

We had so many requests this past week for a **Vegetarian Version** of our World Famous **100 Disney Food to eat before you die** that I had to get together with my vegetarian buddy Melissa and try to come up with a non meat version. Like the last list check the chart at the bottom to see where exactly you fall on the **Disney World Food Addict Scale**. Keep score how many you have tried and at the end you will be graded on how you have done.

Please note while I would love to list every item at Disney World it would be impossible. These are just some of the Vegetarian Items at the Walt Disney World theme park that I think most people are familiar with.

Magic Kingdom

1. **Dole Whip** - [Aloha Isle](#)
2. **Vegetarian Burrito** - [Tortuga Tavern](#)
3. **Mickey Premium Ice Cream Bar - Ice Cream Carts**
4. **Mickey Mouse Shaped Pretzel** - Frontierland Pretzel Wagon
5. **Popcorn** - Pop Corn Carts
6. **Vegetarian Chili** - Columbia Harbour House
7. **Nutella and fresh fruit waffle sandwich** - [Sleepy Hollow](#)
8. **Funnel Cake** - [Sleepy Hollow](#)
9. **Baked Potato** - Liberty Square Market
10. **Veggie Burger and Fixins** - [Pecos Bill Tall Tale Inn and Cafe](#)
11. **Tomato Basil Soup** - Pinocchio Village Haus
12. **Lighthouse Sandwich** - [Columbia Harbour House](#)
13. **Mickey Mouse Waffle** - [Crystal Palace](#)
14. **Vegetarian Sandwich** - [Plaza Restaurant](#) & [Cosmic Ray's Starlight Cafe](#)
15. **Ooey Goey Toffee Cake** - [Liberty Tree Tavern](#)
16. **Sweet Cream Cheese Pretzel** - [Lunching Pad](#)
17. **Citrus Swirl** - [Sunshine Tree Terrace](#)

Epcot

1. **Vegeta Beta** - [Club Cool](#)
2. **Okonomi Yaki** - Japan
3. **School Bread** - [Kringla Bakeri Og Kafe](#)
4. **Tofu and Vegetable Noodle Bowl** - [Sunshine Seasons](#)
5. **Mango Green Tea** - China
6. **Grey Goose Slush** - France
7. **Grand Mariner Slush** - France
8. **Cucumber Margarita** - [La Cava de Tequila](#)
9. **Black Bean Vegetable Burger** - Liberty Inn
10. **Caramel Corn** - [Karmell Kutche](#)
11. **Kaki Gori** - Japan
12. **Vegetable Torte** - Norway
13. **Apple Cobbler** - [Liberty Inn](#)
14. **Gratin de Macaroni** - Les Chefs de France
15. **Soft Pretzel & German Beer** - [Sommerfest](#)
16. **Vegetable Couscous** - Restaurant [Marrakesh](#)
17. **Vegetarian Platter** - [Tangierine Cafe](#)
18. **Quattro Formaggi Pizza** - [Via Napoli](#)

Hollywood Studios

1. **Butterfinger Cupcake** - [Starring Rolls Cafe](#)
2. **Marble Cupcake** - [Starring Rolls Cafe](#)
3. **Peanut Butter Cupcake** - [Starring Rolls Cafe](#)
4. **Red Velvet Cheesecake** - [Starring Rolls Cafe](#)
5. **Carrot Cake Cookie** - The Writers Stop

6. **Strawberry Muffin** - The Writer's Stop
7. **Grapefruit Cake** - [Hollywood Brown Derby](#)
8. **Seasonal Marinated Vegetable Flatbread** - Mama Melrose's Ristorante
9. **Vegetarian Version of the Cobb Salad** - [Hollywood Brown Derby](#)
10. **Noodle Bowl with Wok-fried Coconut Tofu** - [Hollywood Brown Derby](#)
11. **Milkshake** - [Sci-Fi Dine-In Theater](#)
12. **Vegetable Burger** - [Sci-Fi Dine-In Theater](#)
13. **Vegetarian Cheeseburger** - **Rosie's All-American Cafe**
14. **Spaghetti and Vegetarian Meatballs** - [50's Prime Time Cafe and Tune-In Lounge](#)
15. **Beer Battered Onion Rings** - [50's Prime Time Cafe and Tune-In Lounge](#)
16. **Peanut Butter Jelly Milkshake** - [50's Prime Time Cafe and Tune-In Lounge](#)
17. **Dad's Electric Lemonade** - [50's Prime Time Cafe and Tune-In Lounge](#)
18. **Hand-rolled Potato Gnocchi** - Mama Melrose's Ristorante
19. **Honey-Hazelnut & Ricotta Cheesecake** - [Mama Melrose's Ristorante](#)
20. **Grilled Veggie Sandwich** - [Backlot Express](#)

Animal Kingdom

1. **Jalapeno stuffed cheese pretzel** - Safari Pretzel
2. **Vegetable Egg Roll** - Safari Egg Rolls
3. **Chilled Summer Roll** - Safari Egg Rolls
4. **Vegetable Lo Mein** - [Yak and Yeti](#)
5. **Fried Wontons** - [Yak and Yeti](#)
6. **Cinnamon glazed almonds/pecans** - [Dino Diner](#)
7. **Spinach and Goat Cheese Frittata** - [Pizzafari](#)
8. **Vegetable Subosaurus** - [Restaurantosaurus](#)
9. **Hot Tea** - [Royal Anandapur Tea Company](#)
10. **Zebra cupcake** - [Kusafiri Coffee Shop and Bakery](#)
11. **Brownie paw** - [Kusafiri Coffee Shop and Bakery](#)
12. **White Chocolate elephant cupcake** - [Kusafiri Coffee Shop and Bakery](#)
13. **Cotton Top Tamarin Cupcake** - [Kusafiri Coffee Shop and Bakery](#)
14. **Vegetable Pizza** - Pizzafari

Deluxe Resorts

1. **Zebra Domes** - [The Mara](#) - Animal Kingdom Lodge
2. **Vegetable Flatbread** - [The Mara](#) - Animal Kingdom Lodge
3. **Taste of Africa** - [Jiko – The Cooking Place](#) - Animal Kingdom Lodge
4. **Indian Style Bread service** - [Sanaa](#) - Animal Kingdom Lodge
5. **Sanaa Vegetarian Sampler** - [Sanaa](#) - Animal Kingdom Lodge
6. **Kitchen Sink** - [Beaches & Cream](#) - Beach Club Resort
7. **Tonga Toast** - [Kona Cafe](#) - Polynesian Resort
8. **Macadamia Nut Pancakes** - [Kona Cafe](#) - Polynesian Resort
9. **Kona Coffee** - [Kona Cafe](#) - Polynesian Resort
10. **Lapu Lapu** - [Kona Cafe](#) - Polynesian Resort
11. **Pele's Fire Punch** - [Spirit of Aloha Dinner Show](#) - Polynesian
12. **Kilauea Volcano Delight Dessert** - [Spirit of Aloha Dinner Show](#) - Polynesian
13. **Vegetarian Platter with Tempura Veggies & Tofu** - [OHana](#) - Polynesian Resort
14. **Bread Pudding with Banana Foster Sauce** - [OHana](#) - Polynesian
15. **Smoky Portobella Mushroom Soup** - [Artist Pointe](#) - Wilderness Lodge
16. **Sautéed Red Quinoa Cakes** - [Whispering Canyon Cafe](#) - Wilderness Lodge
17. **Triple Cheese Brick Oven Flatbread** - [California Grill](#) - [Contemporary Resort](#)
18. **Goat Cheese Ravioli** - [California Grill](#) - [Contemporary Resort](#)
19. **Strawberry Soup** - [1900 Park Fare](#) - [Grand Floridian Resort & Spa](#)
20. **Vegetarian Bento Box** - Flying Fish Cafe - Boardwalk Resort and Villas

21. **Grilled Vegetable Sandwich** - Beaches & Cream - Beach Club Resort and Villas

Moderate Resorts

1. **Beignets** - [Sassagoula Floatworks and Food Factory](#) - Port Orleans French Quarter
2. **Create Your Own Pasta** - Riverside Mill - Port Orleans Riverside

Value Resorts

1. **Tye Dye Cheesecake** - Pop Century Food Court - Pop Century Resort
2. **Orange Creamsicle** - Silver Screen Spirits - All Star Movies Resort and other locations

Downtown Disney

1. **Chocolate Covered Pretzels** - Goofy's Candy Company
2. **The Caprese** - [Earl of Sandwich](#)
3. **Hot Fudge Sundae** - [Ghirardelli Soda Fountain](#)
4. **Agave-Sweetened Brownies** - Babycakes NYC
5. **Four Cheese Pesto Pizza** - [Wolfgang Puck](#) Express
6. **Doh Bars** - [Cooke's of Dublin](#)