake Cookie** presents the same base sugar cookie as the Cherry Pie Cookie above, yet the flavor here is slightly underwhelming, due to the lack of distinct flavor in the frosting other than... sugar.



Though it's pretty to look at, my recommendation sticks with the Cherry Pie Cookie between the two. Remember that different options may be available during your visit, and it's well worth checking to see which cookies are up for grabs!

SEASONAL SHAKES $8.99 - 10.99



The cake-topped Fourth of July Shake is just one example of the scrumptious **Seasonal Shakes** that rotate through Sunshine Seasons! For a spot that prides itself a bit on offering healthier choices, Sunshine Seasons sure goes ALL OUT with these over-the-top indulgences. Don't miss stopping by the dessert counter to see what's available on your visit! (Please be aware that Disney Dining Plan snack credit eligibility varies on the individual Shakes.)

PLANT-BASED CHOCOLATE MOUSSE $5.29



The **Chocolate Mousse Cup** is a plant-based dessert, which is given some texture variation with chocolate cookie crumbs layered throughout. Though it's not as indulgent as most desserts in the park, I am pleasantly surprised by how creamy this mousse is for being... well, "cream." ;-D

It fits the bill quite nicely for a little somethin' for a sweet tooth, and I honestly don't think you need to be a plant-based eater to enjoy it!

TROPICAL BOBA JUICE $5.79



Tropical Boba Juice is a fruity mix of Minute Maid juices – strawberry, mango, and zero-sugar lemonade – with boba pearls. The mango figures prominently into the flavor far more than the strawberry and lemonade, causing this drink to be more "one-note" than anticipated. If you love mango, it's great! However, there is a LOT of pulp that builds around the boba pearls at the bottom. So to all of the anti-pulp folks out there: consider yourself warned!

TURTLE BROWNIE $5.49



The **Turtle Brownie** used to be one of my favorite desserts at Sunshine Seasons. Unfortunately, it received a makeover... and came out a bit worse for wear. There's plenty of caramel, chocolate drizzle, and oodles of nuts on the top, but these days the top is sticky while the brownie base is a bit dry, leading to a treat that's decent, but no longer amazing. If you're tempted by the caramel and chocolate in this treat, I recommend checking out your options at Germany's Karamell-Küche instead.



THE LAND CART

You never know exactly what you'll find at **The Land Cart**, which is located just steps away from The Land Pavilion in World Nature.

Offerings change along with the Festivals throughout the year, but the focus remains on providing healthier – yet tasty! – treats to guests that provide refreshment on a warm day such as a cold Mediterranean Wrap, Smoothies, and more.





MEDITERRANEAN VEGETABLE WRAP $11.00



The **Mediterranean Vegetable Wrap** features pickled vegetables, hummus, cucumber, a spring greens mix, tomato, and a plant-based chipotle “cream”.

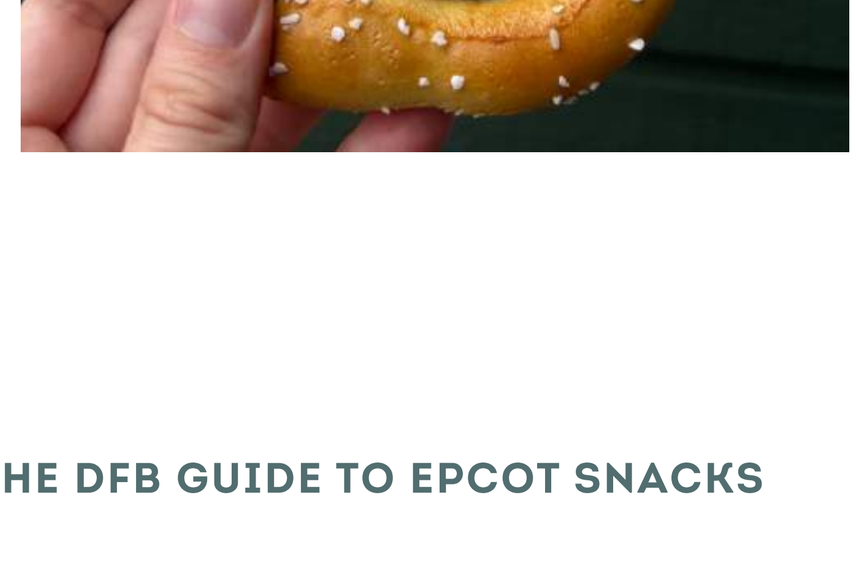
Though the specific offerings may change with EPCOT”s seasonal Festivals, this is a great example of the better-for-you fare that The Land Cart tends to serve.

FRUIT SMOOTHIES $6.25

Take a sip of SUNSHINE with a **Fruit Smoothie**! The Florida Smoothie, for example, is made with pineapple, orange, and mango. It’s refreshing and delicious! It doesn’t hurt that the presentation – with a pineapple garnish and edible flower – is top-notch. Keep in mind that offerings tend to change at The Land Cart with the seasonal festivals, but typically some version of a refreshing Smoothie is available here to get your fruit fix in a fun fashion.



MICKEY PRETZEL $8.50



Sure, you’ve had a **Soft Pretzel** before... but was it THIS CUTE?!

You can find the **Mickey-fied version** of this classic snack in just about every Land in the park.

Cheese sauce for dipping is included in the price, making it an even better deal for a snack credit.

04

WORLD DISCOVERY

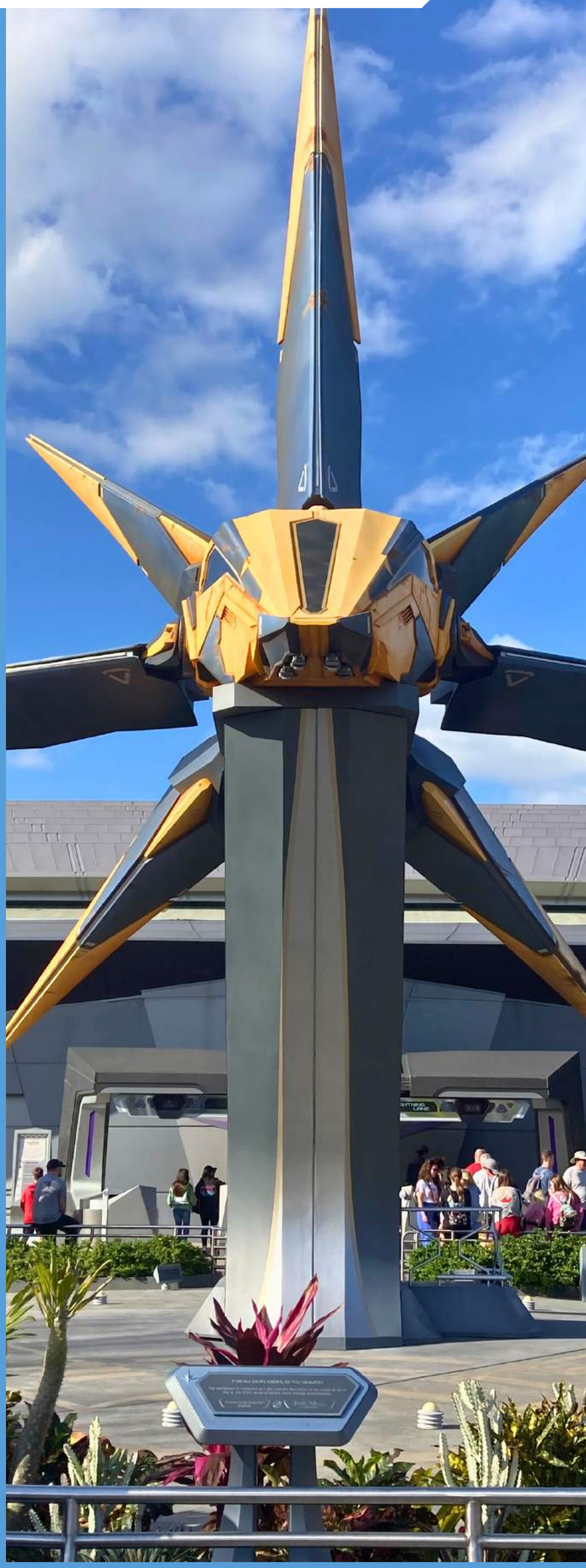
WORLD DISCOVERY

World Discovery transports guests to the Final Frontier: SPACE! In fact, this neighborhood is home to EPCOT's very first *intergalactic* pavilion: the Wonders of Xandar Pavilion!

Wonders of Xandar houses EPCOT's first-ever roller coaster: Guardians of the Galaxy: Cosmic Rewind! Cosmic Rewind has joined Mission: SPACE and Test Track, the two other headliner attractions in World Discovery.

The neighborhood also boasts Space 220 – an immersive dining experience that takes guests on an adventure 220 miles *above* EPCOT to the Centauri Space Station.

Join us as we BLAST OFF to check out all sorts of sips and snacks in World Discovery!





JOFFREY'S COFFEE & TEA COMPANY— WORLD DISCOVERY

World Discovery hosts one of four **Joffrey's Coffee & Tea Kiosks** that you'll find around EPCOT. Specialty tea and espresso beverages (which can be made hot or iced) are up for grabs, along with sweet treats like pastries and other goodies. You're also bound to spot something custom-made for the current EPCOT Festival, with each Joffrey's location crafting its own unique treats for these seasonal events. You can even find a few "Spirited Beverages" (coffee or slush cocktails!) on the list.

P.S. Lines can get LOOOONG at the Connections Cafe Starbucks location in World Celebration, so it's good to know that Joffrey's Coffee awaits you around the park (with FAR fewer folks in line)!





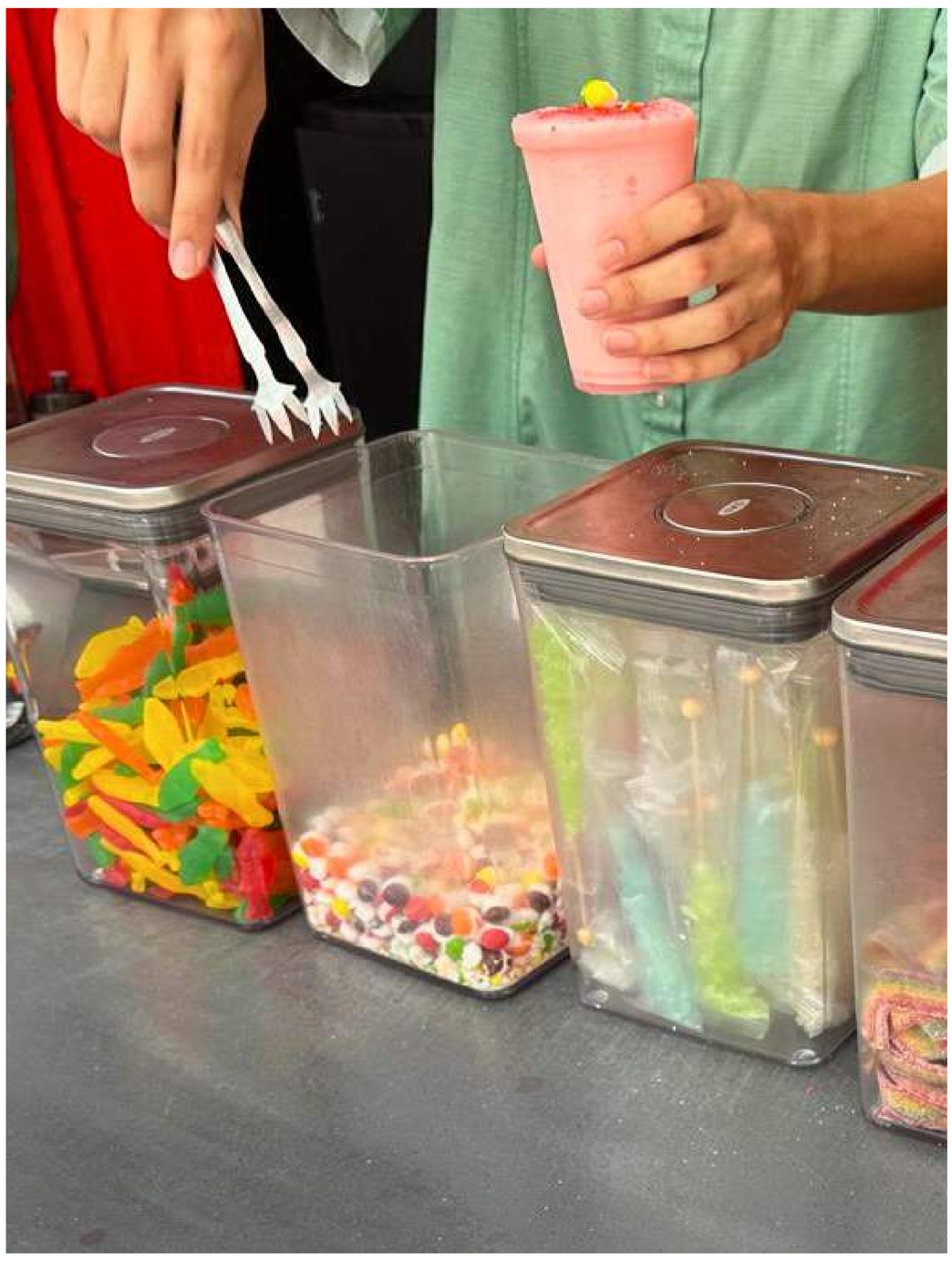


REFRESHMENT STATION

When your thirst is in full throttle, pull into this pit stop located near EPCOT's exhilarating Test Track attraction.

Open seasonally, **Refreshment Station** is a walk-up kiosk serving up frozen slushy drinks. But unlike other slushy locations around Disney World, here at the Station guests can add toppings like Pop Rocks, rock candy, gummy worms, and other candies on any slushy on the menu! Oh, and some of the flavors you might find (like *BANANA*!) are quite unique, too.





FROZEN SLUSHIES WITH TOPPINGS $7.00





Now THIS is something truly unique... Frozen Slushies can be found at each Disney World park in some fairly standard flavors (which we'll discuss below). However, here at the Refreshment Station, flavors tend to rotate and you may find unexpected offerings such as Fanta Watermelon, Coca-Cola Dragon Punch, and Fanta Banana, to name a few. AND you can even add assorted candies like gummies and Pop Rocks, or caramel and blueberries! Our pictured example is a **Minute Maid Hibiscus Lemonade Slush** with cherry red Pop Rocks and freeze-dried Skittles, and we think the kiddos will have fun here thanks to the fun options for customization.

FROZEN SLUSHES $6.25





Yep, you'll find more traditional Slushes here at Refreshment Station, too! Again, flavor options can change with frequency here (and you may often spy truly unique flavors like Pine Colada and Hibiscus Lemonade!). But if you're simply hoping to cool down with a sweet sip, look for **Frozen Slush** flavors like Coca-Cola, Blue Raspberry, and Wild Cherry.



SPACE 220 LOUNGE

Space 220 is a futuristic restaurant that takes guests on a dining adventure 220 miles above EPCOT! Guests board the “Stellavator” that simulates real-time rocketing into orbit as they travel to the Centauri Space Station hovering above the Earth. Diners will take in daytime and nighttime views of Earth as they’re surrounded by a full panoramic view of space. The cool thing is, **Space 220** also features a **Lounge** with its own food menu (which is a more affordable option than the restaurant’s full prix-fixe lunch and dinner)! Uniquely, the lounge accepts Advance Dining Reservations for table seating, while guests who wish to sit at the bar may wait in a standby line.









WORLD DISCOVERY POPCORN AND SNACK CARTS

It’s not just Popcorn you’ll find at the **World Discovery Popcorn and Snack Carts...** Cotton Candy and iconic ice cream treats and more are found here, too!

That said, if you are a major popcorn fan (or if your group has several popcorn fans!), take advantage of the Refillable Popcorn Bucket offer. You'll get a souvenir bucket (an example is pictured left below) filled with popcorn for $14.25 - $15.50 for your initial purchase. Refills for your length of stay are only $2.25 a POP. ;-D





MICKEY PREMIUM ICE CREAM BAR $6.50



The **Nestle Mickey Premium Ice Cream Bar** is delicious AND shaped like our favorite mouse! With rich vanilla ice cream enrobed in chocolate, this ice cream treat on a stick is a Walt Disney World favorite snack... so much so that it's also become a beloved icon of Disney park food. When you're on vacation at Disney World, you are always just a few steps away from a Mickey Ice Cream Bar. And that is a *very* good thing.

MICKEY ICE CREAM SANDWICH $6.50



The **Mickey Cookies and Cream Ice Cream Sandwich** is a true Disney tradition—another one of the classic ice cream novelty treats found at carts throughout Disney World. Combining cookies and cream ice cream with two soft chocolate cookies in the shape of Mickey's face, this is a simple, but wonderful, portable snack. If you're an ice cream sandwich fan, this one's for you!

OLAF FROZEN LEMONADE BAR $6.25



At several Disney World ice cream carts you'll find the **Olaf Frozen Lemonade Strawberry Bar**, with the wrapper sharing the snowman's famous sentiment: *"Some things are worth melting for."* A mottled red and yellow frozen fruit bar boasts strawberry and lemon flavors that are sour and... sour. Yep—there's a SUPER tart quality to this bar that might turn off some of the little Olaf fans who may be drawn to the packaging. Just be prepared!

WORLD SHOWCASE

EPCOT's World Showcase is one of Walt Disney World's culinary masterpieces!

The eleven country Pavilions surrounding the World Showcase Lagoon boast some of Disney's best restaurants and dining locations, and there are dozens of unique, one-of-a-kind snacks here as well.

Travel along with us through Mexico, Norway, China, Germany, Italy, the American Adventure, Japan, Morocco, France, the United Kingdom, and Canada for a truly exemplary food adventure.

In the upcoming pages, we're sharing with you some of our very favorite snacks in the World Showcase as well as some not-so-well-known options we think you might like.

Let's TRAVEL THE WORLD together!



05

MEXICO

MEXICO

¡Bienvenido a **Mexico**!

Mexico marks the east entrance to EPCOT's World Showcase and features several great dining and drinking spots. Sample authentic Mexican cuisine al fresco at La Cantina de San Angel on the shores of the World Showcase Lagoon. Next door, the Table Service restaurant La Hacienda de San Angel offers incredible fireworks views and delicious grilled specialties.

Tucked inside the large Mayan Pyramid you'll find La Cava del Tequila, a cozy (and usually packed) tequila bar serving up incredible margaritas; and San Angel Inn, a slightly more upscale spot where you can dine in never-ending twilight next to a romantic indoor river. (Don't forget to wave to your fellow guests as they pass by in the Gran Fiesta Tour boats!) Choza de Margarita serves terrific signature and frozen margaritas, and a few bites of Mexican street food. In this pavilion you'll be treated to delicious chips and queso, churros, empanadas, and more!



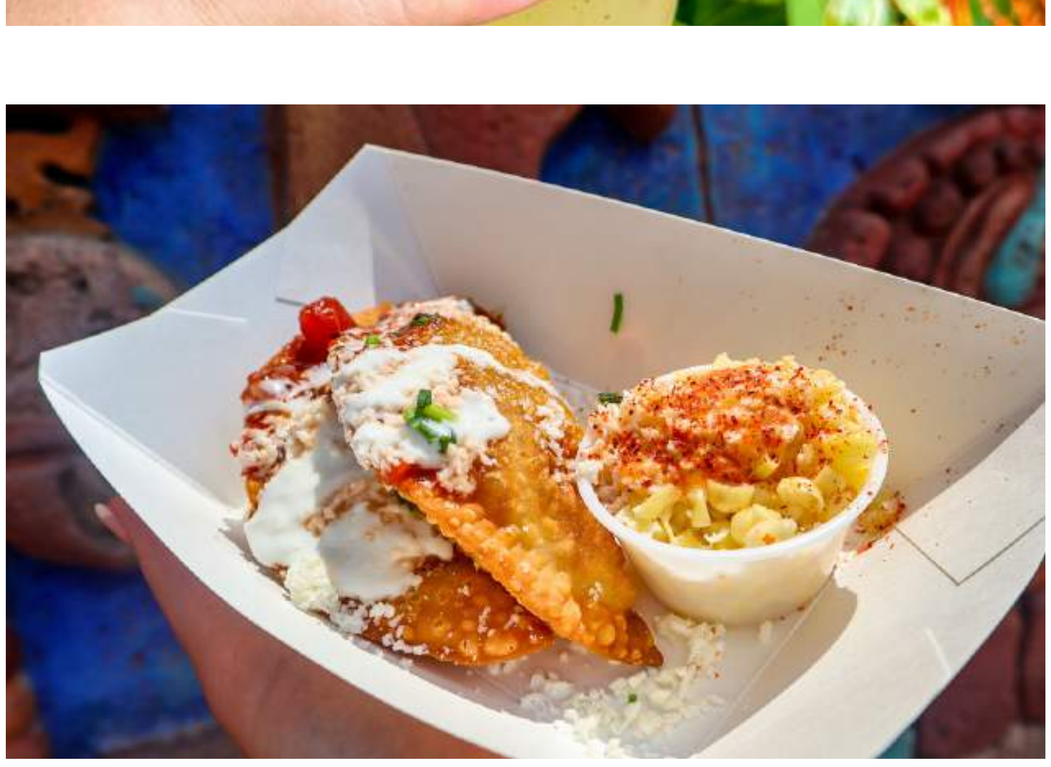


CHOZA DE MARGARITA

You'll find **Choza de Margarita** in EPCOT's Mexico Pavilion! This outdoor margarita bar also serves food like tacos and empanadas in addition to the stars of the show: frozen margaritas and hand-crafted margaritas! You'll find Mexican beer and a non-alcoholic refresher as well.

Expect lines for this popular spot… and trust that the margaritas are well worth the wait!







ELOTE $8.00



You'll receive a side cup of tasty Esquites with several of the street food items served at Choza de Margarita. But if you're just looking for a snack, the **Elote** serves up those same yummy flavors on an ear of sweet corn. The corn on the cob is covered in a hefty amount of chipotle aioli, queso cotija, and Tajin chile-lime powder. Sweet, spicy, and creamy, the toppings also come together to make this a much more filling snack than it appears at first glance!

FIESTA MARGARITA $15.00

The **Fiesta Margarita** is a layered concoction of the three frozen margaritas served at Choza de Margarita: Mango Loco, Wild Strawberry, and Classic Lime, each with a bit more depth of flavor than the simple name implies (which also bodes well if you prefer to order an individual flavor instead).

I love that this layered version gives you the chance to try all three in one!



CONGA $6.00



I really appreciate it when thought is put into the non-alcoholic drinks at bars and lounges for the kiddos or for those who choose not to imbibe. And that's exactly the case when it comes to the **Conga**. This frozen Mexican fruit punch is made of orange, pineapple, and grapefruit juices, complete with a splash of grenadine. It packs a pucker with all that citrus, and is custom-made for a steamy day in Orlando.



LA CANTINA DE SAN ANGEL

Visit **La Cantina de San Angel** for hearty Mexican favorites and a beautiful view!

Nestled on EPCOT's sparkling World Showcase Lagoon sits this festive al fresco Mexican restaurant serving lunch and dinner. From colorful Mexican tiles to wrought-iron detailing and delicious Quick Service food (including Empanadas and Tacos), the Cantina is sure to please your whole hungry party. (Time things right, and you could land a sought-after seat boasting fireworks views in the evening!)



GUACAMOLE $6.99/$12.00



Who doesn't love **Guacamole**?? Better yet, here at La Cantina, it's fresh-made and complete with flavorful red onions and topped with diced tomato.

You may opt to purchase just the guacamole to enjoy with your entree of choice for $6.99, or pick up the Guacamole Con Topotos (with tortilla chips, as pictured) for $12.00 as a great dish all on its own.

CHURRO SUNDAE $7.99

Check out the AMAZING **Churro Sundae**! This treat presents caramel and vanilla swirl soft serve (you can choose one or both, or even try it with Lime DOLE Whip) topped with caramel sauce, mini churros, and red, white, and green sprinkles representing the colors of Mexico's flag. You can even add chocolate sauce if your heart so desires! We are LOVING this truly delicious twist on the classic churro, complete with plenty of caramel goodness.



CHURROS/CHURRITOS $6.25



The **Churritos** (bite-sized churros) are the perfect snack or dessert treat. The bites are crispy on the outside, chewy on the inside, with a good mix of cinnamon sugar to top it all off. The mini churros are served with a side of chocolate-hazelnut Nutella for dipping.

That said, I think the best way to enjoy these tasty bites is as part of the Churro Sundae as seen above!

FRIED PLANTAINS $4.99



Fried Plantains have arrived at La Cantina!

Here, the golden plantains are topped with a generous amount of queso which, we were surprised to find, balances with the sweet fruit quite nicely.

These are a great change of pace for your side item or snack!

“NACHO CHEESE” QUESO $0.75

I'm going to let you in on a little secret in the Mexico Pavilion... La Cantina de San Angel lists “Nacho Cheese” for 75 cents on the menu. So imagine my happy surprise when the Nacho Cheese turned out to be a mini **QUESO DIP**! For 75 cents!! And, of course, it goes wonderfully with pretty much anything you order up at La Cantina. I mean, hey... for 75 cents, you can't really go wrong here!



TEQUILA SUNDAE $10.00



Remember that Churro Sundae we mentioned earlier? Well, there’s another Sundae that grown-ups should know about... The **Tequila Sundae** is made with a delightfully smooth tequila 100% de agave and Lime DOLE Whip. It’s garnished with spicy tamarind candy and a chile lime rim! The Sundae is delicious and bright thanks to the lime, then the chile lime rim adds a nice amount of low heat to kick up the flavor. It’s tasty, unique, and absolutely memorable.



LA CAVA DEL TEQUILA

Bottoms up! Tequila fans and purveyors of a good time will find **La Cava del Tequila** completely enchanting. A rich and warm atmosphere, over 200 tequilas and unique margaritas (my FAVORITE is the Avocado Margarita—don’t miss it!), as well as a few appetizing ‘tapas style’ snacks (Chips & Queso!) will draw you into the cavernous bar tucked inside the Mexico pavilion and lure you to stay for another round.

There is limited seating in this cozy cave; however, you can get your drinks to go if you’re unable to secure a table. There is pretty much ALWAYS a long line extending into the indoor Mexico pavilion for this beloved bar, but since a visit to La Cava is practically a rite of passage for of-age guests in EPCOT, you may as well join in!





MEXICO PAVILION TREATS



CHOCOLATE

These authentic Mexican Chocolates feature the slogan "The Chocolate of the gods," so you know it must be good! Look for various flavors and forms of **Vanuato Ka Kaw Chocolate**.



MEJICONO

Mejiconos appear, at first glance, as simple plain sugar cones. But the delight is in the indulgent caramel filling!



CAJETA

The goodies you find in the Mexican Pavilion may extend beyond grab-and-go treats. For instance, **Cajeta** (a goat's milk caramel sauce) can assist you in crafting your own treats back home!

LA TIENDA ENCANTADA

When you stroll through **La Tienda Encantada –** the bustling twilight marketplace inside the Mexico Pavilion's signature pyramid – keep your eyes peeled. Among souvenirs such as sombreros, Minnie Mouse ears, and beautiful art pieces, you'll also likely spot a few authentic Mexican treats like delicious Mexican chocolates, Obleas (sweet-filled wafers), and more! These make great snacks to bring home or enjoy on your World Showcase adventures.



06

NORWAY

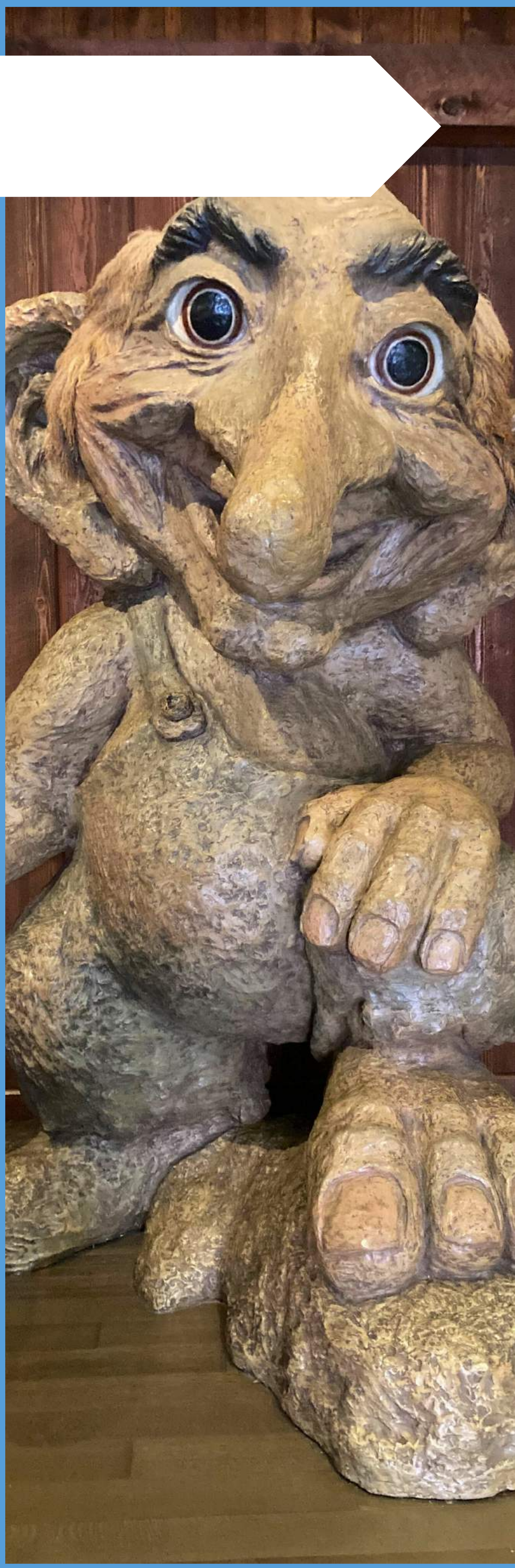
NORWAY

Welcome to **Norway**!

This pavilion is well known for its fun Frozen-themed attraction, *Frozen Ever After;* shops and boutiques selling perfume, candy, and splurgy sweaters and outerwear; and Akershus Storybook Restaurant, where you can dine with Disney Princesses in a Norwegian castle.

But one of our favorite reasons to visit the Norway pavilion is the bakery – Kringla Bakeri og Kafe! This spot features some of the best-loved and most delicious sweet treats in all of Walt Disney World.

And don't forget to pop into the fun shops around the pavilion selling authentic Norwegian and Scandinavian candy and treats. (And, of course, pose with the Troll while you're there!)





KRINGLA BAKERI OG KAFE

Sweets smells from **Kringla Bakeri og Kafe** (or “Kringla” for short) fill the air of the entire Norway pavilion, enticing guests to stop in for a snack with Scandinavian flair.

Freshly baked desserts are easily viewed from glass display cases. Popular favorites like School Bread and almond pretzels are sure to please your sweet tooth. Draft Nordic beers and specialties like Viking Coffee are also served. Seating is open-air, but under the protection of a roofed patio.







EPLEKAKE $4.99



You can find **Eplekake** in the Norway pavilion! Great! *Sooo*... what is it? ;-D Eplekake is an apple cake, and here it's complete with a drizzle of caramel. It’s nice and moist, and not overly sweet. It's a great choice for someone looking for a dessert that's not covered in icing. (So, basically, not me – but it's still a really good cake!) The portion is great, too, and it's a solid addition to the treats in Norway.

LEFSE $3.79



Try a traditional Norwegian treat while you're in EPCOT – **Lefse**! What exactly is Lefse? We're glad you asked! It's thin potato bread (and that potato flavor is rather pronounced) with butter and cinnamon, rolled into one treat. Personally, this isn't my favorite option at the bakery, but I know it tops MANY guests' list! On the blog I received a great suggestion – ask the Cast Members at the bakery to toast it for you!

TRIPLE CHOCOLATE CHIP COOKIE $5.99



The **Triple Chocolate Chip Cookie** sure sounds promising, doesn't it? The best thing about this cookie is that it's served warm, giving it a nice, chewy center. But while the texture hits all the right notes, the flavors themselves fall flat, despite the decadent-sounding name of this snack. It's not bad, but there are way more tempting treats in the Kringla Bakeri case.

TROLL HORN $4.79



The **Troll Horn** is BACK! At least, it has made a return – in a new form – to the Norway Pavilion. A sugar-covered pastry shell is packed with chocolate cream and garnished with coffee crunch. Though the treat no longer features Cloudberry Cream, this new version is certainly a hit with chocolate lovers! It’s recently back from a lengthy hiatus, and we hope it’s returned for good!

SCHOOL BREAD (SKOLEBROD) $4.99





School Bread has a huge following! This semi-sweet pastry is filled with vanilla custard and topped with shredded coconut. A word of warning: many folks expect this to be sweeter than it is. Think of it more as a sweet dinner roll than a donut; cardamom gives the pastry most of its flavor. But the icing, toasted coconut, and sweet custard filling make for a well-balanced – and yummy – dessert.

SWEET PRETZELS (KRINGLA) $6.99





Another cult classic at Kringla are the **Sweet Pretzels**! The plentiful toppings (your choice of Chocolate or Almond) are obviously the star of the show, but we also think you'll enjoy the hints of cinnamon and nutmeg in the pastry. If you prefer a more subtly sweet snack, go for the Sweet Pretzel with Almonds. This snack has stood the test of time with good reason. Enjoy!

VERDEN'S BESTE KAKE $4.89



Verden's Beste features rounds of vanilla cake (or, I should say, “kake”) layered with custard then topped with a thin layer of meringue and almond slices. And it's... fine. There's nothing *wrong* with it, per se. But there's nothing especially interesting about it, either. It's what you might call a “safe choice.” My personal recommendation is to go with School Bread or a Sweet Pretzel with Almonds over this one for something a little more unique.

RICE CREAM $4.29



Cool, creamy, sweet—what's not to like? **Rice Cream** takes rice pudding to a whole new level. It is slightly sweet and very creamy with little soft chunks of rice. There is a sweet strawberry sauce that tops off this Disney favorite! It's a cult classic in EPCOT, and definitely worth a try.

If you're a rice pudding or tapioca pudding fan, you'll likely enjoy this snack.

MICKEY CINNAMON ROLL $7.49

A classic **Cinnamon Roll** in the shape of MICKEY MOUSE? You can grab it at the Kringla! Now, don't get me wrong: I love Mickey. But, aside from the shape, there isn't much about this cinnamon roll that's different enough from what you can find elsewhere, so I have to recommend that you pick up something more uniquely Scandinavian at the Bakeri. (Plus, this thing could use a LOT more icing, IMHO.) Still, your kiddo may love it!



FROZEN VIKING COFFEE/KRISTOFF KAFFE $16.00/$6.59



Frozen Viking Coffee combines Baileys Irish Cream and Kamora Coffee Liqueur with a coffee-chocolate sauce. It's all finished with with coffee-chocolate shavings for a nice bit of crunch. Even with all the sweet and boozy ingredients, the coffee really comes through in the taste. There is also a **non-alcoholic version** available for anyone craving a yummy, chocolate-y, caffeinated boost. It's called **Kristoff Kaffe** for the *Frozen* fans out there (and that one is snack credit eligible)!



NORWAY BEER CART

This kiosk located in the Norway pavilion sells a small assortment of cold beverages, including Scandinavian beer.

Beer fans may be pleasantly surprised to often find Einstok among the offerings. But this cart really made a name for itself when it started serving a spiked frozen concoction called Troll Kreme (a frozen blend of cranberry and vanilla topped with Bacardi Dragon Berry Rum and a dollop of whipped cream).

You can also purchase wine. And, if you just need to hydrate, you'll find "fancy water" (Voss Artesian) here!





SCANDINAVIAN TREATS



STROOPWAFELS

Stroopwafels (waffle-style cookies sandwiching a layer of caramel) are decent on their own. But they really shine when placed over a hot cup of coffee, which softens the wafers and caramel as the perfect accompaniment to your cozy beverage.



SWEDISH THINS

Annas Swedish Thins are simple cookies, indeed... and yet, they are COMPLETELY addictive! Available as Ginger Thins and Orange Thins, it is nearly impossible to nosh on just one or two of these wafer-thin goodies.



GLOGG

It's super fun that you can find Grandpa Lundquist Julmust and Glogg in Norway! Typically reserved for the holiday season, this Christmas cola is less sweet than your typical America soda, and incorporates warming winter spices.

THE FJORDING

Head into the **The Fjording** to find a variety of regional candy, cookies, chocolate (like Troika or Stratos bars), and more, including Swedish Fish from time to time. Sour Laban gummies offer a Scandinavian spin on gummy snacks.

P.S. Don’t miss the chance to pose with the shop GIANT TROLL while you’re there! Trust me... you can’t miss him.



07

CHINA

CHINA

EPCOT's **China** features three dining locations and a massive store with lots of fun and unique treats!

Visit Nine Dragons for a Table Service meal amid shining dark wood and lovely, understated Asian décor. Or head over to Lotus Blossom Cafe for Quick Service eats like pot stickers.

If you're on-the-go, stop by the Joy of Tea for some terrific tea-based drinks or a unique cocktail.

Step inside the Temple of Heaven to enjoy a Circle-Vision 360° film, *Reflections of China*. You can also find a gallery tucked inside featuring Disney's newest international destination: Shanghai Disney Resort!

China is a pavilion full of surprises, so get ready to explore!





JOY OF TEA

The name of this kiosk might be **“Joy of Tea,”** but you’ll find more than just tea at this little pagoda across the promenade in the China Pavilion. In addition to hot and iced teas (including Bubble Milk Tea) you’ll also find egg rolls, beer, and a variety of specialty cocktails.

This spot is famous as being home to the cocktail with the best name in all of EPCOT: Tipsy Ducks in Love, featuring bourbon, black tea, coffee, cream, and chocolate!





PORK & VEGETABLE EGG ROLLS $5.95





The **Pork & Vegetable Egg Rolls** at Joy of Tea really are a tasty savory snack in a pinch, if not particularly exciting. You receive two egg rolls fried to a golden brown and served crisp, crunchy, and warm. Unfortunately, there isn't a vegetarian option available; they only come with pork and cabbage. They're *just* filling enough in between meals.

SPECIALTY TEA BEVERAGES $7.75





Joy of Tea sells several enticing beverages, so be sure to check out the unique menu to find your perfect sip! The Bubble Milk Tea has a peach black tea base and capitalizes on the tapioca bubble trend. Also look for Honey Hibiscus Iced Tea (with blueberry boba), Oolong Hot Tea, and Jasmine Hot Tea. P.S. You can add boba to any tea drink for $1.50 extra.

TIPSY DUCKS IN LOVE $14.50



This particular sip might just have the very best item name in all of EPCOT: **Tipsy Ducks in Love**! The combo of creamy iced coffee and black tea, chocolate, and bourbon is intoxicating in all the best ways! Along with Tipsy Ducks, Joy of Tea has other featured alcoholic beverages—the Mango Gingerita, Canto Loopy, and Kung Fu Punch. You can also order a "hard" version of the Honey Hibiscus Iced Tea. (But we recommend splurging for the Ducks!)



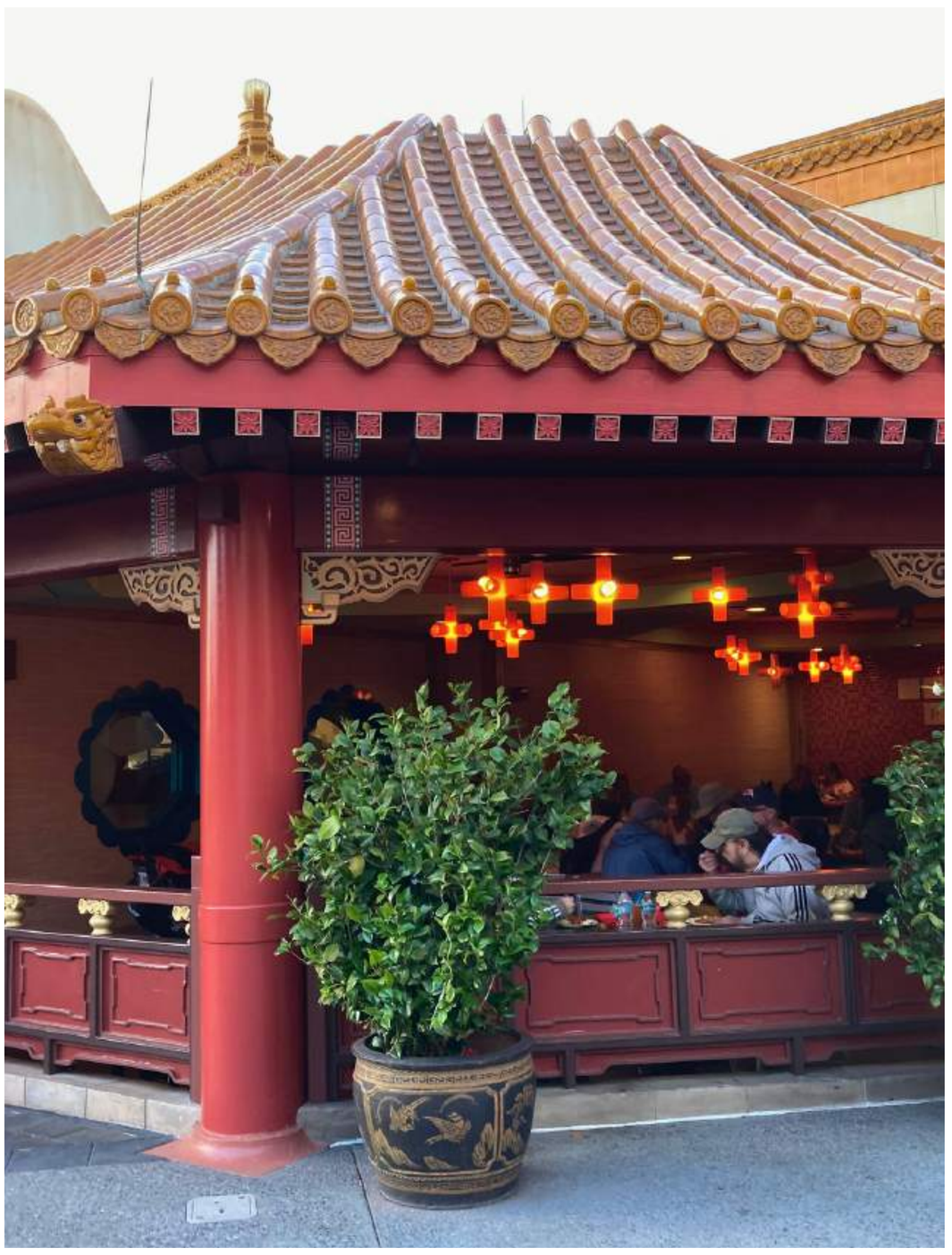
LOTUS BLOSSOM CAFE

Huan ying! Dine on Chinese cuisine in this Quick Service restaurant inspired by the delicate and symbolic lotus blossom. Open for lunch and dinner, the China pavilion's **Lotus Blossom Cafe** has a covered seating area with open-air walls.

Orange chicken is a favorite for many guests; and egg rolls, potstickers, and vegetarian stir-fry are a few more of the options available. A variety of Chinese beers and plum wine are also on offer.







POT STICKERS $7.35





I have to be honest here; this is not my favorite snack in China. I am typically a big fan of **Pot Stickers**, but these taste processed, and just aren't worth the money to me.

I'd grab one of the unique ice cream options at Lotus Blossom over these.

PORK & VEGETABLE EGG ROLLS $5.95





The **Pork & Vegetable Egg Rolls** are a tasty and savory snack in a pinch, if not particularly exciting. You receive two egg rolls fried to a golden brown and served crisp, crunchy, and warm. Unfortunately, there isn't a vegetarian option available; they only come with pork and cabbage. They're *just* filling enough in between meals if you're looking for something to tide you over.

CHINESE OOLONG TEA $4.25



You know something? **Chinese Oolong Hot Tea** has been up for grabs in the China pavilion for ages, but I had never picked up a cup until recently. Now I don't know what took me so long! Without any added sweetener, it has a mild floral taste and a slight sweetness. It's light, but still quite flavorful. This sip would be GREAT on a cool day, but hot tea fans will likely enjoy it any time of the year.

CARAMEL & GINGER OR LYCHEE ICE CREAM



The **Caramel and Ginger Ice Cream** is a cool and creamy snack that packs some serious flavor. Caramel and ginger are definitely a unique combination. I'm not a big ginger fan (and the flavor of it is *intense* here), so this ice cream isn't my favorite, but the **Lychee Ice Cream** is mildly fruity is likely pleasing to many palates. The ice cream is packed densely in the container, so you're getting a generous serving for the price.

CHINA PAVILION TREATS



LAY'S CHIPS

Craft Beer. Spicy Hot Pot. Grilled Squid. Roasted Fish. Cherry Blossom Rice Wine. What do all of these have in common? They are unique flavors of Lay's Chips that you can find at House of Good Fortune!



MOCHI

Mochi Creams are filled rice cakes in a bon bon form and that come in assorted flavors – mango, green tea, strawberry, chocolate, and vanilla, and more.



SWEETS

White Rabbit creamy milk candy is just one of MANY sweets you can find in House of Good Fortune. Popping Volcano candies, ginger chews, fruit candies and MUCH more are just a few of the fun finds!

HOUSE OF GOOD FORTUNE

In the House of Good Fortune store, you'll find all sorts of interesting snack options, from gummi candy to mochi to cookies to tea-flavored candies! Something we especially enjoy here is checking out the unique flavors of Lay's Chips. You may be quite surprised by the finds!

If you can spare the stomach room, stop in and take a peek.



08

GERMANY

GERMANY

There's always something delicious happening in EPCOT's **Germany** pavilion! I'm so excited you're here!

Visit the always-fun Biergarten Restaurant for a great German feast, liters (LITERS!!) of beer, and lively entertainment. Or stop by Sommerfest and grab a classic bratwurst.

Nearby, you'll be treated to even more beer and ENORMOUS German pretzels at the Bier Stand. But the caramel-centric Karamell-Küche offers some of the most mouth-watering, drool-worthy caramel treats we've ever seen! Prepare to be amazed... and, let's be honest, more than a bit hungry.

We'll be highlighting a several items from the Germany candy collection and the Karamell-Küche stockpile of caramel goodness, but the menus and offerings in the shops and candy store change often. Be sure to pop in and see what's available when you're there!

PROST!!





KARAMELL-KÜCHE

Welcome to **Karamell-Küche** (German for “caramel kitchen”)! This charming shop lures you in with the sweet smell of buttery caramel, and once inside you’ll spy many tempting sweets behind the glass counters -- from candy squares in an assortment of flavors to cookies and decadently covered fruits and apples… all this and *much* more featuring golden caramel as the star ingredient.

Don’t be discouraged by the long lines… they move quickly (and you’ll need some extra time anyway to make your decision from among the plentiful options). You may also opt to use Mobile Order to avoid the wait!







CARAMEL BUTTER BAR $5.79





What could be better than something called a **“Caramel Butter Bar”**? This shortbread-meets-caramel combo is every single bit as decadent as the name implies. BUT... be ye warned. Whenever I've grabbed this treat, I've had to wave the white flag of surrender by the time I've reached the last few bites. It is *that* rich.

CARAMEL FLIGHT $7.99





The **4-Piece Caramel Flight** serves up a variety of alcohol-infused caramel squares! Featured flavors changed seasonally, but pictured above is a spring quartet of caramels boasting a caramels inspired by popular cocktails: a Lemon Drop Martini, Bahama Mama, Strawberry Daquiri, and an Espresso Martini. The flavors are bold and the taste of alcohol is pronounced in each bite. Genius!

FRESH MADE CARAMEL POPCORN $7.99





The **Caramel Corn** at Karamell-Küche is DI-VINE. It's made several times daily at the candy shop with authentic Werther’s Caramel, and it will melt in your mouth! Seriously—the first time I had this stuff, I was addicted. The bag is perfect to share, and it's also a great souvenir to bring back home!

CARAMEL COOKIE DOUGH CUP $5.79



Are you kidding me?? Who, exactly, came up with the brilliant **Caramel Cookie Dough Cup**? A thick and gooey pile of caramel covers an edible chocolate chip cookie dough cup, and it's drizzled over with more chocolate. To say this is SWEET is putting it mildly; but to say it's delicious? Well, that's likewise an understatement. Though the cup is small, this is another one you may want to share, because it's a LOT.

GERMAN MICKEY AND MINNIE APPLES $13.99



Now, I have seen more than my fair share of adorable cute Caramel Apples in the Disney World bakery cases, but the **Minnie Drindl Apple** takes the cake! You may find her joined by the **Mickey Lederhosen Apple**. No matter which you choose, thick white or milk chocolate covers a layer of caramel underneath, and it all surrounds a crisp, tart Granny Smith apple... and I promise you it's as delicious as it is CUTE!

CARAMEL APPLE OATMEAL COOKIE $5.99



The **Caramel Apple Oatmeal Cookie** is a "hidden gem" guest favorite! And it's one of MY favorites, too! Why is this snack so beloved? Could it be because it tastes like a piece of caramel apple pie (yep – there are real apple chunks in there!), or because it's like nothing you've ever tried before? When you get a good, moist, fresh version of this sweet treat, it might just become your new favorite Disney World snack!

CARAMEL CHOCOLATE COOKIE $5.99



Have you ever had those "brownie"-like cookies? Yeah, that's what the **Caramel Chocolate Cookie** is like! Even better, it's baked around a center of pure Werther's Caramel – and it's truly a killer snack! It's so ginormous that you can eat half now and save the other half for later!

What's that? ... You'd rather eat it all now? I knew we'd be good friends! ;-)

MICKEY CHOCOLATE COOKIE SANDWICH $7.79





Two soft chocolate Mickey cookies sandwich drizzle of Werther's Caramel atop salted caramel buttercream frosting with a sprinkle of sea salt to create the M**ickey Chocolate Cookie Sandwich**! The chocolate with the caramel is every bit as rich and delicious as you'd expect, but this cookie creation does fall apart faster than the whoopie pies, which stand up to the plentiful fillings a bit better.

CARAMEL SQUARE VARIETIES $5.29





In addition to classic caramels, you may spy a few surprising flavors up for grabs! For instance, the **Hot Cocoa Caramel Square** takes a signature caramel square, but flavors it like hot cocoa and tops it with mini marshmallows, dark chocolate coating, and a sprinkle of salt. Or you may spy a **Maple Caramel Square** or some other new and unexpected flavor (like **Peanut Butter Whiskey**) so be sure to look for some VERY fun surprises!

CHOCOLATE MARSHMALLOW MICKEY $6.29





The **Caramel Chocolate Marshmallow Mickey** is quite a mouthful... both to say and to EAT! A layer of milk chocolate covers an unbelievably thick layer of soft, fluffy marshmallow. It's drizzled with that signature Werther's caramel, which truly elevates this treat from your typical marshmallow wand found around Disney World.

CARAMEL PECAN CLUSTER $5.79



Get ready to go a little *nutty* over the **Caramel Pecan Cluster** at Karamell-Küche! A generous serving of pecans is doused in caramel and topped off with a round of milk chocolate. Pretty simple, but totally delicious!

You may also spy a Caramel Pecan Bar made with shortbread in the case these days.

CARAMEL S'MORE $5.79



The **Caramel S'more** is obviously a twist on the campfire classic: marshmallow stuffed between two graham crackers with chocolate. But just LOOK at that thick layer of gooey caramel tucked between the marshmallow and graham cracker, with the entire sweet "sandwich" surrounded in chocolate, to boot! *Perfection.*

CARAMEL SQUARES $5.29



The **Caramel Square with Dark Chocolate and Sea Salt** is, quite honestly, a square of perfection. Chocolate bites filled with melt-in-your-mouth caramel and topped with sea salt, it's the perfect blend of salty and sweet! You'll also find caramel squares covered in milk chocolate (with or without salt), or simple squares made of nothing but decadent, buttery caramel.

CARAMEL CHOCOLATE CHIP PRETZEL COOKIE $5.99



The **Caramel Chocolate Chip and Pretzel Cookie** is another creative cookie at the Caramel Kitchen. And we're SO glad about it! In addition to all of the sweet-meets-salty ingredients mentioned in the name, we also enjoy the small toffee bits tucked inside this caramel-drizzled cookie. The pretzel pieces deliver a pleasing crunch to the entire experience. In a word: YUM!! Keep an eye out for the Caramel Snickerdoodle Cookie, too!

CARAMEL CUPCAKES $6.49





Whether its the Salted Caramel Cupcake with dark chocolate cake or autumn's Pumpkin Caramel Cupcake (pictured), you'll find decadent **Caramel Cupcakes** topped with and salted caramel buttercream icing and caramel drizzle. Surprise: you'll find even MORE caramel filling the cupcakes themselves! It really is what's on the inside that counts, you know. ;-D

GINGERBREAD CARAMEL COOKIE SANDWICH $7.79





The **Gingerbread Caramel Cookie Sandwich** is sometimes available beyond the holiday season due to popular demand! Two HUGE gingerbread cookies surround a thick layer of salted caramel buttercream and a "pour" of that famous caramel! The gingerbread flavor comes on strong, but the sweet buttercream offers a wonderful complement. This thing'll put you in the holiday spirit no matter when you try it!

CARAMEL STRAWBERRY BUTTER BAR $5.79



The **Strawberry Caramel Butter Bar** adds a fruity twist to the Caramel Butter Bar, and starts with the same buttery shortbread base. Chopped strawberries AND strawberry-flavored caramel provide bursts of bright flavor, and the entire thing is covered in a layer of oats. Remember: "Butter" is in the name for a reason. There is so much of it that this treat is almost greasy, but the flavor is fantastic nonetheless. (You may also spy an Apple Butter Bar in the case!)

SNICKERDOODLE COOKIE SANDWICH $7.79





I'll start out by saying that the **Snickerdoodle Cookie Sandwich** is our team's least favorite of the "Caramel Sandwich" snacks. There's nothing *wrong*, per se, with the two soft, spiced Snickerdoodle cookies surrounding the salted caramel buttercream drizzled with caramel. It's simply that the Snickerdoodles are *much* sweeter than the cake rounds featured in the Whoopie Pies. You need a MAJOR sweet tooth to tackle this beauty. But if you've got one to feed? Well, enjoy with our blessings!

CARAMEL CARROT CAKE WHOOPIE PIE $7.79





Have I saved the best for last with the **Caramel Carrot Cake Whoopie Pie**? Well, two rounds of moist, spiced carrot cake surround caramel and salted caramel buttercream frosting. And I'm telling you that this is my FAVORITE cookie sandwich yet! The center salted caramel frosting mixed against the savory yet sweet taste of the carrot cake tricks your brain into thinking it's cream cheese instead or salted caramel frosting because it's so nicely balanced. If you're familiar with and love the Carrot Cake Cookie at Hollywood Studios (another absolute favorite of mine), this just amps things up with a caramel drizzle. AH-MA-ZING!!!



SOMMERFEST

You'll know you've arrived at **Sommerfest** when the smell of sauerkraut greets you! The Quick Service menu features a traditional southern German favorite: Bratwurst! But you'll find a few more treats up for grabs including a variety of German beers and wines.

There are a few cafe tables outside of the restaurant's service window near the Pavilion's centerpiece – a statue of St. George slaying a dragon. Outside tables allow guests to enjoy their brats and beer in an al fresco environment. If the weather isn't cooperative, there is also a (very) limited number of tables and chairs under the cover of the German castle's walls.





BRATWURST WITH PAPRIKA CHIPS $12.19





What's a visit to Germany without a **Bratwurst**?! Head over to Sommerfest and snag this classic German dish STAT. Served with sauerkraut (of course!) on a flaky hard roll, the savory burst of flavor pairs perfectly with your chosen brew. The festive brat comes with zesty house-made paprika chips, too!

PRETZEL BREAD PUDDING $4.79





You know how a traditional Bread Pudding is made with... well, *bread*? The **Pretzel Bread Pudding** is made with PRETZEL dough! It's drizzled with caramel butterscotch and poured over with a *literal river* of white cream sauce, and there's a hint of cinnamon in the flavor. This filling sweet-and-salty snack is a total winner, and a terrific value, to boot!

JUMBO PRETZEL $11.99



The **Hand-Twisted Jumbo Pretzel** is a Germany pavilion classic! These have a more irregular shape than your typical soft pretzel, are MUCH larger (in fact, they're *gigantic*), and have a richer taste.

Two hands – and possibly two stomachs! – are required here, folks. Pair this with a German beer and enjoy the afternoon.

GERMAN TREATS



HARIBO TREATS

From soda bottles to goldbears to sour mixes to peach rings and beyond, it's Haribo gummies as far as the eye can see at Das Kaufhaus!



LIQUEUR CHOCOLATES

Weinkeller is your best best for upscale liqueur-filled chocolates including Brandy Cherries, Gin or Pear-liqueur Pralines, and more!



WERTHER'S CARAMEL

If you fear you'll crave the caramel goodies from Karamell-Küche when you get back home, why not pick up a bag of Werther's candies – or even a scrumptious caramel popcorn mix – to take with you?

GERMANY PAVILION SHOPS

Head into the various Germany Pavilion shops (including Weinkeller and Das Kaufhaus, and even Karamell-Küche) to indulge in some serious sugar! From classic Haribo gummi bears and rings to rich, decadent Toblerone chocolate bars, all of your favorites are here. Yep, that means Kinder and Milka, too! The delicious German chocolate is so creamy and rich that it's the only kind of "plain" milk chocolate I like and can enjoy without any kind of nuts or additional texture. YUM!



09

ITALY

ITALY

EPCOT's **Italy** keeps getting more and more beautiful – both aesthetically and "edibly!"

With Via Napoli in addition to the delicious Tutto Italia, guests have two top-notch Italian Table Service restaurants to tackle. And, as you're continuing your World Showcase stroll, you can grab pizza-by-the-slice at the Pizza al Taglio window. There are also some fabulous sips and eats at the Tutto Gusto Wine Bar.

A step into the Enoteca wine store and adjacent kitchen store will offer even more goodies, from almond and chocolate candies to panettone for the holiday season!

Gelateria Toscana is home to some incredible gelato creations as well as tiramisu and cannoli to go. What more can we say? Let's get snackin'!

Benvenuto!





GELATERIA TOSCANA

Guests can scoop up gelati, sorbetti, gelati floats, and more at **Gelateria Toscana**!

Up to 12 different varieties of gelato and sorbet will be available when you visit, including gluten-friendly and plant-based flavors. (And look for additional items like Zeppole – ricotta cheese fritters – as well!)

Specialty items include the decadent Coppa Delizia and Espresso Affogato, among many other gelato creations!





GELATO SCOOPS — VARIES (LISTED BELOW)





Enjoy rich and creamy Italian **Gelato** in a cup or waffle cone at Gelateria Toscana! Flavors can vary, but may include Chocolate, Vanilla, Cookies & Cream, Mint Chocolate Chip, Strawberry, and Espresso as well as Lemon and Mango Sorbet. Ask a cast member about the Flavor of the Month! Enjoy your Gelato in a small or medium cup ($8.75 or $11.75, respectively), in a waffle cone ($9.75), or in a waffle bowl ($13.75).

ZEPPOLE SUNDAE — $12.75





The **Zeppole Sundae** features pleasantly soft, melt-in-your-mouth Zeppole (think Italian donut holes), vanilla gelato, whipped cream, and chocolate sauce. While the gelato is wonderfully smooth and delicious paired with the Zeppole, the chocolate sauce seems like an unnecessary element; perhaps a rich chocolate cream would be better than the thin sauce since, as it stands, it doesn't elevate the Sundae. The Zeppole, though, are a fantastic highlight of this indulgent dish!

COOKIE SANDWICH $12.00





The new **Cookie Sandwich** features two Homemade Cookies generously dotted with chocolate chips and surrounding some of that *fantastic* Vanilla Gelato. Be warned, however, that our cookies were hard – and not in a pleasantly crunchy way, making this sandwich messy and difficult to bite into. Though tasty and flavorful, I hate to say that it's not worth the hassle. We truly prefer and recommend the Ice Cream Cookie Sandwiches that you'll find in Magic Kingdom and Animal Kingdom (which are made with wonderfully soft cookies) over this treat.

COPPA DEL NONNO $12.75





NOW we're getting to the good stuff... Feast your eyes on THIS! The **Coppa del Nonno** is a completely unapologetic indulgence, made with Vanilla, Chocolate, and Cookies & Cream Gelato. And just a wee bit of whipped cream. ;-D Amaretto cookies complete this "Gelato Creation." It's delicious, but not for the faint of heart. Consider sharing with your group! Or, you know... DON'T. ;-D All's fair when it comes to Gelato.

GELATI FLOATS $9.75



ts not hard to find an ice cold **Float** in EPCOT. But it's only in the Italy pavilion where they are made with gelato. Choose from **Monella** (vanilla gelato with Coke) or **Naufrago** (vanilla gelato with root beer). In all honesty, the flavor isn't different enough from what you would find with a standard ice cream float for less cost. So we would recommend going with one of the more unique sundaes here instead.

FROZEN SANGRIA $12.00



Okay, sure... so the **Frozen Red Sangria** isn't exactly a gelato creation. It can still fill in as a lovely dessert all the same, if you ask me! My recommendation (from personal experience) is picking up a glass right before the evening fireworks to sip and savor during the show. It is uniquely refreshing and relaxing, especially as a hot summer day in the park comes to a close.

MOCHA TIRAMISU $9.00



Mocha Tiramisu is a fan favorite dessert, and it's easy to see why. This indulgent snack – which is larger than it looks – features Mascarpone cream layered with Italian Savoiardi biscuits soaked in espresso, and it's all dusted with cocoa powder. I'm not a HUGE tiramisu fan, but this one does offer an abundance of gorgeous Mascarpone cream (which is the best part, IMHO)!

CANNOLI AL CIOCCALATO $9.00



A visit to EPCOT's Italy is capped off nicely with a **Cannoli**! The crisp, sweet pastry is filled with sweet ricotta, chocolate, and candied orange.

I've had my share of cannoli – from New York City's Little Italy all the way to Italy itself – and I'm happy to say that this version at Italy's Gelateria does stack up!



VIA NAPOLI SNACK CART (“DONKEY CART”)

The official name of this intricately-painted cart is the **Via Napoli Snack Cart**. But I’m sure you can see why we affectionately refer to it as the “Donkey Cart!” The cart’s wide selection of drinks include classic Italian cocktails like a peach Bellini and strawberry Rossini. There are even Limoncello and Orangecello Cocktails up for grabs, along with wines and a seasonally-changing Italian Beer.

The snack variety here is small, but with a Tiramisu Popsicle and Spumone on the list, how could we resist introducing you to the Donkey Cart?



GELATO CUP & SORBETTO CUP $6.75 AND $5.25





If you like a variety of flavors in your gelato, the **Spumone Gelato Cup** might be for you! Rich chocolate, pistachio, and vanilla flavors offer a fun and unexpected treat. (The vanilla flavor has a very pure vanilla extract flavor, rather than a light vanilla bean.) Again though, there are many more intriguing ice cream eats in World Showcase, so unless you're dying to try this, sample something else. You'll find a uniquely refreshing Lemon Sorbet served here, too. (And note that the Sorbet is eligible for a snack credit!)

TIRAMISU POPSICLE $9.00





You know that Tiramisu we talked about at Gelateria Toscana? Well, you can try all of those flavors and textures—on a stick!—with the **Tiramisu Popsicle**. The twist here, though, is that the typical Mascarpone cream is switched for a creamy gelato. Together with the traditional soaked ladyfingers and dusting of cocoa powder, this treat is available in push-pop form. Sure, it's a fun idea... but for the price, you simply aren't getting the same value—and not nearly the same portion—as the bowl of Tiramisu served at the Gelateria. What you're paying for here is the “cute” factor. (But I'll give it this: the flavor is spot on.)



PIZZA AL TAGLIO—PIZZA WINDOW

Pizza al Taglio is also known as the Via Napoli Pizza Window due to the fact that it is directly connected to EPCOT's extremely popular pizzeria.

Now, some guests are a bit dismayed to discover that the pizza served by the slice here is not at all like the thin-crust, wood-fired pies served in the Table Service Via Napoli restaurant. The slices (typically cheese or pepperoni) served at the window are a Sicilian-style thick-crust.

But the window has developed a following of fans all its own. And I gotta hand it to 'em... even though I personally prefer a thinner crust, they sure know how to top a slice. Just LOOK at all that PEPPERONI!





10

THE AMERICAN ADVENTURE

THE AMERICAN ADVENTURE

While there's not much in the way of Colonial fare here, you'll definitely get a Colonial feel at **The American Adventure** pavilion!

Although this area lacks a Table Service restaurant, you can sit indoors or outside at the Regal Eagle Smokehouse: Craft Drafts & Barbecue, which serves up the best of barbecue from around the country (oh, and some craft beer and cocktails, too)! Or capture your “American Dream” from the Fife & Drum Tavern and take a seat outside!

Just looking for a quick treat? You'll find flavored lattes at Joffrey's Espresso Coffee & Pastries to enjoy with your treat from the Funnel Cake kiosk. And check out Block and Hans for additional craft beers.

You can often catch some live music at The America Gardens Theatre, particularly during EPCOT's Festivals. And don't miss the pavilion's featured offering – The American Adventure production -- for a chance to see moments in American history brought to life by way of 35 audio-animatronic figures!





BLOCK & HANS CRAFT BEER KIOSK

Block & Hans have a reputation for being “Purveyors of Fine American Ale.” (In other words, this kiosk is a sure bet for a place to grab a beer in World Showcase!)

A rotating selection of brews from several areas of the country are featured here, including seasonal offerings. Order the Beer Flight to try some of everything! You’ll typically find at least one hard cider on the menu. You can grab a Mickey Pretzel (or Pretzel Nuggets with Beer Cheese) to enjoy with your beer as well. Cheers!









FIFE & DRUM TAVERN

Searching for one of those famous Jumbo Turkey Leg in EPCOT? Then the **Fife & Drum Tavern** is your place!

Fife & Drum primarily serves classic park eats like Hot Dogs, Frozen Slushies, and Mickey-shaped Soft Pretzels.

This is also a great spot to fill up your Refillable Popcorn Bucket as you stroll around World Showcase.





JUMBO TURKEY LEG $14.25



If you've been to Disney World before, chances are you have seen someone walking around with a **JUMBO Turkey Leg**; an iconic staple in Disney parks! Disney smokes the turkey legs so that they have a crispy outer layer and tender juicy meat that will make your mouth water. Many claim that the turkey leg tastes more like ham due to the salt-brining process the legs undergo. This is a HUGE, salty snack, so come prepared for the CHALLENGE!

HOT DOG & CHIPS $11.00



Well, parents, I know that a **Hot Dog** isn't the most exciting thing you'll find in EPCOT, but let's face it: if you have a picky eater in tow, it can be a lifesaver to know where to find one, can't it?

The hot dog comes plain, but there is a small condiment counter next to the Fife & Drum. It's served with chips. So, there you go!

ROOT BEER FLOAT $7.00



Fife & Drum Tavern serves up a classic Barq's **Root Beer Float**. When soft serve vanilla ice cream is added to this thirst-quenching snack, it's a classic combo. (Note that you can also enjoy your soft-serve in a waffle cone.) P.S. While the Root Beer Float is specifically posted on the menu, Fife & Drum also offers Coke, Diet Coke, Sprite, and Orange Fanta if you prefer another flavor.

MICKEY SOFT PRETZEL $8.50



Sure, you've had a **Soft Pretzel** before... but was it THIS CUTE?! You can find the **Mickey-fied** version of this classic snack in every Disney World park, and Fife & Tavern is one of its homes in EPCOT.

Cheese sauce for dipping is included in the price, making it an even better deal for a snack credit.



FUNNEL CAKES

The **Funnel Cakes** stand, as you may guess, is a popular stop for guests.

You can order the old standby: Funnel Cake with powdered sugar, ice cream, or other traditional toppings. Or you can be a little adventurous and try a twist on the classic! For instance, EPCOT's Festivals feature specialty limited-time Funnel Cakes that are exclusive to these seasonal events.







FUNNEL CAKE $10.00 (WITH SUGAR)



Push some sweet dough through a funnel, fry it in oil into a strange, unique shape, and serve it on a plate. That's how to make one of the American theme park food staples!

Have your **Funnel Cake** covered in powdered sugar, drizzled with chocolate (for $2.00 extra), or even topped with ice cream (for $4.00 extra). No matter how you eat it, it'll be delicious!

COOKIES N' CREAM FUNNEL CAKE $16.50

Grab a fork, a knife, and spoon, and PLENTY of napkins for this one: the **Cookies n' Cream Funnel Cake** is NO JOKE!

Powered sugar, vanilla ice cream, crushed Oreos, and chocolate sauce are all piled atop a classic Funnel Cake for a messy—but wonderfully tasty!—indulgence.



FESTIVAL FUNNEL CAKES VARIES PER FESTIVAL



If you just happen to be visiting during one of EPCOT's seasonal Festivals (and, more often than not, you will be), then you're likely in for an extra-special Funnel Cake treat! The Funnel Cake stand usually serves a **Festival Funnel Cake** for the current event. Just ONE example is the pictured Peaches and Cream Funnel Cake which appeared for the Flower & Garden Festival. These are typically ice cream-topped, and always memorable!



JOFFREY'S COFFEE & TEA COMPANY— THE AMERICAN ADVENTURE

The American Adventure hosts one of four **Joffrey's Coffee & Tea Kiosks** that you'll find around EPCOT. Specialty tea and espresso beverages (which can be made hot or iced) are up for grabs, along with sweet treats like pastries and other goodies. You're also bound to spot something custom-made for the current EPCOT Festival, with each Joffrey's location crafting its own unique treats for these seasonal events. You can even find a few "Spirited Beverages" (coffee or slush cocktails!) on the list.

P.S. Lines can get LOOOONG at the Connections Cafe Starbucks location in World Celebration, so it's good to know that Joffrey's Coffee awaits you around the park (with FAR fewer folks in line)!







REGAL EAGLE SMOKEHOUSE: CRAFT DRAFTS & BARBECUE

It's all in the name at **Regal Eagle Smokehouse: Craft Drafts & Barbecue**! This restaurant celebrates the regions of American BBQ and serves up craft brews on tap. You can try any (or all!) of the four house-recipe sauces while enjoying Memphis Dry-Rub Pork Ribs, Sliced Texas Beef Brisket Sandwich, or Kansas City Half-Smoked Chicken – to name just a few entrees on the menu. Classic sides like Baked Beans with Burnt Ends and dessert options are available to complete the meal.

Now who, you may be wondering, is the Regal Eagle? Why, it's Sam Eagle of THE MUPPETS fame! You'll find nods to Sam and the whole gang around the eatery!





MACARONI & CHEESE $4.99



Macaroni and Cheese is offered as a side option for meals at Regal Eagle, but you can also purchase it on its own. By the looks of it, that's a great thing. Unfortunately, at times we've found this delicious-looking dish to be lacking a certain something... like *flavor* (though the panko crumb topping provided a nice bit of texture variation and hints of herbs). But this dish has shown improvement on recent visits, so I keep giving it a try. (Because when have I ever been able to say "no" to mac and cheese??)

BAKED BEANS WITH BURNT ENDS $4.99

Baked Beans with Burnt Ends are a perfectly classic side to go along with your BBQ feast at the Regal Eagle Smokehouse!

This dish is packed with plenty of flavor AND meaty chunks of Brisket burnt ends. The portion is generous, too, making this a protein-packed snack or side.



BEER-BATTERED ONION RINGS $4.99



The **Beer-Battered Onion Rings** aren't that much different from what you'll find at other quick service locations around Disney World. So that may not sound too exciting, but let me tell you... Disney gets onion rings *right*. There's nothin' wrong with these huge rings of tender onion with crisp, golden coating.

Plus, you can grab a variety of BBQ sauces for dipping! YUM!

BBQ FRIES $6.49



The **BBQ Fries** are a batch of Regal Eagle's seasoned fries topped with coleslaw, sweet BBQ sauce, and ketchup aioli (similar to ketchup and mayo mixed together). The flavors are altogether terrific, and we think grabbing a couple of the complimentary sauces available here might add even more flavorful fun. Alas, where this is a bit of a letdown is the texture, with the creamy coleslaw adding more "cream" than crunch, making the fries soggy. I'd go with the Poutine at Refreshment Port for specialty fries over this.

CREAMY COLESLAW $4.99



The **Creamy Coleslaw** is a natural side to the BBQ fare served at the Regal Eagle Smokehouse. And this version definitely lives up to its "creamy" name! In fact, we found it to be a bit *too* heavily dressed with mayonnaise. On the other hand, we love the generous amount of pepper in the dish! The slaw can be purchased on its own, but it's also an option as a side included with many of the entrees at the Smokehouse.

HOUSE-MADE BBQ SAUCES FREE WITH YOUR PURCHASE



The array of **Barbecue Sauces** are an included accompaniment with a purchase at the Smokehouse, and they're based on the best of BBQ around the country! Options include Spicy Blue Ribbon Brisket Sauce, Blue Ridge Vinegar League, Sizzlin' Pit Dry Rub Coalition Classic Smokehouse Sauce (which is similar to what will likely come to mind as a traditional red BBQ), and the Mustard Guild "Old Glory" Sweet Mustard Sauce. No matter which BBQ is tops in your area, grab a variety outside of your norm and give 'em a try!

FRESH WATERMELON SLICESS $4.99



Simple and refreshing... I love that you can get **Fresh Watermelon Slices** at Regal Eagle Smokehouse.

It really lends that backyard BBQ feel to your meal, and can be a great alternative to the fried offerings (especially when you're hoping to get some fruits into your little ones while you're in Disney World... watermelon is so close to dessert that they'll be none the wiser)!

S'MORES BROWNIE $5.49



Graham crust and a mound of gooey marshmallow (toasted, no less!) present two of the three ingredients that make up this twist on the classic S'more. But the **S'mores Brownie** really amps up that famous third ingredient, CHOCOLATE, with a fudgy chocolate brownie, topped with a rich chocolate ganache. That extra square of chocolate – just like the one you would sandwich between the graham crackers on your favorite camping treat – is the perfect finishing touch. This is one decadent sweet treat!

BANANA PUDDING $5.49



Craving a classic American dessert during your World Showcase travels? Well, it doesn't get much more classic than **Banana Pudding**! Vanilla wafer cookies are tucked in between layers of rich banana pudding that's just the right amount of sweet. You'll find bits of banana in there, too, and a dollop of whipped cream tops the treat along with more vanilla cookies. It's served slightly chilled, which helps make it even a bit refreshing on a hot day. Just like Grandma used to make!



REGAL EAGLE SMOKEHOUSE OUTDOOR BAR

Just left of the entrance into Regal Eagle Smokehouse restaurant is the **Regal Eagle Smokehouse Outdoor Bar**, which presents unique beverage offerings all its own. Draft beers are served both inside the restaurant and at the Regal Eagle's Outdoor Bar, but you'll find a slightly larger selection outside. Wine on Tap is also served!

My personal favorite sip here is the Frozen Mint Julep (Jim Bean Black Extra-aged Bourbon with citrus and mint pictured on the right). If you've never tried the Kentucky Derby's signature cocktail, here's your chance -- right in EPCOT! More traditional refreshers include the Frozen Classic Strawberry Daiquiri pictured on the left.



11

JAPAN

JAPAN

Immerse yourself in Japanese culture at EPCOT's **Japan Pavilion**! On your way to the pavilion's Table Service restaurants, Teppan Edo and the new Shiki-Sai: Sushi-Izakaya, take a closer look at the Japanese Pagoda, which stands five stories.

Perhaps you'll visit Japan's signature restaurant, Takumi-Tei. (Takumi-Tei means “house of the artisan,” and the setting and cuisine are inspired by Japan's natural beauty.)

Inside the Mitsukoshi department store, you’ll find tea kettles, sushi prep tools, chopsticks, and SO much more! There’s a HUGE assortment of truly unique snacks which you can try in the park or take home to enjoy an EPCOT culinary adventure even after your trip is complete.

And you’re not done yet... back outside, you can visit the Garden House Sake Bar, or enjoy a shaved ice at Kabuki Cafe. Katsura Grill offers sushi, noodle, and teriyaki dishes. No matter where you dine, be sure to take some time to stroll and appreciate the unique beauty of EPCOT's Japan!





KABUKI CAFE

If you're looking for a nice frozen treat as you tour EPCOT, stop by **Kabuki Cafe** for the famous (and fan-favorite) Kakigōri – refreshing shaved ice topped with fruit syrup (and sweetened condensed milk, if you like!). And Sake Mist cocktails offer a twist on shaved ice that's just for grown-ups!

The menu also features snack-sized portions of sushi. Ice cold beverages, including the unique Frozen Kirin Beer, are on offer.

This small stand presents LOTS of fun and flavorful options!





KAKIGŌRI

STARTS AT $7.00





A classic EPCOT snack—**Kakigōri**! This shaved ice treat is cold, refreshing, low-calorie, and fat-free (as long as you don't douse it with condensed milk, which I enjoy doing ;-D), and always delicious. This is a nice mid-day break that won't weigh you down. Choose from Strawberry, Melon, Cherry, Tangerine, Blue Raspberry, or a Rainbow collection of flavors! And for an extra special treat, add a special sweet milk topping for some added creaminess. Please note price differences among the options: a Single Flavor is $7.00, Two Flavors is $7.50, and the “Rainbow” is $8.00. Sweet Milk Topping can be added for an extra $1.50.

CHILLED EDAMAME

$4.75



Edamame is a triple crown winner of a snack in EPCOT. For those watching what they eat, it's a nutritious snack – served chilled – that will fill you up without a lot of calories or sugar. (If you don’t like them plain, add a little bit of salt.) The high-protein content will keep you going all day long... or at least until your next Advance Dining Reservation!

SUSHI – NIGIRI COMBO $6.50





Sushi snacks at the Kabuki Café are the perfect single-serve portion of sushi. Even though they're packaged and not made fresh in front of you, these can still be a good treat. The **Nigiri Combo** features salmon, tuna, and shrimp if you're looking for some variety in your snack-sized sushi! P.S. If you'd like a meal-sized portion, check out the Tokyo Sushi Combination Platter at Katsura Grill, which features Nigiri and California Roll pieces.

SUSHI – CALIFORNIA AND SPICY ROLL $6.25





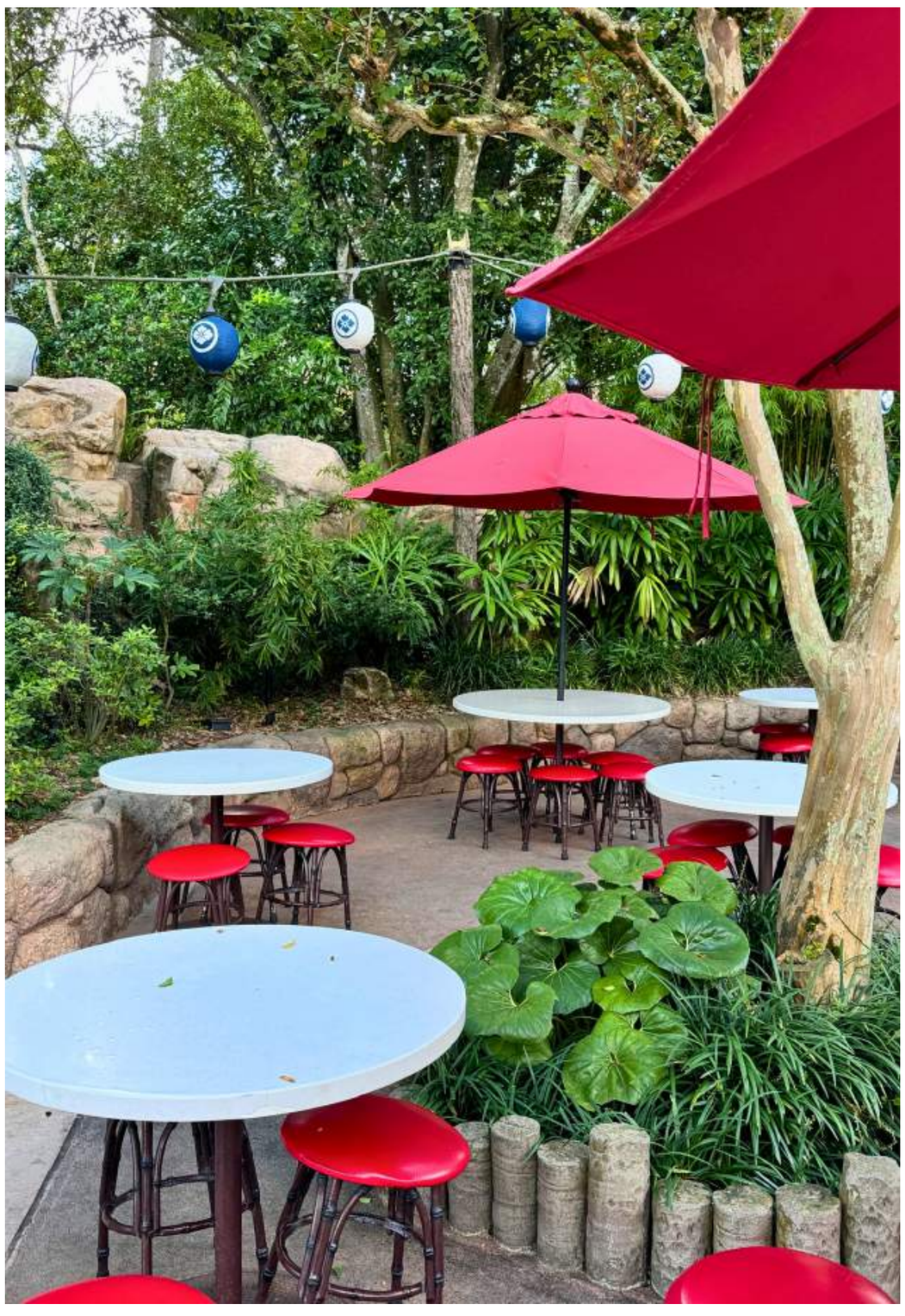
Additional Sushi snacks at Kabuki Café include the bright and fresh **California Roll** (pictured left) made with avocado, cucumber, "Krab," mayo, and smelt roe rolled in sushi rice. But you like a little heat, consider the **Spicy Roll** (pictured right)! Pieces of spicy tuna and salmon mixed with cucumber are topped with volcano sauce... which isn't *too* terribly spicy, but bear in mind that it's called "volcano" sauce for a reason!



KATSURA GRILL

Settled up on a little picturesque hill in the Japan Pavilion is the hidden Quick Service gem, **Katsura Grill**.

Choose from many satisfying meal options (including sushi, ramen, and teriyaki) and sit amidst a beautiful Japanese garden with relaxing water features or take in the quiet indoors under the exposed beam wooden roof.





YUZU MISO WINGS 13.99



WAAANGS!! In the Japan pavilion?!
YES, my friends!

The six **Yuzu Miso Wings** you receive with your order are sweetened with a fresh, citrus flavor. Sesame seeds add a hint of nuttiness and crunch to the fried chicken wings. Pricey? Yep. But also *seriously* tasty.

MISO SOUP $4.00



I can't even tell you how often I've found myself walking around EPCOT on a blazing hot summer day thinking, “You know what sounds great right now? **MISO SOUP**!” Oh, wait.., yes, I can. I've *never* thought it once. (I'm not personally into tofu which, along with the miso paste, is one of the key ingredients in this dish.) But still, it's available if you think differently! Miso Soup is another better-for-you snack that will fill you up and have you ready to go in no time... so if it's your thing, go for it!

EDAMAME $5.00



Edamame is a triple crown winner of a snack in EPCOT. For those watching what they eat, it's a nutritious snack – served chilled – that will fill you up without a lot of calories or sugar. (If you don’t like them plain, add a little bit of salt.)

The high-protein content will keep you going all day long... or at least until your next Advance Dining Reservation!

YUZU CHEESECAKE $6.00



Katsura Grill has never been known for serving up great desserts, to be honest. That's why the **Yuzu Cheesecake** is such a pleasant surprise!

Creamy cheesecake is infused with the Japanese citrus fruit, lending a lovely lemon-y flavor. A graham cracker crust and a drizzle of strawberry glaze complete the sweet and tangy treat.

MOUSSE CAKE $6.00



The **Mousse Cake**, one the other hand... well, it does NOT get our recommendation. A bit of strawberry flavored mousse (which is more like an airy frosting) and gelatin-like topping sits between layers of standard yellow cake. That mousse topping, by the way, is not light and fluffy as you might expect. (We found that ours was almost hard from sitting in the refrigerator.) Overall, this dessert is basic and bland... which is why we're extra grateful for the Yuzu Cheesecake!

SUSHI ENTREES STARTS AT $10.00



If you're looking for more than the snack-sized portions of Sushi served at Kabuki Cafe, be aware that you can enjoy full entree sizes of a Vegetable Roll, California Roll, a Spicy Roll, or a Tokyo Sushi Combo here at Katsura Grill! But, hey... if you're REALLY into Sushi, be sure to check out the brand new Shiki-Sai: Sushi Izakaya table service restaurant in the Japan Pavilion for a real connoisseur's experience!



GARDEN HOUSE SAKE BAR

Hot or cold Sake can be found at several locations in Japan, and you can also head to the **Garden House Outdoor Sake Bar** for Sake Cocktails like the Tokyo Sunset or Violet Sake (pictured below), along with a wider sake selection from which to choose.

Keep your eyes peeled for seasonal Sake Cocktails, too! They give the opportunity to try sake (perhaps for the first time) in fun concoctions that you may not encounter elsewhere.





JAPANESE TREATS



KIT-KATS

The KitKat varieties you can find in the Japan pavilion are, indeed, a splurge... but they are a FUN one! Ocean Salt KitKats join flavors like Strawberry, Matcha Green Tea, Roasted Green Tea, Salt Lemon, and more in Mitsukoshi!



POPIN' COOKIN'

Did you know you can find Popin' Cookin' in the Japan pavilion?! These DIY candy kits are a seriously fun find to tuck away and bring back home to surprise the kiddos. Varieties include Candy Sushi, Candy Bento Boxes, and Tanoshii Cakes.



TAMAGOGANI

You can see Every. Single. Dried. Crab in the bag of Tamagogani. (And it *kiiiiinda* feels like they can see YOU, too.) So grab a bag and... umm, enjoy? Or just grab a bag to show your family while in the store to gauge their reactions. ;-D

MITSUKOSHI DEPARTMENT STORE

One of my favorite treasure troves in all of Disney World is the back of the Mitsukoshi Department Store in the Japan Pavilion – it's HUGE, so you can't miss it!

Here you'll find countless varieties of Japanese candy, chips, packaged meals, drinks, and other unique items. You may not be able to tell what they are... but that's half the fun! Buy a pack, open it up, and see what awaits you!



12

MOROCCO

MOROCCO

Step into a courtyard filled with olive trees, date palms, and citrus trees -- this is EPCOT's **Morocco Pavilion**.

The authenticity of the architecture is evident from the prayer tower to the Medina (or marketplace).

Spice Road Table presents a lounge menu of fresh Mediterranean small plates in its uniquely lovely setting, with wonderful views of World Showcase Lagoon.

And the connected Oasis Sweets & Sips serves up... well, exactly that!

You can also partake in shareable beverages at Sangria in the Souk, where you can simply enjoy your wine while you relax and take in the atmosphere of this stunning pavilion!





OASIS SWEETS & SIPS

You'll find **Oasis Sips and Sweets** right next to Spice Road Table in the Morocco Pavilion.

The "sips" including fruity slushies (including a standout Frozen Mint Tea) and unique cocktails.

But the most interesting thing here just might be the "Sweets." You see, Oasis offers a small selection of assorted desserts, with the opportunity to "Mix and Match" your order. We'll explain in this chapter... Join us!





FROZEN MINT TEA $6.25



The **Frozen Mint Tea** is available with or without Bombay Sapphire Gin, and it is a uniquely refreshing sip on a hot day. Even if you order it without alcohol, it remains something of a “grown-up” slush in that it's not overly sweet. On cooler days, you may find traditional Hot Mint Tea up for grabs, as well. Hot or frozen, this surprisingly sweet tea combines Green Tea, Black Tea, Spearmint, and organic sugar. This hidden gem gets rave reviews, and they are well-deserved!

FROZEN CITRUS POMEGRANATE SLUSHY $6.25

Get ready to PUCKER UP with the **Frozen Citrus Pomegranate Slushy**! And, WOW, does this sip put the emphasis on the citrus. It is seriously – and unexpectedly – TART. We chose the non-alcoholic version of this drink, and suspect that the optional addition of Absolut Mandarin may temper the tartness a bit. But it is most certainly flavorful, and if you love sour candies or the like, this may be the perfect drink for you! Just don't say we didn't warn ya. ;-D



“PICK 1, 3, 5 OR 7” MIX AND MATCH PASTRIES VARIES



We’re about to show you several individual **Moroccan Pastries**, which are each individually priced at $3.25 for one. BUT WAIT! You have the option here to pick your own small (or large!) assortment of goodies, bringing the price per pastry down while giving you the chance to try several items in one fell swoop! Pricing is as follows: 1 for $3.25 (and snack credit eligible); 3 for $6.75; 5 for $11.50; or 7 for $15.75. IMHO, this delicious opportunity is *seriously* overlooked.

SARAGLI AND BAKLAVA $3.25 FOR 1 OR MIX AND MATCH



Among the pastry options at Oasis Sweets & Sips is **Baklava**, a rich treat consisting of phyllo pastry filled with chopped nuts and sweetened syrup or honey. Though you may find other flavors available (like Walnut or Cashew), we most often spot Pistachio Baklava. You'll also often see *literal* twists like Flogeres (with walnuts) and **Saragli** (pictured), which presents similar ingredients in a rolled fashion.

KATAFAI $3.25 FOR 1 OR MIX AND MATCH

Katafai is another pastry that is similar to baklava in ingredients and flavor.

The real difference here lies in the unusual texture, thanks to the very fine “spaghetti-like” pastry strands! I personally prefer the more traditional phyllo (the Katafai can get sticky quite quickly), but this is still a very fun variation to try!



BASBOUSA CAKE $3.25 FOR 1 OR MIX AND MATCH



The **Semolina Orange Basbousa Cake** offers a lovely flavor variation to the Oasis pastries, thanks to the citrus flavor brightening up the light and airy sponge cake.

There is also plenty of coconut to enjoy for fans of the tropical taste. Delightful!

GHRIEBAS

$3.25 FOR 1 OR MIX AND MATCH



Craving a cookie? The options give you more than the typical chocolate chip to choose from! A mildly sweet **Almond Ghrieba** is typically up for grabs. The **Coconut-Pistachio Ghrieba** (pictured) is more akin to a macaroon due to the hefty amount of coconut, and is drizzled with chocolate to finish. The pistachio does not come through as anticipated, but coconut fans will likely be very pleased. I know I am!

MOSAIC COOKIE

$3.25 FOR 1 OR MIX AND MATCH

If the **Mosaic Cookie** with Apricot Jam is available at Oasis on your visit, you certainly can't miss spying this colorful treat! The chocolate cookie has a layer of apricot jam, which turns out to be an enjoyable pairing. Made to resemble the intricate tile work in the Pavilion's Fez House, the mosaic is made of a fondant-like icing... which, alas, is for appearance more than flavor, and adds a r ather unpleasant texture. But the visual effect is nearly as lovely as it is in the Fez House itself!



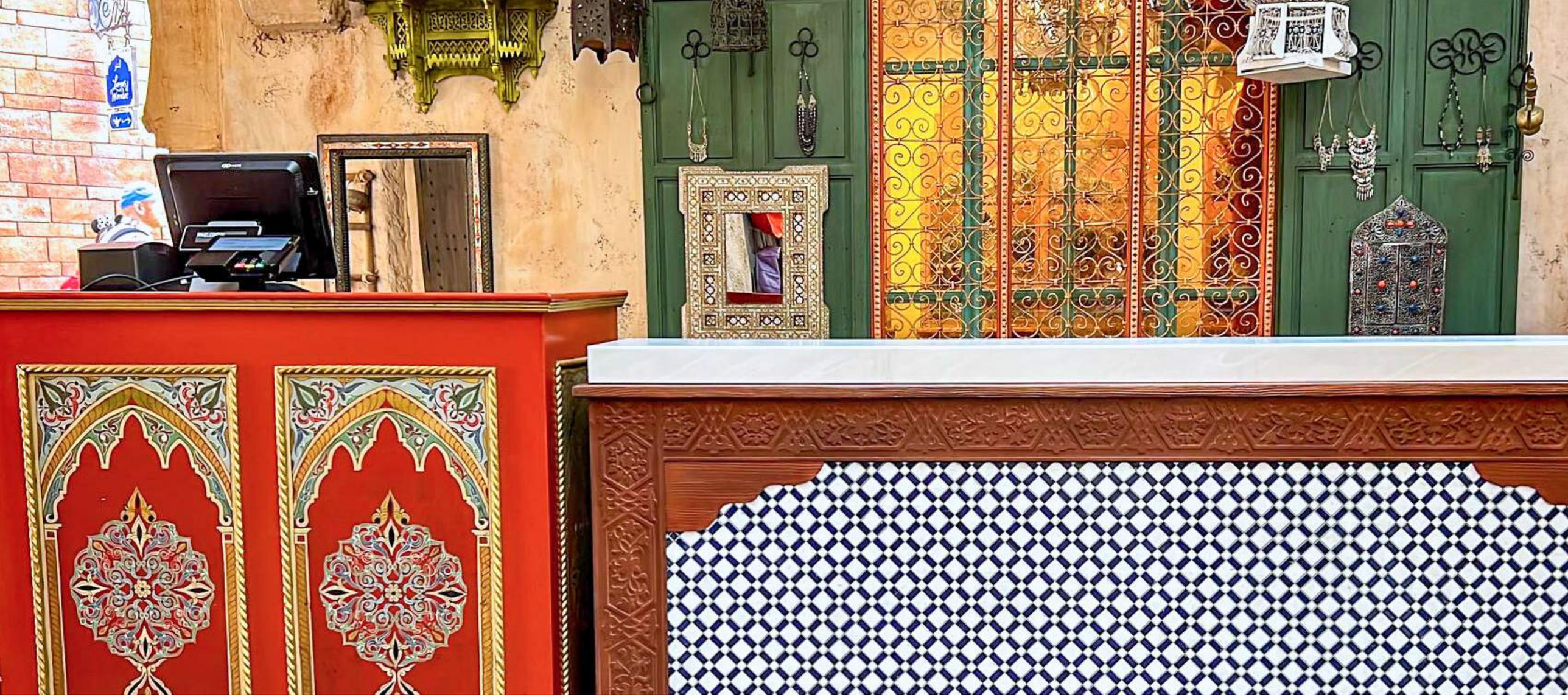
ALMOND BRIWAT

$3.25 FOR 1 OR MIX AND MATCH



The **Almond Briwat** is a sweet puff pastry with almonds, and it’s garnished with sesame seeds. Wonderfully delicate and flaky, it's actually one of the sweetest among the choices in the pastry case (though you'll find that it's still not overly sweet or saccharine by any means).

This yummy bite is just *begging* to be paired with a cup of coffee.



SANGRIA SIPS IN THE SOUK

Sangria Sips in the Souk... what could be better than savoring a glass of wine in this little-known space tucked inside the Brass Bazaar in the stunning Morocco pavilion?

Shareable Sangria in your choice of white or red sangria is what you'll find here. And you can even choose from a small selection of munchies to go with your chosen Sangria, or simply a bite on its own.

It is a lovely thing to sit and relax in this gorgeous setting.





ROASTED SEASONED CHICKPEAS $4.25



Guests looking for a protein-packed snack spiced with unique and robust flavor can find **Roasted Seasoned Chickpeas** in the Morocco pavilion.

This is an easy-to-grab-and-carry snack that you can pick up for some tasty fuel as you continue your World Showcase stroll; or simply sit, snack, and enjoy the lovely atmosphere in the Morocco pavilion.

MIXED NUTS AND DATES $6.00



Peanuts, pecans, almonds, and cashews come together with a sweet seasoning blend for the **Mixed Nuts and Dates**. Dates lend even more flavor variation to this protein-packed, relatively healthy, sweet-and-salty snack.

(We do think, though, that the $6.00 price tag is a little hard to swallow considering the small portion size.)

MEDITERRANEAN OLIVES $5.25



Mediterranean Olive lovers, we know you're out there! Whole green and purple olives are served up with cocktail pickles, garlic cloves, capers, and sliced red pepper tossed with Mediterranean seasonings and olive oil. This little dish is not for the faint of heart. The seasoning carries some surprising heat along with lots of flavor (including full garlic cloves)! We *totally* dig it, and love this unique find. Definitely not your typical theme park eats, that's for sure!

SHAREABLE RED OR WHITE SANGRIA $22.00



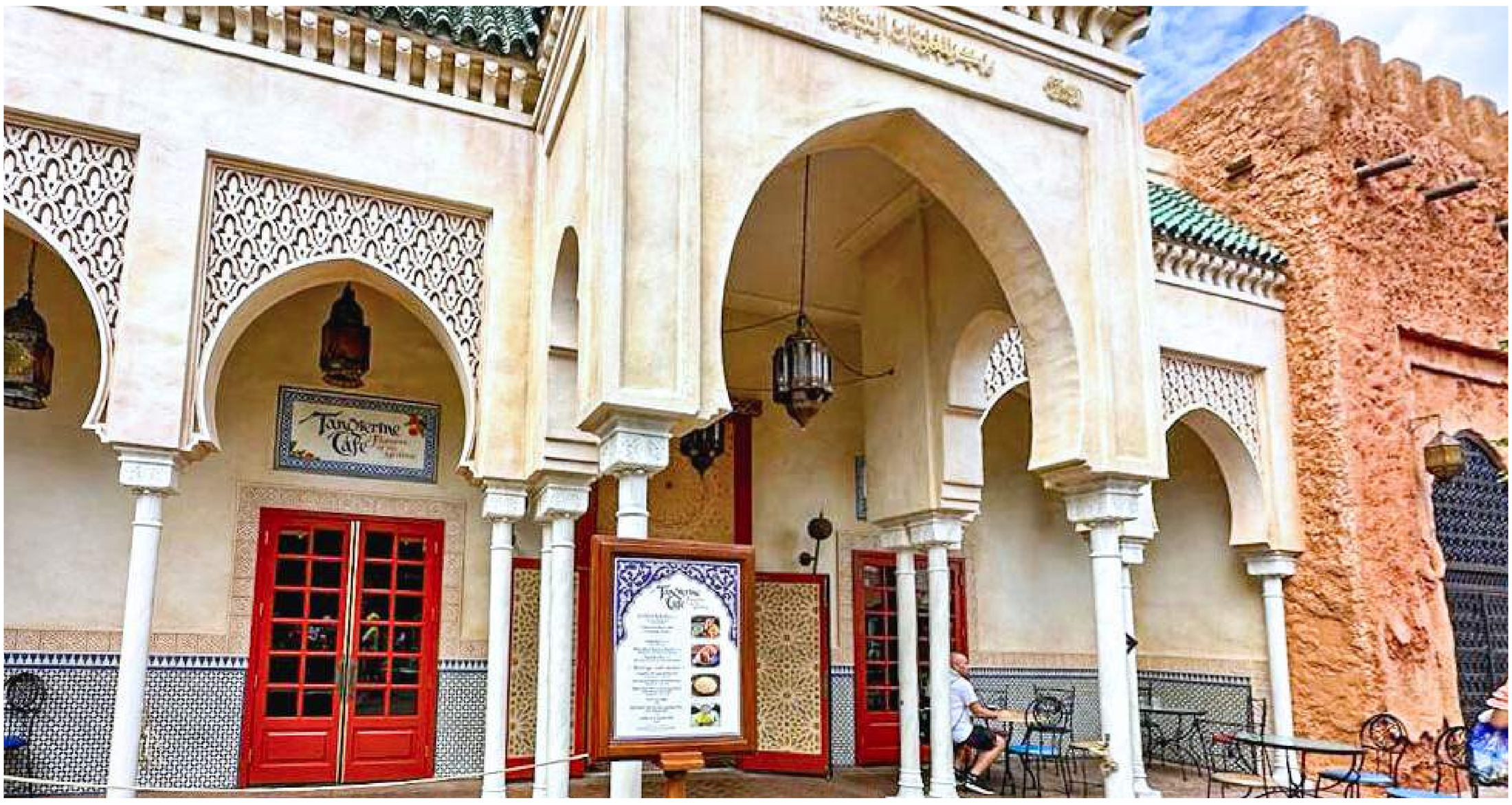
The spot's **Shareable Sangria** is a terrific concept at the snack cart in the Morocco pavilion's marketplace. Guests receive a reusable carafe (to return upon finishing) with their choice of white or red sangria, along with two glasses. The White Sangria combines Albariño white wine with St. Germain Elderflower liqueur, Monin Elderflower, and white grape juice. It's garnished with a cherry, oranges, and blackberries, and is altogether quite refreshing.



TANGIERINE CAFE

Nestled amongst intricate mosaic tile and beautiful Moroccan architecture, and surrounded by the sound of Arabian music faintly whispering in the breeze, guests can dine on Mediterranean specialties in a uniquely diverse environment at **Tangierine Cafe**.

Tangierine Cafe previously operated as a traditional Quick Service restaurant with a somewhat small, but dedicated, fan base (which includes yours truly). Currently, though, the spot is functioning as a Marketplace “Booth” for EPCOT's seasonal Festivals. That said, the select items you’re about to see are typically available even in between Festivals!



STONE-BAKED MOROCCAN BREAD $5.25



I LOVE this – a snack-sized portion of bread and dips! **Stone-Baked Moroccan Bread**, to be exact. The trio of accompanying dips are a traditional hummus, an herby chermoula, and Zhoug (which is heavy on the garlic). But they're simply a bonus – the light and fluffy bread is terrific even on its own.

What I love about the presentation, though, is that the dipping experience encourages you to take your time and sit for a moment. This is a no-scarfing-zone kind of snack, and in the hustle and bustle of Disney World, that's a great thing.

GRILLED KEBABS $6.25





Craving a Kebab? Why not! **Grilled Kebabs** have stayed on the rotating menus throughout the year during EPCOT's Festivals. And that's a very good thing! Typically, guests can choose from Moroccan-spiced Lamb (left) and Chermoula Chicken Kebabs (right), and both options are served with a carrot-chickpea salad and garlic aïoli. These kebabs, seasoned with flavorful spices, are the perfect snacking portion (and even a mini-meal) while you travel the World Showcase.

13

FRANCE

FRANCE

Feel the cobblestone streets beneath your feet as you stare up at the Eiffel Tower – Vive la **France**!

Amazing French cuisine is showcased in so many ways around this lovely Pavilion. Les Chefs de France is an authentic French bistro which serves all of your favorites, from escargot to profiteroles! And a truly fine dining experience can be savored at Monsieur Paul Restaurant.

Also nestled in this pavilion, Les Halles Boulangerie Patisserie showcases gorgeous bakery items. And at L'Artisans des Glaces, you can indulge in incredible house-made sorbet and ice cream treats!

In recent years, the pavilion has welcomed a new attraction: Remy's Ratatouille Adventure! In fact, La Crêperie de Paris debuted along with the new ride, bringing both Table Service and a new quick service window to the pavilion!

It's an especially exciting time to visit EPCOT's France pavilion, so join us!





CRÊPES À EMPORTER

The service window for **Crêpes À Emporter** offers a quick service component to complement the neighboring full-service restaurant, La Crêperie de Paris.

While you'll certainly find classic sweet crêpes, Crêpes À Emporter serves some unexpected savory buckwheat crêpes called Galettes along with a selection of hard ciders, as well!





CREAM OF BRIE CHEESE GALETTE $11.95





If there's one thing I love, it's a crepe. If there's another thing I love, it's rich and creamy Brie! So of the three savory Galletes at Crêpes À Emporter, my favorite – hands-down – is the **Cream of Brie Cheese Galette**, with the soft Brie melted nearly to a fondue. Incredible!

RATATOUILLE GALETTE $10.25





Savory Galettes are served on a buckwheat crêpe, which presents a more complex flavor along with that deeper color (as opposed to a flour crêpe). The **Ratatouille Galette** (pictured) is packed with tomato, zucchini, eggplant, and flavorful herbs. There is also a Bechamel, Swiss Cheese, and Ham Galette, which is wonderfully rich and filling. These are close to a well-balanced meal than a snack.

BUTTER AND SUGAR CREPE $6.95



Now THIS is what most of us think of, I imagine, when we think of this French dish: the classic **Butter and Sugar Crêpe**! Don't get me wrong, I love all the toppings and fillings you can choose from, but sometimes, simple really can be the best. It's also a great way for your kiddo to try a bit of international cuisine if they're hesitant to try some of the more "dressed up" crêpes!

HAZELNUT AND CHOCOLATE SPREAD CREPE $8.95





A Hazelnut and Chocolate Spread Crêpe. (Yes, that would basically be Nutella, except here, the sauce is house-made. Need I say more?) This is sincerely divine, and it's one of the reasons I always find myself wondering why the lines aren't longer at Crêpes À Emporter. (Not that I'm complaining, mind you!)

RED BERRIES CREPE $8.75





The red berry compote and berries that make up the **Red Berries Crêpe** add a hint of sweet and tart flavor to a flour crêpe. It's simple, sweet, fresh, and tasty. (But I wouldn't say no to some whipped cream on top, were it available. That's my one caveat with this one.)

BECHAMEL CHEESE & HAM GALETTE $12.50



The **Bechamel, Cheese, and Ham Galette** comes in second only to the Brie for my favorite Galette at Crêpes À Emporter, since bechamel is basically a thick and super creamy white gravy (and therefore right up my alley). A strong Swiss cheese add loads of flavor while the ham provides a substantial heartiness. This will definitely keep you going on your World Showcase stroll!

ICE CREAM CRÊPE $8.50



Simple, but delicious. It's a butter and sugar **Ice Cream Crêpe** topped with your choice of vanilla or chocolate soft-serve. (Crêpes À Emporter also serves strawberry ice cream, but they recommend classic vanilla or chocolate to pair with the crêpe.)

I don’t know about you, but I'll take a butter and sugar crêpe base for my ice cream over a plain ol' cone any day. Give it a try!

ICE CREAM CONE $7.95



That said, you can indeed get your soft-serve in a “plain ol’ cone” here as well ;-D!

Chocolate, vanilla or a swirl of the two is available, along with **strawberry**.

As you can see, Crêpes À Emporter serves up these swirls in a cone from the nearby L’Artisan des Glaces.

MILKSHAKE $9.95



There’s more to the Chocolate Milkshake at Crêpes À Emporter than meets the eye. Sure, it’s certainly a rich, creamy, chocolatey milkshake. But the chocolate is much more sophisticated than you might expect, and is perhaps a better fit for adult palettes. We love that it’s a classic concoction... only elevated! Vanilla and Strawberry are also on offer.



L'ARTISAN DES GLACES

Sixteen different flavors of house-made ice cream and sorbet are served at **L'Artisan des Glaces**. But if that's not enough for you, then read on, my friend...

In addition to the ice cream and sorbet served in traditional waffle cones or a cup, you can also get a special something called an Ice Cream Martini!

Additional specialty items include Macaron Ice Cream Sandwiches in seasonal varieties, Brioche Ice Cream Sandwiches (Croque Glace), cappuccino served with ice cream (Cafe Glace), and more! We can't wait to walk you through all your options right here...





ICE CREAM IN CUP OR CONE — STARTS AT $7.95





Which ride to tackle first? Forget that... your hardest decision in EPCOT may be which flavor of **House-made Ice Cream or Sorbet** to choose at L'Artisan des Glaces! Good news is, with flavors including – but not limited to! --Caramel Fleur de Sel, Cinnamon Caramel Apple, Coconut-White Chocolate, Mint-Chocolate, and Piña Colada, you CAN'T go wrong! P.S. Keep an eye out for *flavored* cones, too!

MACARON ICE CREAM SANDWICH — $8.95





The **Macaron Ice Cream Sandwich** features chocolate macarons that are perfectly light and crumbly on the outside, and soft and gooey on the inside. Combine that with the cold creaminess of chocolate ice cream, and you have a new favorite snack! Look for seasonal flavors (like fall's Pumpkin Spice Macaron, pictured on the right), too!

CAFE GLACE — $9.50





When you need a little caffeine boost with your ice cream, may we suggest the **Cafe Glace**? This cold drink features freshly brewed and robust iced cappuccino topped with your choice of ice cream and oodles of whipped cream. Talk about indulgent!

CROQUE GLACE $10.95





The **Croque Glace** is wonderfully unique. It starts with freshly made brioche and your choice of hand-crafted ice cream (I love the salted caramel). Next? You get to choose which sauce, such as chocolate (my pick!) or raspberry. The whole thing goes into a sandwich press (!!) and the ice cream is sealed inside the brioche. It really is a perfect warm-and-cold-and-creamy treat that you can't miss!

ICE CREAM MARTINI $14.95





Perhaps the most decadent menu item at L'Artisan des Glaces is the **Ice Cream Martini**, where you get to choose your ice cream flavor and which alcohol you want poured on top (Grand Marnier, Rum, or Whipped Cream Vodka). I personally love the Pina Colada with Rum, but the possible combos are endless! This is *definitely* a must-eat (and drink!) treat when you're in the France pavilion.

COUPE DU DIMANCHE $10.95



Like just about anything on the menu at L'Artisan des Glaces, the **Waffle Bowl Sundae** (or Coupe du Dimanche) allows for customization. Choose two scoops of ice cream, then top it with, like, *a full pound of whipped cream* and your choice of caramel, chocolate, or raspberry sauce. That waffle bowl, by the way, is freshly-pressed and house-made. Terrific!



LES HALLES BOULANGERIE-PATISSERIE

Tucked into the back of EPCOT's France pavilion is a charming bakery that is packed with truly exquisite treats, both sweet and savory: **Les Halles Boulangerie-Patisserie**. Indulge in decadent pastries and delicious desserts – or order a fresh sandwich made with simple but high-quality ingredients. (Better yet, order several items from among the expansive offerings to sample and share!)

Step inside the Patisserie with us! We have a LOT to show you...





VIENNOISERIE AU POMMES $5.95



The **Viennoiserie au Pommes (Apple Crumble Pastry)** takes the fantastic flavors of a hearty apple pie and presents them in a light and flaky croissant swirl! Buttery “crust” can be tasted in the pastry, while almonds and walnuts offer a bit of crunch. Large chunks of apple can be spied on top (covered with an oat crumble), and they're cooked inside the pastry, too! The apples are spiced with cinnamon, so it's bursting with those fall flavors, no matter the time of year.

PAIN LARD & FROMAGE $8.25



So what makes a soft, buttery pastry even better? Putting a bunch of cheese and bacon on it! We knew we loved France!

It's pretty much what it says in the name: the **Pain Lard & Fromage (Bacon & Cheese Roll)** is a pastry roll topped with oodles of bubbly cheese and bacon pieces. What could go wrong??

BAGUETTE $2.95 HALF/$4.25 FULL



We think cheese and soup should always be accompanied by bread! If you're with us, a **Baguette** can be purchased to go with your cheese plate or soup choice at Les Halles. Fresh from the oven, the half or full portion presents lots of snack options when paired with many of the other menu items at the France bakery. Or you may simply choose just the bread (accompanied by a few packets of butter) for a lovely snack on its own right at a GREAT price.

SOUPE DU JOUR $7.95



Believe it or not, there are cool days in Disney World every now and then, and that’s when the **Soupe du jour (Soup of the Day)** hits the spot! My personal favorite is the pictured Bisque Homard (Lobster!), but we’ve also seen options like Cauliflower and Potato and Leek. Oh, and did we mention Les Halles serves up their soups in a house-made BREAD BOWL? Perfection.

BEIGNET $5.95





The **Beignet** at Les Halles is... different from what you might expect when you think of a “beignet.” In fact, it's so different that it's pretty much a donut. ;-)

But we’re talking a bout a nice, big, fluffy donut featuring a chocolate hazelnut filling (very similar to Nutella), and, frankly, we're not in a position to complain! It's GREAT!

So, call it what you want, France. We'll still eat it.

CHOCOLAT $7.50

Chocolate lovers, we’ve found the perfect tart for you! This Chocolate and caramel Tart is listed simply as the **“Chocolat”** on the menu.

This beautiful dessert starts with a flaky tart shell filled with a rich caramel cream topped with light and airy chocolate mousse. It's finished with large accents serving up even more chocolate. The caramel and chocolate are a perfect flavor combination that will satisfy any sweet tooth. It is simply lovely.





QUICHE $7.25/$9.95





One of my favorite savory snacks is the **Quiche Lorraine** (pictured on the top). Baked in a buttery crust, the ham and egg custard is generously topped with gruyere cheese. Get your open-faced quiche toasted to bring out the fragrance of the cheese! This versatile option is a great choice for any time of the day, and the protein punch will easily carry you to your next meal.

A **Quiche Florentine** (spinach and goat cheese, pictured on the bottom) is also often available if you prefer to go sans meat.

FROMAGES $12.95



Five **Fromages** (cheeses) are presented on the imported Cheese Plate – typically blue, goat, brie, gruyere, and gouda. While crowds are the norm at this France bakery, this is one of those savory items that makes the wait worth your time. We recommend a baguette and a glass of wine to pair with your cheese. Then find a quiet spot outside to enjoy the French ambiance. You'll need to unwind after the chaos of the queue!

BISCUIT CHOCOLAT $5.25



We love chocolate chip cookies and this version **("Biscuit Chocolat")** from Les Halles is one that's made by a pastry chef. So, get on board! It's *giant*, includes chocolate chunks AND chips, and has great, fresh flavor. An ice cold milk would be a perfect partner for this cookie if you're planning on sitting down and enjoying it in France.

PAIN AU CHOCOLAT $4.25



For a less adventurous – yet still delicious – option, select a **Pain au Chocolat (Chocolate Croissant)**! Light and flaky, this is a decadent pastry for your morning, afternoon, or evening excursion around World Showcase. These are more devastating than they seem – a well-done pain au chocolat can do wonders for your mood! The golden, buttery, flaky croissant and rich chocolate are simple, yet indulgent.

ECLAIR $5.95



The **Chocolate Eclair** at Les Halles is actually quite good. When I first tried it, I assumed the cream inside was going to be vanilla, but was pleasantly surprised by even MORE chocolate! You may see a vanilla eclair available from time to time, as well. Pull up a chair at the bistro tables outside of the bakery and be transported to the streets of Paris!

FRANGIPANE $6.75



The **Frangipane** is a concoction of butter, sugar, and flour flavored with almonds! This version also adds chocolate and hazelnut to the croissant. And while those are two ingredients I wouldn't typically argue against, the almond filling is so delicious on its own that it really doesn't require the additions. But it IS all wrapped up in a delightful, buttery pastry, so I can't say it's a total loss, by any means. Give it a try, you just may become a fan!

CRÈME BRULEE $5.95



This single-serve **Crème Brulee** is comparable to many that you'll get at signature restaurants in Disney World! The smooth custard and crackly sugar shell will have you giving second thoughts to “theme park food!” I love to head over when Les Halles first opens, snag a solitary table, and dig in! Perfect for a midday treat, too. Oh, what the heck, eat it at night! Whenever you indulge, it's worth it.

DUO $7.95



Such a tiny name **– “Duo” –** for such a big taste! This pretty treat features chocolate, chocolate, and... MORE chocolate. The Duo au Chocolat is a white and dark chocolate mousse cake, which is decadent on its own. Then the cake is topped with a dark chocolate glaze and white chocolate flakes. And if that’s not enough chocolate for you, there’s a white and milk chocolate candy on top of the Duo. SOLD!

FROSÉ $15.75



Les Halles isn't only home to decadent pastries. You'll also find a selection of drinks inside (a Mimosa and a variety of wines and champagnes among them). And the star of the show is the **Frosé**! This beautiful bevvy is a frozen blend of Côtes de Provence rosé, vodka, and peach. Less sweet than, say, the Grand Marnier Slush, it presents a nice, light peach flavor that is altogether refreshing. Cheers!

CAFÉ LIEGOIS $7.50



While a traditional **Café Liégois** is an ice cream treat, the Les Halles take is a coffee-and-cream mousse, which offers the full coffee-flavor experience in three layers: an airy sweet cream, a dark layer boasting an intense espresso flavor for the serious coffee connoisseur, and a final mousse-layer that is reminiscent of a coffee milkshake (a la a Frappuccino). Basically what you have here is a layer for every kind of coffee lover!

PATISSERIE A L'ABRICOT $5.95



The **Patisserie a l'abricot (Apricot Pastry)** is a lightly toasted buttery croissant topped with powdered sugar. A slice of apricot is lightly baked into each of the croissant's open sides, giving it a delightfully fruity flavor. It's a bit tart (as you would expect a ripe apricot to be), but it's wonderful with the soft flaky croissant. That said, we wish there was more apricot tucked inside the pastry, because the flavor, when it's present, is remarkably unique.

TARTE AU CITRON $7.25



IThe **Tarte au Citron** is like having a mini lemon meringue pie all to yourself! Fair warning: you *will* pucker up due to how very tart this treat is. That's exactly what I love about it, but it may not appeal to everybody. The bright citrus isn't really tempered by the sweet marshmallow topping; rather, you will find this dessert is incredibly tart and incredibly sweet nearly in equal measure. It packs a flavor punch, that's for sure! My fellow lemon heads should dig in and enjoy!

FRAMBOISE $7.50



The **Framboise** layers raspberry mousse and chocolate "cake" (cookie crumbles), and is topped with raspberry jam. It's garnished with sugar-dusted raspberries which are a good indication of how *very* sweet this entire trifle is. The mousse is not quite as airy as anticipated, either, and is a bit closer to a pudding. While tasty, both the flavor and texture experience are quite different from what you might anticipate from a light berry dessert.

MOUSSE AU CHOCOLAT $7.50



This little, individual **Mousse au Chocolat** will please even the pickiest eaters. It's a classic treat with a delightfully creamy texture. This isn't necessarily “light,” so expect a heartier mousse. The topping is little crunchy pearls that Disney has become extremely fond of using in its sweet treats. They're nothing to write home about, but they do add an additional texture and décor element.

PARFAIT AUX FRUITS $7.50



If chocolate isn't your thing, we can definitely get behind the **Fruit Parfait** at Les Halles. The parfait features a light and airy creme mousse with a berry swirl in the middle. It’s topped by fresh fruit including strawberries, blueberries, and raspberries. Note that the mousse is closer to yogurt in flavor than whipped cream. This is a great snack, especially on those hot days when you’re looking to eat lighter or craving something not-too-sweet.

CROISSANT JAMBON FROMAGE $6.95



I'm not sure you really need me to describe this gorgeousness all that much, but we'll go ahead anyway! This buttery croissant filled with ham and cheese is served hot out of the oven just for you. The **Croissant Jambon Fromage** is not only filling, but delicious as it melts in your mouth. This location is where you'll find some of the most flavorful cheese at any Quick Service location, so take advantage of it! Sigh... I can almost smell it...

MACARON $7.50



We're excited to see a true **Macaron** in the French bakery! If this delicious item appears in the bakery during your visit, we highly recommend snagging one!

The delicate, flaky pastry sandwiches a refreshing combo of fresh raspberries and tart lime cream. It's like nothing else you'll find in the park!

MACARONS COLLECTION $13.50



A lovely little indulgence... it's the **Macarons Collection** at Les Halles. And those gorgeous colors aren't just for show, either! Though the assortment may vary, the six individual flavors pictured include: Raspberry, Chocolate, Lime-Caramel, Coffee-Hazelnut, Banana-Passion Fruit, and Apricot. They are freshly made, flavorful, and – quite honestly – OUTSTANDING. (P.S. A box of 12 is also available for $26.95.)

NAPOLEON $6.95



The incredibly talented pastry chefs in the France created this version of the classic **Napoleon**. Vanilla cream is sandwiched with layers of puff pastry. The whole thing is topped with a sugary icing swirled with chocolate. The pastry closely matches what you'll find in France, but includes some elements that Disney guests have requested. It's a win-win, and we love it!

PISSALADIERE $5.95



Craving pizza? France has an option for you, believe it or not! Order the **Pissaladiere –** a focaccia-like bread topped with Gruyere cheese, fresh tomatoes, olives, and herbs. Originating in the south of France, you'll bite into a satisfyingly soft crunch, which is perfectly worthy of your out-of-pocket cash or snack credit! And you'll absolutely want to get this menu item toasted for the full experience!

FRAISES $7.25



If looks have anything to do with your dessert of choice, this one is perfect for you! The **Fraises (Strawberry Tart)** is stunning. Fortunately, it tastes good, too! A flaky crust, rich vanilla cream, and luscious berries make up the beautiful Les Halles strawberry tart. One bite and you'll be amazed! If you enjoy fresh strawberry, buttery crust, and sweet cream, this dessert is not-to-be-missed.



LES VINS DE CHEFS DE FRANCE

Les Vins des Chefs de France is a simple kiosk located across the walkway from Chefs de France in Epcot's France Pavilion, and it is home to two of the most delicious and refreshing adult beverages at Walt Disney World! We're talking about the Grand Marnier Orange Slush and the Grey Goose Citron Lemon Slush. (P.S. You may also order either of these as a Le Geant Slush to have yours "Super Sized!")

The menu also features French wines, beer, and Champagne.







FRENCH TREATS



CHEESE CHIPS

Why settle for Cheddar Cheese Chips, when you can try chips flavored with a rich Fromage such as Camembert and Cream Cheese and Herbs?



CHOCOLATE LIQUEURS

Filled chocolates include options such as Plum and Pear liqueurs, and even flavored vodkas like cranberry. The chocolates are charmingly bottle-shaped for a touch of kitsch.



BUTTER COOKIES

French. Butter. Cookies. (And some are chocolate dipped.) I really think that's all we need to know!

LES VINS DE FRANCE

The Les Vins de France shop is not to be confused with the Les Vins de Chefs de France beverage kiosk outside. The shop features cookware and tools and ingredients to fill your dream kitchen, along with souvenirs to remember your time in EPCOT's France. A lovely champagne bar pouring premium bubbly is tucked inside, and you can also snag a few packaged French snacks while you're there!



14

UNITED KINGDOM

UNITED KINGDOM

From a charming English village to a busy London street, the **United Kingdom Pavilion** presents a variety of architectural styles – and some signature eats!

The Rose & Crown Pub and Dining Room is popular for serving up Imperial Pints of Guinness along with English Chips and Sticky Toffee Pudding.

Outdoors, the Rose & Crown Beer Stand often offers brews like Bass Ale Draft and Harp Lager Draft. Cheers!

Grab some Fish and Chips along with an ale at Yorkshire County Fish Shop before watching the evening fireworks.

And don't forget to browse The Tea Caddy for a variety of teas (and charming teapots!) or The Queen's Table for some tasty sweets from across the pond.





YORKSHIRE COUNTY FISH SHOP

Fish & Chips is the name of the game at this Quick Service window! Set amongst the cobble-stoned streets of an old-world British town, the **Yorkshire County Fish Shop** is just a stone's throw away from the English specialty shops and pristine gardens that also make up this charming pavilion.

Menu simplicity is key, allowing the Fish Shop to focus on perfectly crisped strips of fish with hearty fries thick enough to soak up malt vinegar and ketchup. The Shop also serves a couple of brews from the United Kingdom to enjoy with your can't-miss dish!



CHIPS (FRENCH FRIES) $4.49



Because “Fish & Chips” is the specialty of the house at Yorkshire County Fish Shop, it’s a little known fact that you can get JUST the **Chips**! In fact, you won’t see this option on the posted menu; it presents itself in Mobile Order (though a Cast Member will let you order “just-the-chips” at the register, as well). I think these are some of the best “French fries” in Walt Disney World—thick, crispy, and salty; just perfect. You can grab ketchup at the condiment stand or go for a more authentically British experience by dousing them in Malt Vinegar!

FISH & CHIPS $13.49





Munching on **Fish and Chips** is practically a right of passage at EPCOT! Get the whole shebang with hot, fresh, and flaky golden-fried fish. The chips are perfect for absorbing vinegar or dipping in ketchup (plenty of both—plus tartar sauce—are available at the condiment stand). If you can manage to snag a nearby table, this dish is great to enjoy while waiting for the fireworks to start. (Heck, it’s great even if you can’t find a table! I’ve eaten my fair share on a bench in the beautiful United Kingdom Gardens, and they taste every bit as good.)

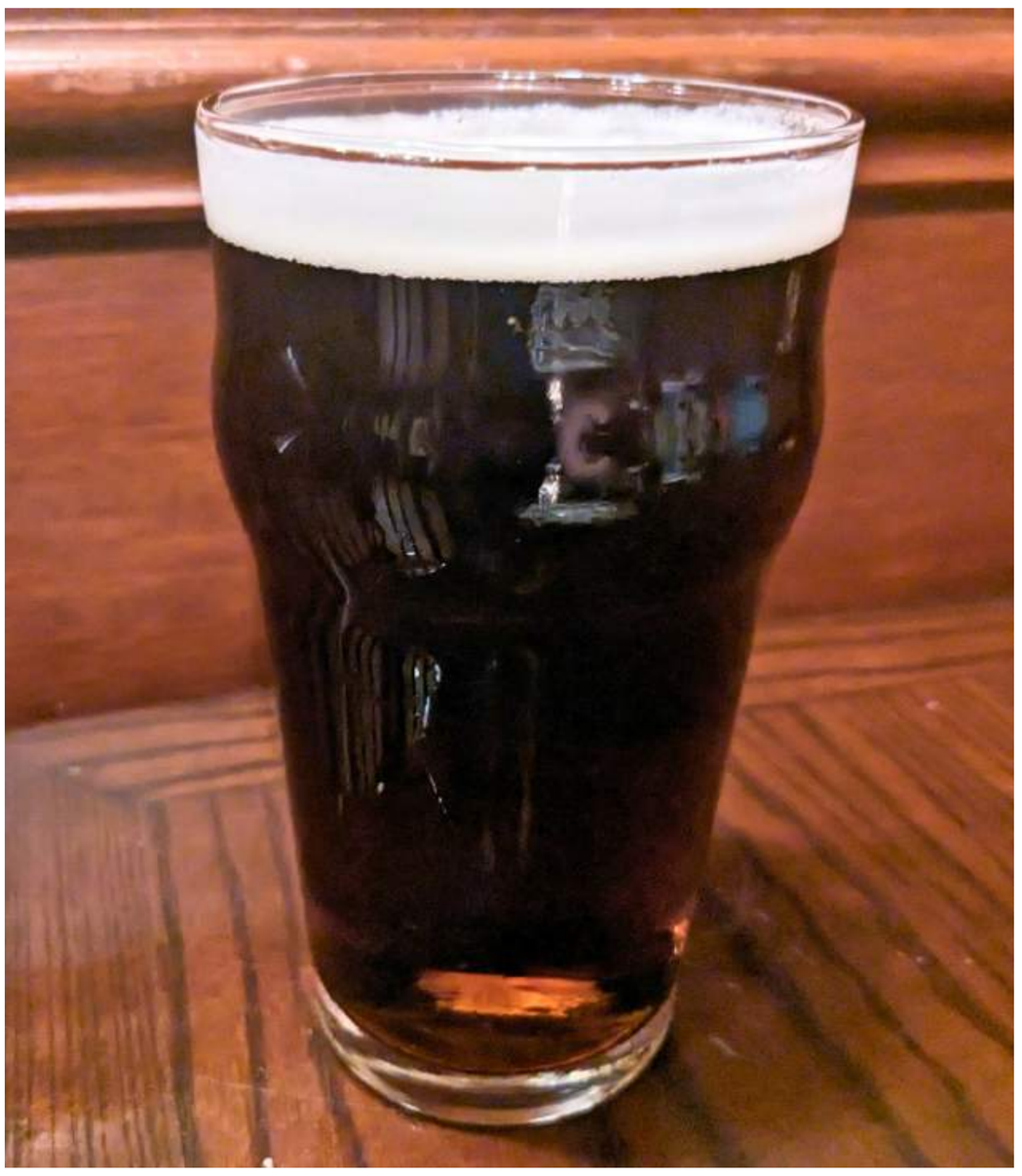


ROSE & CROWN PUB

Head into the **Rose & Crown Pub** and say “CHEERS!” with a Guinness or even a Pub Blend! Served in an Imperial Pint, Pub Blends combine ciders, beers, and stouts to create entirely new drinks. Grab a friend, a chair (IF you can find one at this beloved spot), and a brew... and you've got the makings for a pretty great time in the United Kingdom Pavilion!

There is also a Rose & Crown Beer Cart just outside; Offerings are limited to two or three choices, so you’ll find a much greater selection inside the Pub.





UNITED KINGDOM TREATS



BUTLERS CHOCOLATE

With options like Irish Whiskey Truffle and Mint Chocolate Truffle, Butlers Irish Chocolate is NOT your average chocolate!



WALKERS SHORTBREAD

Disney Parks Shortbread Rounds come plain or chocolate-dipped and have a rich, buttery taste. The tartan plaid package reflects their Scottish Highlands heritage—they're made from a secret Walkers family recipe.



BRITISH SWEETS

“Whack then unwrap and enjoy!” Original Toffee is just one of oodles and oodles of British sweets you can find in the United Kingdom Pavilion!

UNITED KINGDOM TREATS

Honeycomb Dips, Walker's Toffee, Clotted Cream Fudge, Turkish Delight, Aero Bars, Wine Gums (!!), and more British goodies can all be yours with a stop in the United Kingdom pavilion! Check both The Crown & Crest and The Tea Caddy and to see all of the many options available! Tea lovers, BTW, will definitely want to check out the wide range of offerings of Twinings Tea, which has its own dedicated room in The Tea Caddy!



15

CANADA

CANADA

The Canadian outdoors is celebrated with a beautiful waterfall cascading from the mountains as you walk through the Victoria Gardens in the stunning **Canada Pavilion**!

Enter the renowned Le Cellier Steakhouse and you'll feel like you've just stepped into a cozy wine cellar. (You should definitely order the Canadian Cheddar Cheese Soup!)

At the Popcorn Cart, grab a maple munchie along with a classic Canadian brew.

While you're visiting, don't miss the Circle-Vision 360° film, *Canada Far and Wide*! This updated show made its debut as part of the recent transformation of EPCOT.

Join us in CANADA!





CANADA POPCORN AND SNACK CART

Stop by the **Canada Popcorn Cart**, and you'll find a Canadian twist on a classic snack. This cute covered cart serves up Maple Popcorn!

While a regular boxed serving is available for $7.00 (or a Disney Dining Plan snack credit), the cool thing is that it's also available as a $2.25 refill option if you have a Refillable Popcorn Bucket!

You'll also find beverages available, including some unique beers from Canada (such as Moosehead Lager or La Fin Du Monde) and often a cocktail as well.







JOFFREY'S COFFEE & TEA COMPANY

Canada is the host to one of four **Joffrey's Coffee & Tea Kiosks** that you'll find around EPCOT. Specialty tea and espresso beverages (which can be made hot or iced) are up for grabs, along with sweet treats like pastries and other goodies. You're also bound to spot something custom-made for the current EPCOT Festival, with each Joffrey's location crafting its own unique treats for these seasonal events. You can even find a few "Spirited Beverages" (coffee or slush cocktails!) on the list.

P.S. Lines can get *LOOOONG* at the Connections Cafe Starbucks location in World Celebration, so it's good to know that Joffrey's Coffee awaits you around the park (with FAR fewer folks in line)!





CANADIAN TREATS



JAKEMAN'S MAPLE TREATS

Find Maple goodies by Jakeman's on the shelves at the Trading Post, from caramels to lollipops to truffles, and beyond!



ICE WINE CHOCOLATES

How fun is this?!? The pricey indulgence of Ice Wine is available in a more affordable fashion thanks to boxes of Ice Wine Chocolates in both Milk and Dark Chocolate and in a variety of sizes.



MAPLE POPCORN

If you've grown rather fond of the Maple Popcorn you discovered at the Canada Popcorn Cart, you can take home a pre-packaged version to enjoy after your vacation.

TRADING POST

The **Trading Post** serves double-duty: Here, you'll find souvenirs to remind you of your time in EPCOT's Canada (or even actual Canada!), and you'll also encounter a bar serving a selection of Canadian brews and Ice Wine!

Of course, pre-packaged snacks and candies are also up for grabs, and we're especially loving the assortment of Ice Wine Chocolates they've been carrying as of late.



16

ADDITIONAL WORLD SHOWCASE LOCATIONS



REFRESHMENT OUTPOST

Refreshment Outpost is located on a path between the China and Germany Pavilions.

These days, the Outpost is perhaps best known for serving specialty items for EPCOT's seasonal Festivals. However, there are a few standard items on the menu that tend to stick around all year long, including Hot Dogs (which is good to know if your little traveler is craving something familiar among all of EPCOT's international fare), and adults can grab a beer.

But Refreshment Outpost is also where you can typically find what used to be a Magic Kingdom-exclusive treat: the famous and beloved Pineapple DOLE Whip! (You may even find other flavor variations during Festivals, like the Raspberry pictured below.)





PINEAPPLE DOLE WHIP $6.50



Refreshment Outpost is home to a Disney fan-favorite treat: **Pineapple DOLE Whip**! You can even opt for it in a waffle cone here, which isn't an option in DOLE Whip's original home (Magic Kingdom). This pineapple soft-serve frozen treat is low in fat and calories, and the pineapple flavor specifically is non-dairy, gluten-free, and vegan! Be on the lookout, though, for additional flavor options during EPCOT's Festivals.

FROZEN SLUSHY $6.25

If I'm going to grab a Frozen Slush in EPCOT, I'll be honest: I'm heading to Club Cool for its unique option to enjoy fruity Slushes with ice cream for a *super* refreshing float. However, sometimes a **Frozen Slushy** is just what you need to take the edge of the heat (it really does help)! And here at Refreshment Outpost, you can typically pick one up in Lemonade or Coke flavors.



FROZEN BROWN ELEPHANT $15.50



Okay... I'm going to let you adults in on a little secret. You probably won't see the **Frozen Brown Elephant** on the menu at the Refreshment Outpost (though it may pop up from time to time on a little prop-up sign). BUT! If Amarula Cream Liqueur is available at the Outpost, you might be able to order up this fabulous slush that's just for grown-ups. It's a tasty, cold, cream soda-style drink... with a kick! See if you can try this Secret Menu item just for us cool kids in the know. ;-D

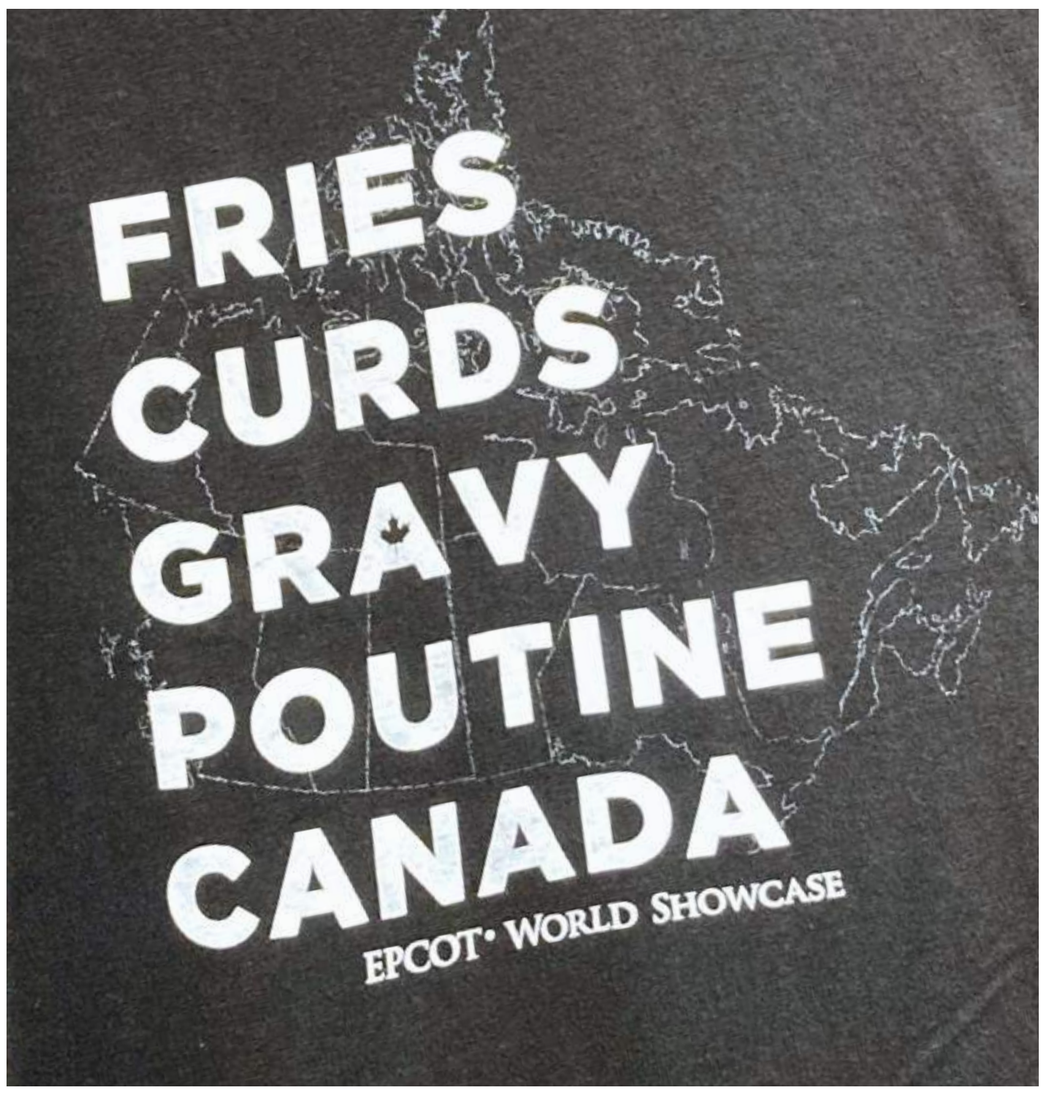


REFRESHMENT PORT

As you set foot onto the Promenade of EPCOT's World Showcase, you can grab a classic Canadian dish! Located just before the Canada Pavilion (coming from World Celebration), the **Refreshment Port** menu is ever-changing... except for one very special item.

Over the past few years, the Refreshment Port has served a Traditional Poutine (as a nod the the nearby Canada pavilion), and unique twists on the dish are often served during EPCOT Festivals! This dish and its variations have put the Refreshment Port "on the map" for many guests, and these days you'll often encounter a bit of a line for the popular snack.





FESTIVAL POUTINE TWISTS — VARIES



Along with Traditional Poutine, the Refreshment Port often serves up twists on the classic for EPCOT's Festivals. During the Festival of the Holidays, for instance, the Turkey Poutine (pictured) is a must-try! Last year's version presented shredded turkey, fried onions, cranberry sauce and cheese curds atop Sweet Potato Fries for all the flavors of a holiday meal... and then some. No matter what time of year, be sure to stop by to see what kind of Poutine they're serving! It's usually worth braving the lines.

TRADITIONAL POUTINE — $7.50





The **Traditional Poutine –** based on the beloved Canadian dish – is comprised of French fries topped with a yummy and savory brown gravy, cheese curds, and... MORE CHEESE CURDS. (Seriously, would you just LOOK at the size of those chunks!) It's both filling and delicious, and its year-round availability has made the unassuming Refreshment Port a must-stop on a trip around World Showcase.



SWIRLED SHOWCASE

Swirled Showcase made its debut as part of the EPCOT Food and Wine Festival... and it's been swirling things up ever since! Primarily, this spot still focuses on delivering specialty soft-serve flavors and floats for EPCOT's other seasonal Festivals, as well. But we've even seen it open in between the events for guests looking for a cold treat before stepping into World Showcase.

You'll find Swirled Showcase, in fact, on the path to the World Showcase Promenade coming from World Celebration.





FANTA STRAWBERRY FLOAT $6.75



Okay, now, THIS is pretty fun: the **Fanta Strawberry Float** can be made with any flavor soft-serve on the menu, but the menu suggests pairing it with Cupcake Soft-Serve that presents a tad more sweetness than your typical vanilla to contrast against the bright strawberry taste of the soda.

Fortunately, we've seen this item on offer even between EPCOT Festivals!

SOFT-SERVE IN A WAFFLE CONE $6.50

Well, it's not altogether exciting, but it is a classic... and really, can you expect a place called Swirled Showcase to NOT have **Soft-Serve in a Waffle Cone** up for grabs?

Chocolate and Vanilla are always on offer, but you'll want to be sure to check out the Festival Flavors while you're there for something a little more memorable.



FESTIVAL FLAVORS VARIES



What is this brown ice cream, you ask? Why, it's Peanut Butter Soft-Serve, and it's an example of a **Specialty Flavor** you might find during one of EPCOT's Festivals! (Believe it or not, this one could be paired with a Grape Jelly Soft-Serve for that nostalgic flavor combo!)

Stop by to see what they're swirling up during your visit!

17

BEST EPCOT SNACKS

A DAY OF SNACK MEALS



1. **Pretzel Bread Pudding**
   Sommerfest
2. **Caramel Butter Bar**
   Karamell Kuche
3. **Caramel Flight**
   Karamell-Küche
4. **Ice Cream Macaron**
   L'Artisan des Glaces
5. **Pain Lard & Fromage**
   Les Halles Boulangie-Patisserie
6. **Traditional Poutine**
   Refreshment Port
7. **Peanut Butter Whoopie Pie**
   Sunshine Seasons
8. **Liege Waffle**
   Connections Eatery
9. **Churro Sundae**
   La Cantina
10. **School Bread**
    Kringla Bakeri Og Kafe

A DAY OF SNACK MEALS



Caramel Butter Bar

Karamell Kuche

This simple sweet treat has been a favorite of ours for a long time. It's an incredibly rich snack that will satisfy any sweet tooth. Warning: Must love caramel!



School Bread

Kringla Bakeri Og Kafe

This iconic dessert is a subtly sweet roll filled with a thick, vanilla custard and dipped in coconut. An EPCOT must-try!



Liege Waffle

Connections Eatery

The Liege Waffle is made out of brioche dough, and on the Connections Eatery side it comes topped with pearl sugar, whipped cream, strawberries, and chocolate sauce.



Ice Cream Macaron

L'Artisan des Glaces

Can't decide between a delicate Macaron and house-made ice cream while in the France Pavilion? Good news, my friend: thanks to the Ice Cream Macaron, you don't have to!



Churro Sundae

La Cantina

Well done, Mexico Pavilion! You've found a way to improve ice cream covered in a *literal river* of caramel by adding CHURROS to it!



Traditional Poutine

Refreshment Port

French Fries. Gravy. Cheese Curds. What more can I say? The Traditional Poutine is where it's at!



Peanut Butter Whoopie Pie

Sunshine Seasons

A generous layer of fluffy and sweet peanut butter cream is sandwiched between two moist chocolate rounds and topped off with a dollop of buttercream to create a Whoopie Pie that exceeds all expectations.



Caramel Flight

Karamell-Küche

Not one, but FOUR golden caramel squares are yours with the Caramel Flight! The flavors change with the seasons, but they're always worth trying.



Pain Lard & Fromage

Les Halles Boulangie-Patisserie

"Pain Lard & Fromage" translates into "Bacon and Cheese Roll." Savory seekers, this one's for you! *YUM.*



Pretzel Bread Pudding

Sommerfest

This isn't your traditional bread pudding. Instead, it's made with leftover *pretzel dough* (like how traditional bread pudding is made with leftover bread), then it goes for a swim in caramel butterscotch and a sweet cream sauce.

18

EPCOT SNACK CRAWLS

A TWISTED PRETZEL CRAWL

You know we love our food crawls at the Disney Food Blog! If you're up for a challenge with your family or friends, complete one of these snack crawls in EPCOT during your touring day!

EPCOT is a great place to taste-test pretzels. If you're touring with family and/or friends, take a vote on which was your favorite snack from this “twisted” crawl:



NORWAY PAVILION
Kick off your crawl in World Showcase and visit Norway's **Kringla Bakeri og Kafe** for a two-fer! You'll start here by picking up BOTH of the spot's yummy pretzels: the Sweet Pretzel with Almonds and the Sweet Pretzel with Chocolate.



GERMANY PAVILION
Stop off in Germany for a JUMBO Hand-twisted Pretzel served at the **Bier Stand or Bier Cart.**



A TWISTED PRETZEL CRAWL

Is it any surprise that we're keeping you in Germany on this PRETZEL Crawl? Visit **Sommerfest** next for the Pretzel Bread Pudding.

Stay right there in—you guessed it!—Germany, but make your way next into **Karamell-Küche** for the sweet and crunchy Salted Pretzel Chocolate Chip Cookie!

THE AMERICAN ADVENTURE PAVILION

OKAY, moving on... enjoy your stroll and build up an appetite as you journey to **Block & Hans** for Pretzel Nuggets with Beer Cheese Sauce. OR you can visit Fife & Drum Tavern to get the cutest pretzel of all time: the Mickey Pretzel (with cheese sauce for dipping) to wrap up your sweet-and-salty Pretzel Crawl!



A VERY CHEESY CRAWL

I am a huge cheese fan – those of you who read the Disney Food Blog know this well. This crawl is for my fellow cheese-lovers!



WORLD SHOWCASE PROMENADE

You'll find the **Refreshment Port** on the Promenade as you make your way into World Showcase. Turn right coming from from World Celebration, and it comes before the Canada pavilion. That's where you'll find Poutine in its traditional form... which means it's topped with cheese curds!



FRANCE PAVILION

Stroll to France's **Crêpes À Emporter** for the wonderfully rich and melty Creme of Brie Cheese Galette. (And send one to me, while you're at it!)

Staying in France, make your way to **Les Halles Boulangerie Patisserie**. Pick up your choice of either Fromages (a plate of imported cheeses) or the savory Pain Lard & Fromage (the Bacon & Cheese Roll)!



A VERY CHEESY CRAWL

JAPAN PAVILION
You may want to catch an attraction before tackling the yummy Yuzu Cheesecake at **Katsura Grill** in Japan.

THE AMERICAN ADVENTURE PAVILION
Pay a visit to the **Regal Eagle Smokehouse** for some Mac & Cheese!

ITALY PAVILION
Your final stop is **Gelateria Toscana** in Italy to sample the Cannoli filled with sweet ricotta cheese for a little dessert to finish your cheesy crawl!



SEVEN COURSE CRAWL

How can you turn all the snack ideas in this guide into a full dinner? Well, here's one idea... It's time to experience a balanced menu by “snacking” around EPCOT with our Seven Course Dinner Crawl!



MOROCCO PAVILION
We’re starting things off in Morocco, where you’ll work your way to the **Sangria in the Souk** bar tucked inside the Morocco pavilion for the Mediterranean Olives. (Not an olive fan? Substitute with Roasted Seasoned Chickpeas for a fun change of pace as an appetizer.)



FRANCE PAVILION
At **Les Halles Boulangerie Patisserie**, our second course is soup: Enjoy a bread bowl filled with the Soup of the Day!

JAPAN PAVILION
Kabuki Cafe is home to your third course: a Sushi Snack in your choice of a California Roll, a Spicy Roll, or the Nigiri Combo.



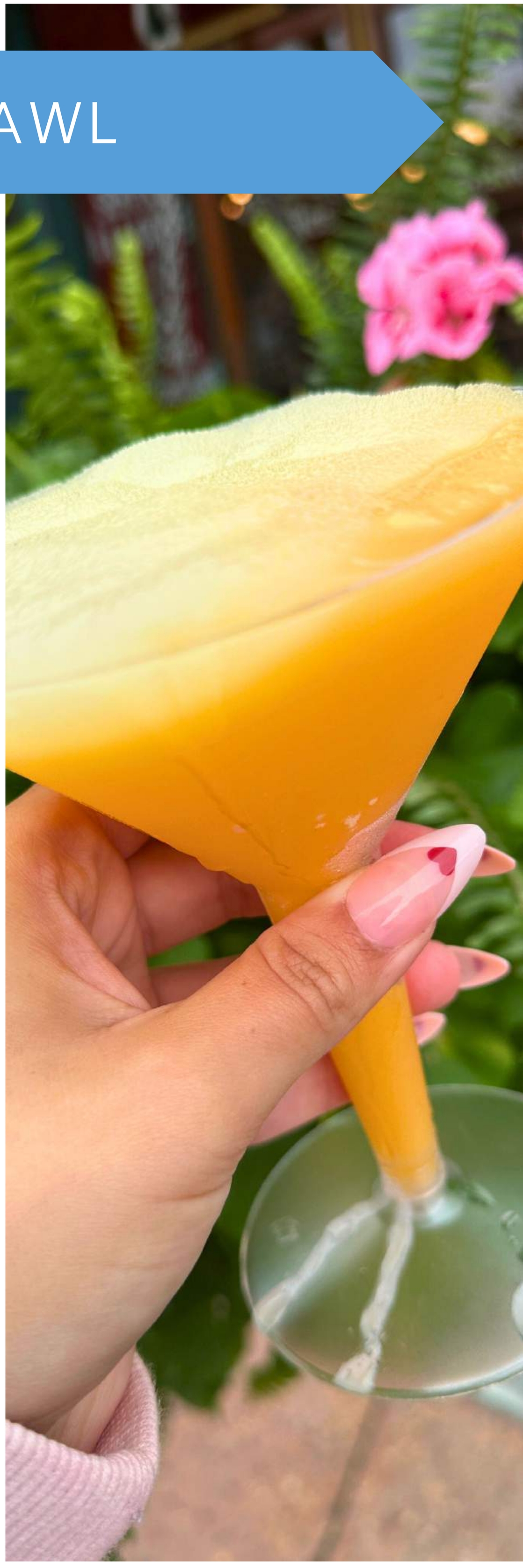
SEVEN COURSE CRAWL

MEXICO PAVILION
Consider the Conga a palate cleanser. Snag one at **Choza de Margarita** on your way through Mexico.

THE AMERICAN ADVENTURE PAVILION
And for your entree? How about some snack-sized MAC AND CHEESE? Choose Macaroni and Cheese at the **Regal Eagle Smokehouse**.

GERMANY PAVILION
Indulge your dessert cravings with the caramel goodie of your choice at **Karamell-Küche**!

FRANCE PAVILION
The grand finale will be enjoyed in Italy where you'll sip an after-dinner Grand Marnier Slush from **Les Vins de France!**



KIDS CRAWL

If you're traveling to EPCOT with a child, you may be wondering where you can find some treats for your little one (especially if he or she is not yet an adventurous eater). So we've created this Kids Crawl! Of course, you don't necessarily have to complete this as a “crawl,” per se. But you can trust that there are options all over the park that are definitely kid-friendly! Here's just a few...



WORLD CELEBRATION

Step inside **Connections Cafe** and pick up a Liege Waffle to start the day!



Move next to World Celebration and visit **Club Cool**. Here, all of the family can enjoy the FREE samples of beverages from around the world!

FRANCE PAVILION

How about a Butter and Sugar Crepe at **Crêpes à Emporter** for a kid-friendly treat with some international flair? Your kiddo might like to try one topped with soft-serve ice cream there instead!



KIDS CRAWL



THE AMERICAN ADVENTURE PAVILION

Next, you can grab some good ol' Macaroni and Cheese at the **Regal Eagle Smokehouse**.

GERMANY PAVILION

Head to **Karamell-Küche** for a Caramel Chocolate Marshmallow Mickey. (And, yes, grown-ups ... it's okay if you get one for yourself, too.)

CHINA PAVILION

Have fun picking out some truly unique flavors of Lay’s Chips at the **House of Good Fortune**!

WORLD SHOWCASE PROMENADE

And finally, when all else fails... you can't go wrong with an ice cream cone! Find one at **Swirled Showcase** for your final stop.

EPCOT CLASSICS CRAWL

Finally, it's time to sample some of EPCOT's Classics! This lists includes several tried-and-true items from the park's beginning years to newer items that you can only find in EPCOT.



NORWAY PAVILION
Your first stop is Norway's **Kringla Bakeri Og Kafe** to pick up one of our favorite treats: School Bread!



GERMANY PAVILION
It's off to Germany to grab a bag of caramel popcorn at **Karamell-Küche**.

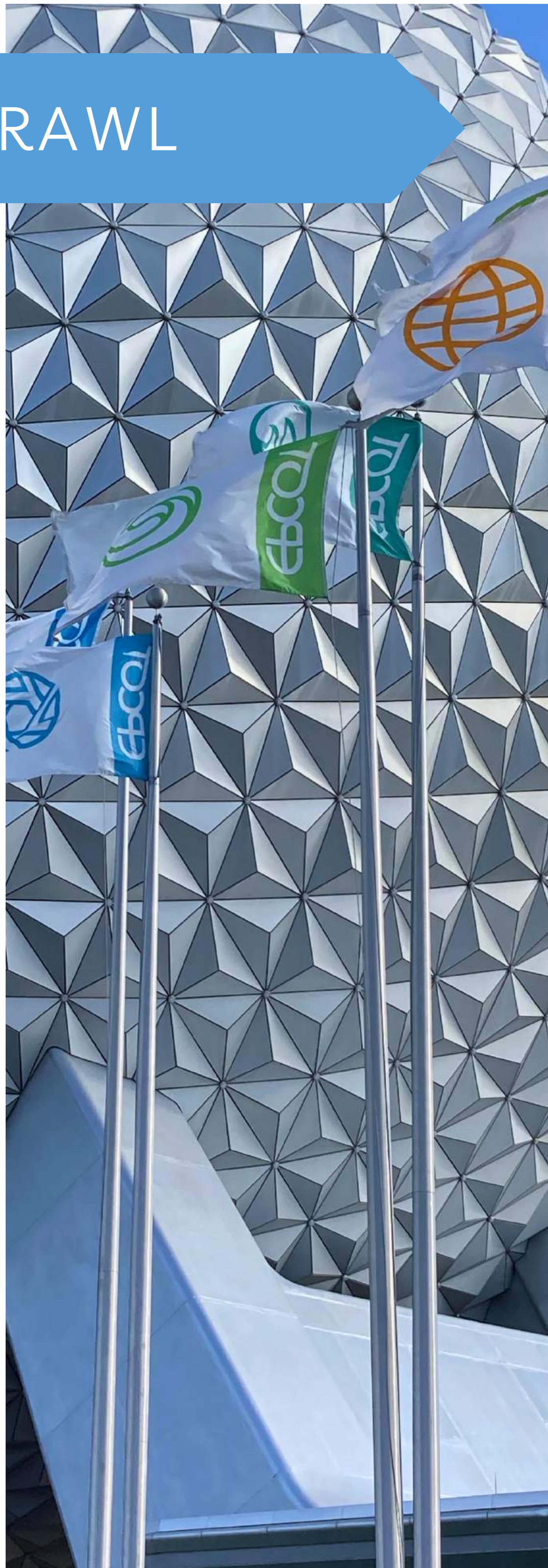


JAPAN PAVILION
Cool down with some Kakigori at **Kabuki Cafe**.

FRANCE PAVILION
Next up, move on to **Les Vins de Chefs de France** for one of the beloved alcoholic slushes: Grand Marnier Orange or Grey Goose Citron!

The DFB Guide to EPCOT Snacks
AJ Wolfe & the DFB Team
${pageNumberOnly}

EPCOT CLASSICS CRAWL



UNITED KINGDOM PAVILION

You probably don't even need it noted on the crawl to say that your next stop is **Yorkshire County Fish Shop** in the United Kingdom. Why not? Because the fried fragrance of Fish & Chips will likely lure you in all its own!

MEXICO PAVILION

Those layered frozen drinks you see everyone carrying around the Mexico pavilion? Those are Fiesta Margaritas from **Choza de Margarita**, and it's time to reward yourself for completing this classic crawl with a final EPCOT classic drink!

GLOBAL GOODIES CRAWL

THIS crawl requires a hearty appetite, since it involves a snacking stop at all ELEVEN World Showcase pavilions to enjoy international flavors! (P.S. We don't blame you if you just pick a few of the items that most appeal to you, or if you need a few days to complete this packed crawl!)



CANADA PAVILION
Make your way first to the Canada Pavilion. Enjoy Maple Popcorn at the **Canada Popcorn Cart**!



UNITED KINGDOM PAVILION
Continuing the same direction (which you'll do throughout this crawl), grab a friend or family member to split some Fish & Chips for the signature dish of the United Kingdom pavilion at **Yorkshire County Fish Shop**!



FRANCE PAVILION
Indulge in the lovely raspberry and lime Macaron at **Les Halles Boulangerie Patisserie**.

GLOBAL GOODIES CRAWL

MOROCCO PAVILION
Time for a sip with a fun twist on Moroccan Mint Tea with the FROZEN Mint Tea (with our without Bombay Sapphire Gin) at **Oasis Sweets & Sips**.

JAPAN PAVILION
How about a Sushi Snack in Japan? Take your pick from the variety found at the outdoor **Kabuki Cafe**.

THE AMERICAN ADVENTURE PAVILION
Grab some classic Banana Pudding in at the **Regal Eagle Smokehouse**.

ITALY PAVILION
It's off to Italy next for your choice of a Gelato treat at **Gelateria Toscana**!



GLOBAL GOODIES CRAWL

GERMANY PAVILION

Share a Jumbo Hand-twisted Pretzel with your group in Germany. You can find this signature snack at any **Beer stand** in the pavilion, and also at **Sommerfest**. P.S. Don't forget the beer!

CHINA PAVILION

Cool down with some Lychee Ice Cream at the **Lotus Blossom Cafe**.

NORWAY PAVILION

Grab a Scandinavian goodie, Eplekake, at **Kringla Bakeri og Kafe**.

MEXICO PAVILION

Congratulations! You've made it all the way around the WORLD (Showcase ;-D, that is), now that you're in Mexico. Enjoy the flavorful Elote at **Choza de Margarita**. (And treat yourself to a Margarita to celebrate your accomplishment!)



19

A DAY OF EPCOT SNACKS

A DAY OF SNACK MEALS



MORNING

They say breakfast is the most important meal of the day. So get ready for a GREAT DAY in EPCOT by fueling up right from the start!



MIDDAY

Be sure to take a pause and refresh yourself with a savory snack for lunch... possibly followed by a frozen slush on a hot day!



EVENING

We'll highlight some especially filling snacks for dinner to keep you going right through the evening fireworks. (But don't forget... you can always follow up with a sweet treat for dessert, if you want to!)

An **ENTIRE DAY of meals made of SNACKS in EPCOT.** Think it can't be done?

Think again... because we're going to show you how you can do it by presenting all sorts of snack options on the following pages that you can mix and match featuring options for **Breakfast, Lunch, and Dinner.**

Not only can a day of dining on snacks be **budget-friendly**, it can also be **fun, filling, and flavorful**!

Oh, and don't forget your morning (and/or afternoon ;-D) snack during your day! Simply take your pick of ANY of the treats you've seen throughout this guide.

Are you ready? **LET'S GO!**

BREAKFAST SNACKS



QUICHE

Les Halles Boulangerie Patisserie offers both a ham and cheese (Florentine) and a vegetarian (Lorraine) Quiche.



BEIGNET

Good news! While most of World Showcase doesn't open until 11AM, the France Pavilion's Les Halles Boulangerie Patisserie opens at 9AM. You can grab a fluffy chocolate-filled Beignet for breakfast here!



LIEGE WAFFLE

Starting your day at Connections Cafe (Starbucks)? Grab a Liege Waffle to enjoy with it!





CROISSANT DOUGHNUT

Can’t decide between a Croissant or Doughnut for breakfast? Thanks to this combo of both at Connections Cafe, you don’t have to!

PAIN LARD FROMAGE

Underneath ALL THAT CHEESE (Fromage) on this Roll is BACON (Lard)! Find this savory snack at Les Halles Boulangerie Patisserie, which opens earlier than the rest of World Showcase.





CROISSANT JAMBON FORMAGE

This croissant is stuffed with ham, Béchamel, and cheese. It’s also at Les Halles Boulangerie Patisserie.

LUNCH SNACKS



SOUP OF THE DAY

If you're lucky enough to catch a cool day in EPCOT, a hearty Soup of the Day in a Bread Bowl hits the spot! (Or do what I do... grab a seat in the air conditioning and dig in anyway!)



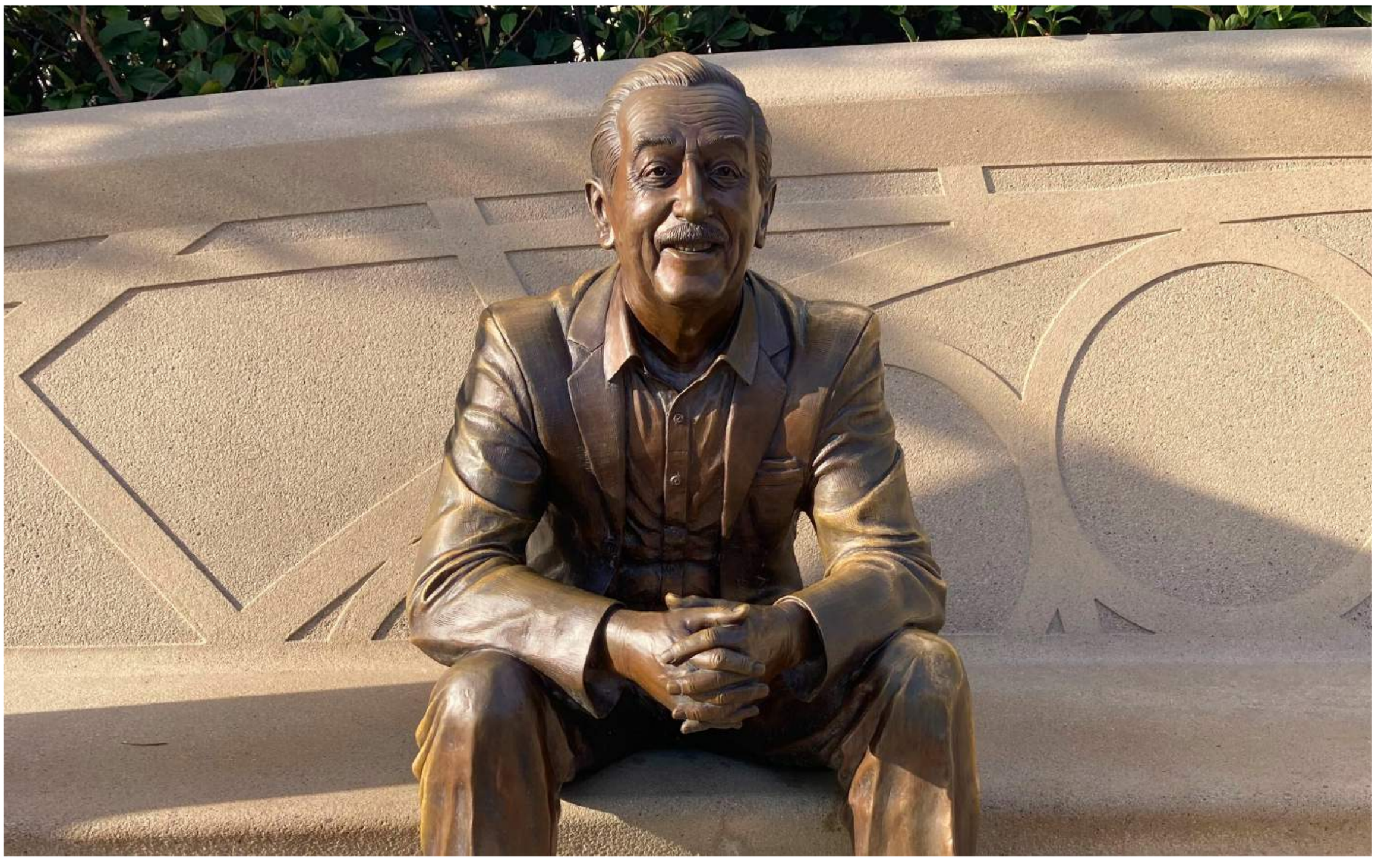
PIZZA ROLL

Looking for something heartier? Sunshine Seasons is also home to the fun Pizza Roll in cheese or pepperoni!



SUSHI SNACK

Take your pick of THREE Sushi Snacks at Kabuki Cafe in the lovely Japan Pavilion!





BAGUETTE

Depending on your appetite, you can grab a half or full Baguette at Les Halles Boulangerie Patisserie!

JUMBO PRETZEL

Talk about a carb load for your afternoon! The Jumbo Pretzel can be found at several spots around the Germany Pavilion.





EGG ROLLS

You receive two Egg Rolls with your order at Lotus Blossom Cafe or Joy of Tea for a more substantial snack.



STONE-BAKED BREAD

The Stone-Baked Bread offers a variety of flavors thanks to the three accompanying dips at Tangierine Cafe!

MACARONI & CHEESE

Mac and Cheese? YES, please! Find it at the Regal Eagle Smokehouse for a snack-sized lunch!





BAKED BEANS WITH BURNT ENDS

Regal Eagle Smokehouse's Baked Beans provide an extra punch of protein thanks to the addition of bits of Beef Brisket Burnt Ends.

DINNER SNACKS



PIZZA BY THE SLICE

Grab your favorite slice at Italy's Pizza al Taglio pizza window!



BRATWURST

Raise a glass—and a BRAT!—at Germany's Sommerfest for dinner!



TURKEY LEG

We suggest the Turkey Leg for dinner... 'cuz your gonna need a nap after. Find 'em at Fife & Drum Tavern.





SAVORY GALETTE

Your choice of savory Galettes at Crêpes À Emporter are Creme of Brie Cheese, Ratatouille, and Bechamel, Cheese & Ham Galette!

FISH & CHIPS

Truly, it doesn't matter what time of day you choose to eat Fish & Chips in the United Kingdom Pavilion. It only matters that you DO.





TRADITIONAL POUTINE

I've enjoyed the Traditional Poutine for dinner on many a night at EPCOT! Love it.



GUACAMOLE

Great news! The guac isn't "extra," when it's your meal ;-D! Grab it with chips at La Cantina de San Angel.

PISSALADIERE

Enjoy a piece of pizza with a French twist *(Ooh la la!)* at Les Halles Boulangerie Patisserie.





GRILLED KEBAB

Stop by Tangierine Cafe for a Grilled Kebab in your choice of Lamb or Chermoula Chicken... or just get one of each!



20 MORE DFB RESOURCES

While writing our Disney Food Blog Guide to Walt Disney World® Dining e-Book, 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** for Snack Guides leading you to all of the best snacks in the three other Disney World theme parks:

- Magic Kingdom Snacks
- Disney's Animal Kingdom Snacks
- Disney's Hollywood Studios Snacks

We also offer specialized guides about:

- The EPCOT International Food and Wine Festival
- The EPCOT International Flower and 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

C C E C

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



JOIN OUR NEWSLETTER

STAY UP-TO-DATE WITH DISNEY CHANGES

As you probably know, things are always 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!

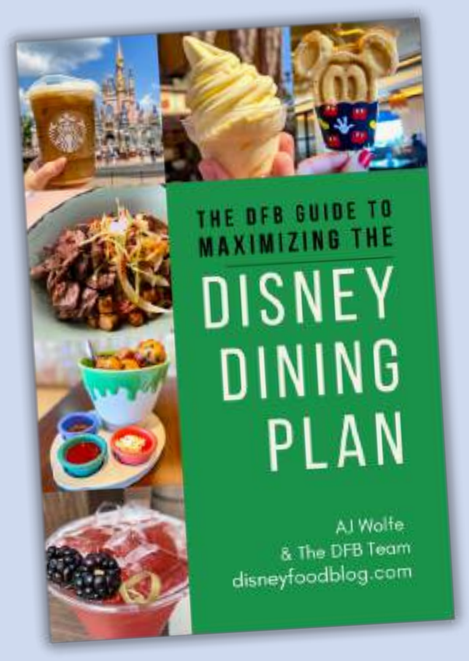
Sign Up for Breaking Disney News ↗

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



DFB Guide

everything BUNDLE

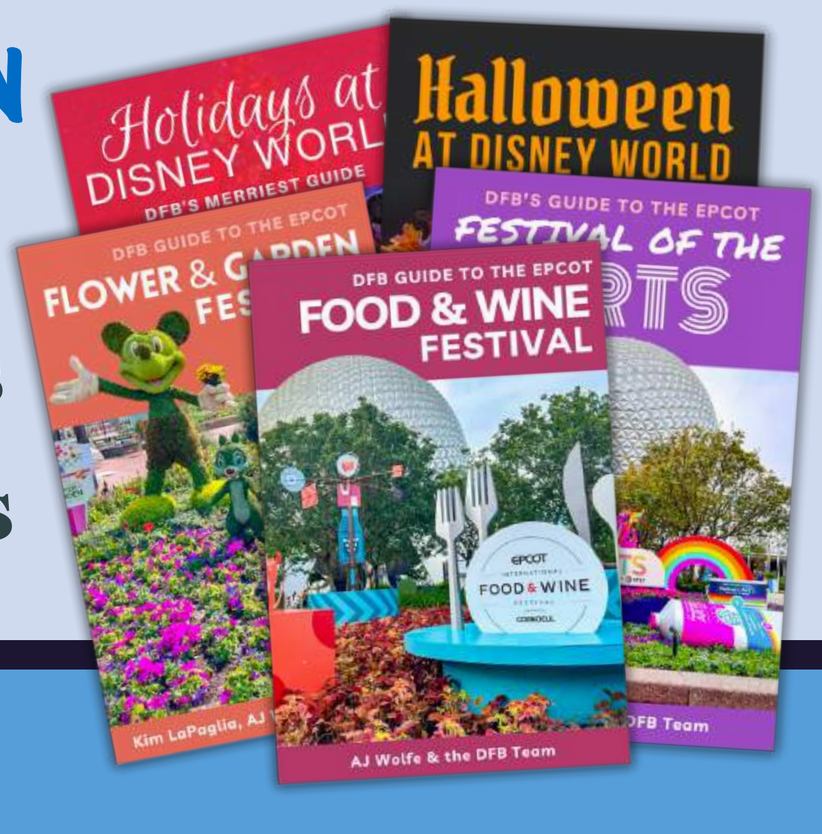


Dining

Snacks



Festivals & Holidays



WANT MORE?

So glad you're enjoying the The DFB Guide to EPCOT Snacks guide! It's a joy creating these books, and guess what? There's a whole lot more to discover! If you're curious about other festivals, snacks, the Disney Dining Plan, and Table Service restaurants, 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, detailed reviews for every restaurant in the parks, festival maps, and stunning photos. It's a fantastic deal meant just for our holiday guide readers like you, and **we hope you'll take advantage of it!**

I'M IN! I WANT THE EVERYTHING BUNDLE!