

Best Gluten-Friendly Epcot Flower & Garden 2022 Options

Legend:

- ★ Overall Favorite F&G Booths
- 🌾 Best GF F&G Options
- ➔ Dining Spots with Good GF Choices
- 🪑 Outdoor Seating Available (uncovered)
- 🪑 Indoor & Outdoor Seating Available
- 🪑 Covered Seating Available (in Lotus Blossom Cafe area)

Booths and Offerings:

- Sunshine Seasons & Garden Grill in The Land Pavilion** (Dining Spot with Good GF Choices)
- Epcot Farmers Feast** (Best GF F&G Options): Char-grilled Bison Ribeye, Goat Cheese Creamside Pop, Hibiscus Lemonade Cocktail
- Epcot Sunshine Griddle** (Best GF F&G Options): Avocado Toast, Fried Cornman Roll Bites, Shrimp and Grits, Joffrey's Coffee Cold Brew Cocktail
- Flavor Full Kitchen** (Dining Spot with Good GF Choices): Nothing
- Northern Bloom** (Overall Favorite, Best GF F&G Options): Seared Scallops, Beer Tenderloin Tips, Beer Flight
- Refreshment Port** (Best GF F&G Options): House-made Italian Sausage and Prognos Potatoes, both drizzles
- The Honey Bee-stro** (Overall Favorite, Best GF F&G Options, Outdoor Seating Available): Lavender Honey Mustard, marinated Chicken Flatbread, Local Wildflower Honey Margaritas, Cheesecake, Honey-Peach Froya in a Squishee Cup
- Trowel & Trolis** (Best GF F&G Options): Bonitos, Wisconsin Kasha, Short Rib, Chaudron Cakes, waffles of Landry's English Muffins, Cranberry & Orange Green Tea (alcoholic, optional)
- Pineapple Promenade** (Best GF F&G Options): Spicy Heat Dogs, Beer Flight
- Citrus Blossom** (Best GF F&G Options): Tuna Tataki Bowl, Grapefruit Tart, Beer Flight
- Jardin de Fiestas** (Best GF F&G Options): Poppy Flower Margarita, Tostitos de Ciroonzo (Island-based)
- Cider House** (Best GF F&G Options, Outdoor Seating Available): Cider Flight, Snakebite
- Lotus House** (Dining Spot with Good GF Choices): Jasmine Draft Beer, Marco Boba
- Refreshment Outpost** (Best GF F&G Options): Blake's Hard Cider Co. Blueberry Lemonade Hard Cider
- Fleur de Lys** (Dining Spot with Good GF Choices): Croissant au Fromage de Chèvre, La Vie en Rose Frozen Slushy, Kronenbourg Blanc 1664 Draft Beer
- La Isla Fresca** (Overall Favorite, Best GF F&G Options, Outdoor Seating Available): Anejo topped w/Shrimp, Coconut Tres Leches, Islamorada Beer Company Coconut Key Lime Ale
- Tangerine Café** (Overall Favorite, Best GF F&G Options, Indoor & Outdoor Seating Available): Everything
- Hanami** (Best GF F&G Options): Beer T Takaki, Onuki Pineapple Nigiri Sake
- Magnolia Terrace** (Best GF F&G Options): Beer Flight
- Bauernmarkt: Farmer's Market** (Best GF F&G Options, Outdoor Seating Available): Potato Pancake w/ Caramelized Ham, Stiegl Brewerydler Raspberry
- Funnel Cakes** (Dining Spot with Good GF Choices): Nothing
- Regal Eagle Smokehouse** (Dining Spot with Good GF Choices): Nothing
- Primavera Kitchen** (Best GF F&G Options, Outdoor Seating Available): Ravioli alla Boccacchia, Arancini

Other Booths: Canada, Mexico, La Camina de San Angel, Norway, China, France, Japan, American Adventure, Italy, World Showcase, World Discovery.

Source: WDW Prep School
WDWPrepSchool.com