

# Eight Foods Not to Miss at Walt Disney World: A Walt Disney World Dining Review

by Kim Ringlever, PassPorter Guest Contributor

A trip to Walt Disney World is my excuse to abandon dieting and indulge in a whole world of YUM!

There are so many choices. It could take decades to try them all. And while, I'm all for trying new foods, I've noticed there is a number of items I never pass up.

## #1 Croissants

☐ Disney croissants are crisp and flakey on the outside, full of soft buttery layers on the inside. I don't know if this is true, but I remember my French teacher telling us that one croissant requires 11 pats of butter to make. After eating a Disney croissant on my January trip, my taste buds are convinced that Mrs. LaBeau was right. If you love croissants too, you must order them first thing in the morning. You may have to get up early and you may have to wait, but unless these babies are fresh out of the oven, you will not get the true croissant experience. Make sure you pick one that is deep brown in color. Generally, the croissants are available in a number of places, but the only two places I purchase them from are the Boardwalk Bakery or in EPCOT's Les Halles Boulangerie-Patisserie. Boardwalk Bakery croissants cost \$2.99 each. At the patisserie, they are \$2.25.

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## #2 Churros

☐ A churro is basically a narrow, 18-inch cinnamon doughnut, but so much better. This snack is best served hot and fresh from the oven. My 6-year-old and I seek out churro locations at every park. On our most recent visit, my son asked if he could have a corn dog and a churro for lunch. I said, "we'll see" thinking finding that combo would take too much time. Then low-and-behold a cart serving both corn dogs and churros sat at the dead end of the walkway past Toy Story Mania! How can a mom say no to that bit of magic? I like to eat the churros plain, but they also come with a dipping sauce. Churro prices range from \$3.79 to \$4.99.

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☐ #3 Fairy Tale Celebrations Cuvée A day at Disney's Hollywood Studios would not be complete without a flight of sparkling wine from the Hollywood Brown Derby Lounge. I sneak in the side entrance to the patio, where you don't need a reservation to snag a table. This is something I often do solo while the boys are on Star Tours for the fourth

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time. The flight always features my favorite, the Iron Horse Vineyards Fairy Tale Celebrations Cuvee along with a sparkling Rose and a champagne. Each is a delicious 2-ounce pour, just enough to help a mom relax and ready herself for Tower of Terror. At the lounge, the flight costs \$14.00.

#### #4 Sanaa's Indian-style Bread Service

□ If you're a bread lover, then you probably can agree that Naan bread is like heaven on earth. Sanaa is a master of making this melt-in-your-mouth carb. The Indian-Style Bread Service at the Animal Kingdom Lodge's Sanaa restaurant comes with a choice of five breads (traditional, garlic-ginger or spiced Naan, onion Kucha, or Paneer Paratha) and a choice of three accompaniments ranging from a mild roasted red pepper hummus to a spicy Jalapeno-lime pickle. Last March I had an adventurous group with me and we order traditional Naan bread and ALL the accompaniments. I have not been able to come near Orlando without ordering this appetizer ever since. The food was presented to us on a very large wood tray with the bread piled in the middle and the spreads in small ramekins surrounding it. They were assembled mild to spicy -- and all delicious. Even my then 5- and 7-year-old boys loved all but the spiciest varieties. The bread service is \$13.00 for one bread choice and three accompaniments.

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#### □ #5 Chocolate Covered Banana

□ a This isn't even something that came to me right away as a must have, but my son said to me, "mom, you never get anything other than the banana at the ice cream cart". Maybe it's because it doesn't melt as fast as the ice cream, or because my husband is allergic to peanuts and can't sneak a bite, or I'm just convincing myself that it's a serving of fruit -- but I always get this frozen treat. They're awesome and available most places where Mickey Bars are sold. The cost is \$2.25.

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#### □ #6 Mickey Waffles

□ It's not just the shape. These waffles are good. They are brown on the outside, spongy and slightly sweet on the inside. I love them so much I eat them without syrup or with a little peanut butter. If you haven't tried Mickey Waffles, please do. Every breakfast buffet I've been to has them. You can also get them at several resort quick service restaurants. An entree featuring Mickey waffles ranges between \$7.49 and \$9.99. For kids, it's a few dollars less.

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#### □ #7 Kakigori

□ When I'm in EPCOT, I cruise over to Kabuki Cafe for this Japanese Shaved Ice. The ice is soft, like snow, and magically does not turn to slush immediately when the flavoring is added. I always go for the syrup flavors: melon (green), cherry (red), tangerine (orange), or strawberry

(also red). You can mix and match however you like, or order the rainbow, which is all four. There is also a sweet milk topping available. Be aware that the ice portions are huge so sharing is never a problem. A Kakigori is \$4 per serving. A Kakigori with sweet milk is \$5.

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□#8 Napoleons

□My food journey ends where it began, at Les Halles Boulangerie-Patisserie where another must have for me is the Napoleon -- a puff pastry layered with cream and topped with a white and chocolate combed glaze. Also known as the mille-feuille (which means "thousand leaves") you only have to bite into one of these decadent desserts to learn how it got its name. Three crisp layers of puff pastry and two layers of creamy and refreshingly cold pastry cream makes this my favorite of all Disney treats. On top is the delicious glaze that adds just a hint of chocolate to the mix. Napoleons are \$4.25 at the patisserie and \$4.49 at Starring Rolls Cafe at Hollywood Studios. As I jump on the treadmill to work off the results of my January vacation, I should also mention that many of these venues offered 10% and sometimes 20% discounts for Disney passholders or Disney vacation club members. In addition, many of these treats count as snack items on the Disney Dining Plan. Bon appetit.

*About The Author: Kim is a stay-at-home mom, Disney fan, annual passholder and Disney Vacation Club member living in East Lansing, Michigan.*

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