

Capt. Cook's

1600 Seven Seas Dr. Disney Polynesian Resort 32836 · +14079395277 · Updated: Jan 14, 2026

[View online menu](#)



SOUVENIR SPECIALTIES 1

Disney Rapid Fill Refillable Mug	\$21.99
Enjoy refills of Fountain Drinks, Coffee, and Tea at any resort self-service beverage location for the entire length of your resort stay.	

ENTRÉES 5

Bounty Breakfast Platter	\$12.99
Scrambled Eggs and French Toast served with Bacon, Sausage, Breakfast Potatoes, and a Biscuit	
Tonga Toast	\$10.49
Banana-stuffed Sourdough Bread, Battered, Deep-fried, and Dusted with Cinnamon-Sugar served with Bacon or Sausage	
Mickey Waffles	\$10.49
Served with Bacon or Sausage	
Breakfast Burrito	\$8.99
Eggs, Bacon, and Cheddar served with Breakfast Potatoes	
Morning Flatbread	\$10.59
Scrambled Eggs, Bacon, Sausage, Cheddar, Mozzarella, Parmesan, Chives, and House-made Sausage Gravy	

PLANT-BASED 2

Power Breakfast Bowl	\$9.99
Plant-Based Sausage and Scramble served with Breakfast Potatoes and Red Peppers	
Steel-cut Oatmeal	\$5.49
Served with a side of Brown Sugar, Walnuts and Raisins	

KIDS' DISNEY CHECK MEAL 2

Egg White Scramble	\$7.29
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water. Meets Disney Nutrition Guidelines for Complete Meals without substitutions	
Steel-cut Oatmeal	\$6.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water. Meets Disney Nutrition Guidelines for Complete Meals without substitutions	

KIDS' MEALS 1

Mickey-shaped Waffles	\$7.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	

SIDES 3

Breakfast Potatoes	\$4.99
Bacon	\$3.49
Sausage	\$3.49

BAKERY 14

Moana Cupcake	\$6.79
Vanilla Cupcake, Toasted Coconut Mousse Filling, Buttercream, Coconut Flakes, and White Chocolate Moana piece with a fresh Orchid	
Pineapple Cupcake	\$6.79
Vanilla Cupcake, DOLE Whip® Pineapple Cheesecake, and Pineapple Buttercream with White Chocolate Décor	
Mickey Chocolate and Vanilla Swirl Cupcake	\$5.99
Vanilla Cupcake with Buttercream and Chocolate Buttercream Swirl	
Brownie	\$4.99
Cinnamon Bun	\$4.79
Danish Assortment	\$4.49
Chocolate Croissant	\$4.49
Muffin Assortment	\$4.29
Selection of Daily Fresh-baked Muffins	
Bagel Assortment	\$3.99
Selection of Daily Bagels	
Cranberry Scone	\$3.99
Chocolate Chip Cookie	\$3.99
Croissant	\$3.99
Guava Scone	\$3.99
Guava Scone with Lime Icing Drizzle	
Glazed Doughnut	\$2.29
Plain Glazed Doughnut	

SNACKS 26

Hummus Box	\$6.99
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Nestlé® Mickey Ice Cream Sandwich	\$6.29
Nestlé® Mickey Premium Bar	\$6.29
Side Salad	\$5.29
Assorted Cereals	\$4.99
Served with choice of Cereal and Milk	
Yogurt Parfait	\$5.99
Mickey Crisped Rice Treat	\$4.99
Chocolate-covered	
Small Apples	\$4.69
Hummus and Pretzels	\$4.99
Allergy-Friendly Brownie	\$4.99
Cuties® Mandarins	\$4.19
Package of three	
Mixed Fruit Cup	\$4.19
Uncrustables	\$4.79
Apple with Caramel	\$3.99
Pineapple Fruit Cup	\$3.99
Vegetable Cup	\$3.79
Mini Babybel® Snack Cheese	\$3.49
Three individually packaged 100% Natural Semi-soft Original Flavor Cheese	
Nonfat Greek Yogurt	\$3.19
Allergy-Friendly Chocolate Chip	\$3.49
Assorted Chips	\$3.29
Pop Secret® Popcorn	\$2.99
Fruity Gummy Bears	\$2.49
Banana	\$2.29
Candy Bar	\$2.49
Red Apple	\$2.29
Pickle	\$2.29

smartwater®	\$5.75
Monster™ Energy	\$5.49
Monster™ Energy Zero Ultra	\$5.49
Simply® Orange	\$5.29
POWERADE® Fruit Punch Bottle	\$4.99
20-oz Bottled Beverage	
Gold Peak® Sweet Iced Tea Bottle	\$4.99
18.5-oz Bottled Beverage	
Gold Peak® Unsweetened Iced Tea Bottle	\$4.99
18.5-oz Bottled Beverage	
Chocolate Milk	\$4.49
Assorted Cold Beverage	\$4.49
Vitamin D Milk Pint	\$3.79
DASANI® Bottled Water	\$3.75
Minute Maid® Apple Juice	\$4.29
Freshly Brewed Joffrey's Coffee™ Regular	\$3.79
Freshly Brewed Joffrey's Coffee™ Decaf	\$3.79
Hot Cocoa	\$3.79
Twinings® Hot Tea	\$3.79
Soy Milk	\$3.29
Small DASANI® Water	\$2.50
12-oz Bottled Beverage	
Lowfat Milk	\$2.29
Small Minute Maid® Apple Juice	\$2.29
Small Chocolate Milk	\$2.29

SPECIALTY COFFEE
8

Double Caffé Latte	\$5.29
Hand-crafted, Fresh-pulled shot of artisan roasted Joffrey's Coffee™ fused with Steamed Milk	
Double Cappuccino	\$5.29
A masterful blend of artisan roasted Joffrey’s Coffee™ with beans from Central and South America Hand-crafted, Fresh-pulled shot of artisan roasted Joffrey's Coffee™ Espresso blended with Frothed and Steamed Milk	

Iced Caff� Mocha	\$5.79
Hand-crafted, Fresh-pulled shot of Joffrey's Coffee™ 100% Specialty Grade Arabica Beans blended with Rich Mocha and Milk	
Double Caf� Mocha	\$5.29
Handcrafted, Fresh-pulled Shots of Artisan-roasted Joffrey's Coffee™ fused with Rich Mocha and Steamed Milk	
Caff� Latte	\$3.99
Hand-crafted, Fresh-pulled shot of artisan roasted Joffrey's Coffee™ fused with Steamed Milk	
Cappuccino	\$4.29
A masterful blend of artisan roasted Joffrey’s Coffee™ with beans from Central and South America Hand-crafted, Fresh-pulled shot of artisan roasted Joffrey's Coffee™ Espresso blended with Frothed and Steamed Milk	
Double Espresso	\$3.49
A masterful blend of artisan roasted Joffrey’s Coffee™ with beans from Central America, South America, and Africa are fired to a full city roast to produce the bittersweet flavor and pleasant aftertaste you want and thick Crema your cup should never be without	
Espresso	\$2.79
A masterful blend of artisan roasted Joffrey’s Coffee™ with beans from Central America, South America, and Africa are fired to a full city roast to produce the bittersweet flavor and pleasant aftertaste you want and thick Crema your cup should never be without	

BEER 8

Kona Longboard Island Lager - Kona, HI	\$11.25
16 oz Can - Fuller flavored with a higher malt presence than Pale Lagers	
Old Elephant Foot IPA - Tampa, FL	\$11.25
16 oz Can - This bigger brother to the Pale Ale employs a significant amount of hops with high bitterness and citrus and floral aromas	
Corona Extra Lager - Mexico	\$10.50
16 oz Can - Golden colored with flavors that are dry, clean, crisp, and refreshing with subtle bitterness	
Heineken Lager - Netherlands	\$9.25
16-oz Can - Golden-colored with flavors that are dry, clean, crisp, and refreshing with subtle bitterness	
Bud Light Lime Lager - St. Louis, MO	\$9.00
16-oz Bottle - Golden-colored with flavor of lime and is dry, clean, crisp, and refreshing with subtle bitterness	
Michelob Ultra Lager - St. Louis, MO	\$9.00
16-oz Bottle - Golden-colored with flavors that are dry, clean, crisp, and refreshing with subtle bitterness	
Bud Light - St. Louis, MO	\$9.25
16 oz Bottle - Golden-colored with flavors that are dry, clean, crisp, and refreshing with subtle bitterness	
Budweiser Lager - St. Louis, MO	\$8.50
16-oz Bottle - Golden-colored with flavors that are dry, clean, crisp, and refreshing with subtle bitterness	

WINE 3

Copa Cabernet Sauvignon, Oregon	\$11.00
187 ml glass of Cabernet Sauvignon - Richly extracted black currant and dark cherry flavors extend to a long, polished finish	

Copa Chardonnay, Oregon	\$11.00
187 ml glass of Chardonnay - Tropical Fruit and Buttery Pear aromas overlay a smooth, creamy texture	
Copa Pinot Grigio, Oregon	\$11.00
187 ml glass of Pinot Grigio - Light, fresh floral and mineral aromas with refreshing flavors of citrus and green apple, and a clean, fresh lemon zest finish	

GLUTEN/WHEAT ALLERGY-FRIENDLY 8

Bounty Platter - Gluten/Wheat Allergy-Friendly	\$12.99
Allergy-Friendly Waffles, Scrambled Eggs, Bacon, Sausage, and Potatoes	
Power Breakfast Bowl - Gluten/Wheat Allergy-Friendly	\$9.99
Plant-based Sausage and Scramble served with Breakfast Potatoes and Red Peppers	
Allergy-Friendly Waffles - Gluten/Wheat Allergy-Friendly	\$10.49
Served with Bacon or Sausage	
Kids' Allergy-Friendly Waffles - Gluten/Wheat Allergy-Friendly	\$7.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Egg White Scramble - Gluten/Wheat Allergy-Friendly	\$7.29
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Scrambled Eggs - Gluten/Wheat Allergy-Friendly	\$7.29
Served with Grapes, Apple Slices, and choice of Small Lowfat Milk or Small DASANI® Water	
Kids' Steel-cut Oatmeal - Gluten/Wheat Allergy-Friendly	\$6.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Steel-cut Oatmeal - Gluten/Wheat Allergy-Friendly	\$5.49
Served with a side of Brown Sugar, Walnuts, and Raisins	

EGG ALLERGY-FRIENDLY 6

Power Breakfast Bowl - Egg Allergy-Friendly	\$9.99
Plant-based Sausage and Scramble served with Breakfast Potatoes and Red Peppers	
Allergy-Friendly Waffles - Egg Allergy-Friendly	\$10.49
Served with Bacon or Sausage	
Kids' Allergy-Friendly Waffles - Egg Allergy-Friendly	\$7.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Steel-cut Oatmeal - Egg Allergy-Friendly	\$6.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Yogurt Parfait - Egg Allergy-Friendly	\$5.99
Steel-cut Oatmeal - Egg Allergy-Friendly	\$5.49
Served with a side of Brown Sugar, Walnuts, and Raisins	

FISH/SHELLFISH ALLERGY-FRIENDLY 11

Bounty Platter - Fish/Shellfish Allergy-Friendly	\$12.99
Mickey-shaped Waffles, Scrambled Eggs, Bacon, Sausage, and Potatoes	
Morning Flatbread - Fish/Shellfish Allergy-Friendly	\$10.59
Scrambled Eggs, Bacon, Sausage, Cheddar, Mozzarella, Parmesan, Chives, and House-made Sausage Gravy	
Power Breakfast Bowl - Fish/Shellfish Allergy-Friendly	\$9.99
Plant-based Sausage and Scramble served with Breakfast Potatoes and Red Peppers	
Tonga Toast - Fish/Shellfish Allergy-Friendly	\$10.49
Banana-stuffed Sourdough Bread, Battered, Deep-fried, and dusted with Cinnamon Sugar with choice of Bacon or Sausage	
Mickey-shaped Waffles - Fish/Shellfish Allergy-Friendly	\$10.49
Served with Bacon or Sausage	
Breakfast Burrito - Fish/Shellfish Allergy-Friendly	\$8.99
Eggs, Bacon, and Cheddar served with Breakfast Potatoes	
Kids' Mickey-shaped Waffles - Fish/Shellfish Allergy-Friendly	\$7.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Scrambled Eggs - Fish/Shellfish Allergy-Friendly	\$7.29
Served with Grapes, Apple Slices, and choice of Small Lowfat Milk or Small DASANI® Water	
Kids' Egg White Scramble - Fish/Shellfish Allergy-Friendly	\$7.29
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Steel-cut Oatmeal - Fish/Shellfish Allergy-Friendly	\$6.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Steel-cut Oatmeal - Fish/Shellfish Allergy-Friendly	\$5.49
Served with a side of Brown Sugar, Walnuts, and Raisins	

MILK ALLERGY-FRIENDLY 7

Bounty Platter - Milk Allergy-Friendly	\$12.99
Allergy-Friendly Waffles, Scrambled Eggs, Bacon, Sausage, and Potatoes	
Power Breakfast Bowl - Milk Allergy-Friendly	\$9.99
Plant-based Sausage and Scramble served with Breakfast Potatoes and Red Peppers	
Allergy-Friendly Waffles - Milk Allergy-Friendly	\$10.49
Served with Bacon or Sausage	
Kids' Allergy-Friendly Waffles - Milk Allergy-Friendly	\$7.59
Served with choice of two Sides and Small DASANI® Bottled Water	
Kids' Scrambled Eggs - Milk Allergy-Friendly	\$7.29
Served with Grapes, Apple Slices, and Small DASANI® Water	

Kids' Steel-cut Oatmeal - Milk Allergy-Friendly	\$6.59
Served with choice of two Sides and Small DASANI® Bottled Water	
Steel-cut Oatmeal - Milk Allergy-Friendly	\$5.49
Served with a side of Brown Sugar, Walnuts, and Raisins	

PEANUT/TREE NUT ALLERGY-FRIENDLY 11

Bounty Platter - Peanut/Tree Nut Allergy-Friendly	\$12.99
Mickey-shaped Waffles, Scrambled Eggs, Bacon, Sausage, and Potatoes	
Morning Flatbread - Peanut/Tree Nut Allergy-Friendly	\$10.59
Scrambled Eggs, Bacon, Sausage, Cheddar, Mozzarella, Parmesan, Chives, and House-made Sausage Gravy	
Power Breakfast Bowl - Peanut/Tree Nut Allergy-Friendly	\$9.99
Plant-based Sausage and Scramble served with Breakfast Potatoes and Red Peppers	
Tonga Toast - Peanut/Tree Nut Allergy-Friendly	\$10.49
Banana-stuffed Sourdough Bread, Battered, Deep-fried, and dusted with Cinnamon Sugar with choice of Bacon or Sausage	
Mickey-shaped Waffles - Peanut/Tree Nut Allergy-Friendly	\$10.49
Served with Bacon or Sausage	
Breakfast Burrito - Peanut/Tree Nut Allergy-Friendly	\$8.99
Eggs, Bacon, and Cheddar served with Breakfast Potatoes	
Kids' Mickey-shaped Waffles - Peanut/Tree Nut Allergy-Friendly	\$7.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Egg White Scramble - Peanut/Tree Nut Allergy-Friendly	\$7.29
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Scrambled Eggs - Peanut/Tree Nut Allergy-Friendly	\$7.29
Served with Grapes, Apple Slices, and choice of Small Lowfat Milk or Small DASANI® Water	
Kids' Steel-cut Oatmeal - Peanut/Tree Nut Allergy-Friendly	\$6.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Yogurt Parfait - Peanut/Tree Nut Allergy-Friendly	\$5.99

SESAME ALLERGY-FRIENDLY 10

Bounty Breakfast Platter - Sesame Allergy-Friendly	\$12.99
Mickey-shaped Waffle, Scrambled Eggs, Bacon, Sausage, and Breakfast Potatoes	
Morning Flatbread - Sesame Allergy-Friendly	\$10.59
Scrambled Eggs, Bacon, Sausage, Cheddar, Mozzarella, Parmesan, Chives, and House-made Sausage Gravy	
Mickey-shaped Waffles - Sesame Allergy-Friendly	\$10.49
Served with Bacon or Sausage	

Tonga Toast - Sesame Allergy-Friendly	\$10.49
Banana-stuffed Sourdough Bread, Battered, Deep-fried, and Dusted with Cinnamon-Sugar served with Bacon or Sausage	
Power Breakfast Bowl - Sesame Allergy-Friendly	\$9.99
Plant-based Sausage and Scramble served with Breakfast Potatoes and Red Peppers	
Breakfast Burrito - Sesame Allergy-Friendly	\$8.99
Scrambled Eggs, Bacon, and Cheddar served with Breakfast Potatoes	
Kids' Mickey-shaped Waffles - Sesame Allergy-Friendly	\$7.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Egg White Scramble - Sesame Allergy-Friendly	\$7.29
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Steel-cut Oatmeal - Sesame Allergy-Friendly	\$6.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Steel-cut Oatmeal - Sesame Allergy-Friendly	\$5.49
Served with a side of Brown Sugar, Raisins, and Nuts	

SOY ALLERGY-FRIENDLY
7

Bounty Platter - Soy Allergy-Friendly	\$12.99
Allergy-Friendly Waffles, Scrambled Eggs, Bacon, Sausage, and Potatoes	
Allergy-Friendly Waffles - Soy Allergy-Friendly	\$10.49
Served with Bacon or Sausage	
Kids' Allergy-Friendly Waffles - Soy Allergy-Friendly	\$7.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Egg White Scramble - Soy Allergy-Friendly	\$7.29
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Kids' Scrambled Eggs - Soy Allergy-Friendly	\$7.29
Served with Grapes, Apple Slices, and choice of Small Lowfat Milk or Small DASANI® Water	
Kids' Steel-cut Oatmeal - Soy Allergy-Friendly	\$6.59
Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Steel-cut Oatmeal - Soy Allergy-Friendly	\$5.49
Served with a side of Brown Sugar, Walnuts, and Raisins	

ISLAND FAVORITES
5

Spicy Korean Chicken Bowl	\$12.99
Crisp Chicken Strips with Gochujang Sauce, Steamed Rice, and Cucumber Namasu	
Aloha Pork Sandwich	\$11.29
Pulled Pork with Cheddar, Asian Slaw, Cucumbers, and Tomatoes on a Brioche Bun served with French Fries	

Thai Coconut Meatballs	\$10.49
House-made All-Beef Chili-Garlic Meatballs cooked in a Coconut Cream served over White Rice	
Pan-Asian Noodles and Vegetables	\$10.29
Asian-style Noodle Salad	\$9.99
Rice Noodle, Mandarin Oranges, Mixed Vegetables, and Candied Cashews served with Honey-Miso Dressing	

KIDS' DISNEY CHECK MEALS 3

Cheeseburger	\$8.49
Served with Apple Slices, Carrots, and choice of Small Lowfat Milk or Small DASANI® Bottled Water	
Chicken and Pineapple Skewers	\$8.49
Served with Mixed Greens Salad and Sesame-Soy Dressing with choice of Small Lowfat Milk or Small DASANI® Bottled Water. Meets Disney Nutrition Guidelines for Complete Meals without substitutions	
Turkey Sandwich	\$7.79
Served with Apple Slices, Carrots, and choice of Small Lowfat Milk or Small DASANI® Bottled Water. Meets Disney Nutrition Guidelines for Complete Meals without substitutions	

PEANUT ALLERGY-FRIENDLY 1

Thai Coconut Meatballs - Peanut Allergy-Friendly	\$10.49
House-made All-Beef Chili-Garlic Meatballs cooked in a Coconut Cream served over White Rice	