

# Sunshine Seasons

200 Epcot Center Dr. Future World 32830 · +14079395277 · Updated: Jan 14, 2026

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## ENTRÉES 12

**Oak-grilled Rotisserie Chicken** **\$12.99**

Served with Black Beans and Yellow Rice

**Oak-grilled Salmon** **\$13.79**

Served with Mashed Potatoes and Ratatouille

**Stir-fried Chicken** **\$12.29**

Stir-fried Chicken with Teriyaki Chicken, Peppers, Onions, Pineapple, and a Tangy Sweet-and-Sour Sauce

**Mongolian Beef** **\$13.49**

with Vegetable Fried Rice

**Stir-fried Shrimp** **\$13.29**

with Honey Ginger Sauce, Seasonal Vegetables and Cashews

**Vegetable Korma** **\$10.29**

with Plant-based Chicken and Cashews (Plant-based)

**Roast Beef Sandwich** **\$11.29**

Chilled Roast Beef, Chimichurri Aioli, Cheddar, Arugula, and Red Onion on a Flour-topped Kaiser Roll served with Potato Chips

**Birria Tacos** **\$9.99**

with Beef, Monterrey Jack, Onions, Cilantro, and Lime served with Consommé

**Cheese Pizza Roll** **\$11.29**

Served with Pasta Salad

**Pepperoni Pizza Roll** **\$11.79**

Served with Pasta Salad

**Asian Vegetable Noodle Salad** **\$12.29**

with Wakame, Tuna Poke and Spicy Mayonnaise

**Mediterranean Vegetable Sandwich** **\$9.99**

Roasted Red Pepper, Red Onion, Tomato, Arugula, Hummus, and Balsamic Vinaigrette on Herbed Focaccia served with Potato Chips (Plant-based)

## KIDS' DISNEY CHECK MEALS 2

**Salmon** **\$8.49**

Served with Jasmine Rice, Applesauce, and choice of Small Lowfat Milk or Small DASANI® Bottled Water. Meets Disney Nutritional Guidelines for Complete Meals without substitutions

## Chicken Drumstick

\$7.79

Served with Rice, Applesauce, and choice of Small Lowfat Milk or Small DASANI® Bottled Water. Meets Disney Nutritional Guidelines for Complete Meals without substitutions

## KIDS' MEALS 3

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### Cheese Pizza Roll

\$7.59

Served with Pasta Salad, Applesauce, and choice of Small Lowfat Milk or Small DASANI® Bottled Water

### Pepperoni Pizza Roll

\$7.79

Served with Pasta Salad, Applesauce, and choice of Small Lowfat Milk or Small DASANI® Bottled Water

### Macaroni & Cheese

\$6.99

Served with Green Beans, Applesauce and choice of Small Lowfat Milk or Small DASANI® Bottled Water

## SNACKS 28

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### Caesar Salad with Shrimp

\$13.99

Romaine Lettuce, Croutons, Parmesan, and Caesar Dressing

### Power Greens Salad with Chicken

\$13.29

Mixed Greens, Quinoa, Blueberries, Blackberries, Almonds, Feta, and Balsamic Vinegar

### Caesar Salad with Chicken

\$11.99

Romaine Lettuce, Croutons, Parmesan, and Caesar Dressing

### Charcuterie and Cheese Plate

\$11.29

### Power Greens Salad

\$11.29

Mixed Greens, Quinoa, Blueberries, Blackberries, Almonds, Feta, and Balsamic Vinegar

### Roasted Turkey BLT Wrap

\$9.99

### Caesar Salad

\$9.79

Romaine Lettuce, Croutons, Parmesan, and Caesar Dressing

### Turkey Sandwich Kid's Pack

\$7.79

### PB&J Uncrustable

\$6.79

Served with choice of two Sides and choice of Small Lowfat Milk or Small DASANI® Bottled Water

### Yogurt Dipper Kid's Pack

\$6.49

### Cinnamon Roll

\$4.79

### Roasted Red Pepper Hummus

\$4.79

### Açai Parfait

\$4.69

### Apple Pack

\$4.69

### Chocolate Croissant

\$4.49

<b>Mango Parfait</b>	<b>\$4.49</b>
Greek Yogurt, Granola, and Shaved Coconut	
<b>Muffin</b>	<b>\$4.29</b>
<b>Assorted Fruit Cups</b>	<b>\$4.19</b>
(Plant-based)	
<b>Cuties® Mandarin 3-pack</b>	<b>\$4.19</b>
(Plant-based)	
<b>Assorted Artisanal Cookies</b>	<b>\$3.99</b>
<b>Croissant</b>	<b>\$3.99</b>
<b>Assorted Chips</b>	<b>\$3.29</b>
<b>Assorted Granola Bars</b>	<b>\$3.29</b>
<b>Apple Slices</b>	<b>\$2.59</b>
(Plant-based)	
<b>Assorted Candy</b>	<b>\$2.49</b>
<b>Carrots</b>	<b>\$2.19</b>
(Plant-based)	
<b>Pickle-in-a-Pouch</b>	<b>\$2.29</b>
<b>Applesauce</b>	<b>\$0.99</b>
(Plant-based)	

## DESSERTS 3

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<b>Peanut Butter Whoopie Pie</b>	<b>\$4.29</b>
<b>Turtle Brownie</b>	<b>\$5.29</b>
<b>Chocolate Chunk Cookie</b>	<b>\$3.99</b>

## BEVERAGES 14

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<b>Assorted Fountain Beverages</b>	<b>\$4.49</b>
Assorted Coca-Cola® Offerings	
<b>Seasonal Milk Shake</b>	<b>\$8.99</b>
<b>Strawberry Boba Fruit Juice</b>	<b>\$5.49</b>
<b>Joffrey's Shakin' Jamaican™ Ready-to-Drink Cold Brew with Oat Milk &amp; Sweetened</b>	<b>\$5.29</b>
<b>Simply® Orange</b>	<b>\$5.29</b>

<b>Hot Cocoa</b>	<b>\$3.79</b>
<b>Twinings® Hot Tea</b>	<b>\$3.79</b>
<b>DASANI® Bottled Water</b>	<b>\$3.75</b>
20-oz Bottled Beverage	
<b>Chocolate Soy Milk</b>	<b>\$3.29</b>
<b>Vanilla Soy Milk</b>	<b>\$3.29</b>
<b>Milk</b>	<b>\$2.29</b>
<b>Minute Maid® Apple Juice</b>	<b>\$2.29</b>
<b>Small Chocolate Milk</b>	<b>\$2.29</b>
<b>Small DASANI® Water</b>	<b>\$2.50</b>
12-oz Bottled Beverage	

## BEVERAGES WITH ALCOHOL 12

<b>Bloody Mary</b>	<b>\$11.50</b>
<b>Schöfferhofer Grapefruit Hefeweizen - Germany</b>	<b>\$11.50</b>
Easy and refreshing with light notes of Citrus and Spice with low bitterness	
<b>Orange Blossom Pilsner</b>	<b>\$11.25</b>
<b>Cigar City Jai Alai IPA - Tampa, FL</b>	<b>\$12.00</b>
This bigger brother to the Pale Ale employs a significant amount of Hops with high bitterness and Citrus and Floral aromas	
<b>Corona Extra Lager - Mexico</b>	<b>\$10.50</b>
16-oz Can - Golden-colored with flavors that are dry, clean, crisp, and refreshing with subtle bitterness	
<b>Blue Moon Belgian White Ale</b>	<b>\$9.75</b>
<b>Yuengling Traditional Lager - Pottsville, PA</b>	<b>\$9.75</b>
16-oz Can - Fuller flavored with a higher malt presence than Pale Lagers	
<b>Bud Light Lager - St. Louis, MO</b>	<b>\$9.25</b>
Golden-colored with flavors that are dry, clean, crisp, and refreshing with subtle bitterness	
<b>White Claw Black Cherry Hard Seltzer</b>	<b>\$12.00</b>
<b>RAMONA Blood Orange Wine Spritz</b>	<b>\$11.00</b>
<b>RAMONA Meyer Lemon Wine Spritz</b>	<b>\$11.00</b>
<b>RAMONA Dry Ruby Grapefruit Wine Spritz</b>	<b>\$11.00</b>

## ALLERGY-FRIENDLY ENTRÉES 14

**Guests must speak to a Cast Member about their allergy-friendly request**

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**Oak-grilled Salmon** **\$13.79**

Served with Mashed Potatoes and Ratatouille (For Gluten/Wheat, Egg, Peanut/Tree Nut, Sesame, Shellfish, and Soy Allergies)

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**Rotisserie Chicken** **\$12.99**

Served with Yellow Rice and Black Beans (For Gluten/Wheat, Egg, Milk, Peanut/Tree Nut, Sesame, Shellfish, and Soy Allergies)

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**Mongolian Beef** **\$13.49**

Served with White Rice (For Fish/Shellfish and Milk Allergies)

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**Birria Tacos** **\$9.99**

with Beef, Monterrey Jack, Onions, Cilantro, and Lime served with Consommé (For Gluten/Wheat, Egg, Fish/Shellfish, Peanut/Tree Nut, Sesame, and Soy Allergies)

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**Stir-fried Chicken** **\$12.29**

Teriyaki Chicken, Peppers, Onions, Pineapple, White Rice, and a Tangy Sweet-and-Sour Sauce (For Gluten/Wheat, Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies)

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**Stir-fried Shrimp** **\$13.29**

Served with White Rice (For Egg, Fish, Milk, and Peanut Allergies)

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**Vegetable Korma** **\$10.29**

with Plant-based Chicken, White Rice, and Cashews (For Egg, Fish/Shellfish, and Milk Allergies)

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**Roast Beef Sandwich** **\$11.29**

Chilled Roast Beef, Chimichurri Aioli, Cheddar, Arugula, and Red Onion on a Kaiser Roll served with Potato Chips (For Fish/Shellfish, Peanut/Tree Nut, and Sesame Allergies)

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**Cheese Pizza Roll** **\$11.29**

Served with Potato Chips (For Fish/Shellfish, Peanut/Tree Nut, and Sesame Allergies)

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**Pepperoni Pizza Roll** **\$11.79**

Served with Potato Chips (For Fish/Shellfish, Peanut/Tree Nut, and Sesame Allergies)

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**Power Salad with Chicken** **\$13.79**

(For Gluten/Wheat, Egg, Fish/Shellfish, Sesame, and Soy Allergies)

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**Power Salad** **\$11.99**

(For Gluten/Wheat, Egg, Fish/Shellfish, Sesame, and Soy Allergies)

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**Mediterranean Vegetable Sandwich** **\$9.99**

Roasted Red Pepper, Red Onion, Tomato, Arugula, Hummus, and Balsamic Vinaigrette on Herbed Focaccia served with Potato Chips (For Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies)

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**KIDS' ALLERGY-FRIENDLY ENTRÉES** 5

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**Guests must speak to a Cast Member about their allergy-friendly request**

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**Kids' Salmon** **\$8.49**

Served with Green Beans, Applesauce and choice of Small Lowfat Milk or Small DASANI® Water (For Gluten/Wheat, Egg, Milk, Peanut/Tree Nut, Sesame, Shellfish, and Soy Allergies)

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**PB&J Uncrustable** **\$6.79**

Served with Carrot Sticks, Applesauce and choice of Small Lowfat Milk or Small DASANI® Bottled Water (For Egg, Fish/Shellfish, Milk, Sesame, and Soy Allergies)

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**Kids' Chicken Drumstick** **\$7.79**

Served with White Rice, Applesauce, and choice of Small Lowfat Milk or Small DASANI® Water (For Gluten/Wheat, Egg, Fish/Shellfish, Milk, Peanut/Tree Nut, Sesame, and Soy Allergies)

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**Kids' Macaroni & Cheese** **\$6.99**

Served with Green Beans, Applesauce, and choice of Small Lowfat Milk or Small DASANI® Bottled Water (For Fish/Shellfish, Peanut/Tree Nut, and Sesame Allergies)

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## ALLERGY-FRIENDLY SNACKS 12

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**Brownie** **\$4.99**

(For Gluten/Wheat, Fish/Shellfish, Peanut/Tree Nut, and Sesame Allergies)

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**Mango Parfait** **\$4.49**

Greek Yogurt, Granola, and Shaved Coconut (For Gluten/Wheat, Egg, Fish/Shellfish, Peanut, Sesame, and Soy Allergies)

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**Roasted Red Pepper Hummus** **\$4.79**

with Cucumbers, Olives, and Multigrain Crackers (For Gluten/Wheat, Egg, Fish/Shellfish, Milk, and Peanut/Tree Nut Allergies)

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**Açai Parfait** **\$4.69**

(For Gluten/Wheat, Egg, Fish/Shellfish, Peanut/Tree Nut, Sesame, and Soy Allergies)

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**Chocolate Candy Bar** **\$4.50**

(For Gluten/Wheat, Egg, Fish/Shellfish, Milk, Peanut/Tree Nut, Sesame, and Soy Allergies)

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**Apple Pack** **\$4.69**

(For Gluten/Wheat, Egg, Fish/Shellfish, Milk, Peanut/Tree Nut, Sesame, and Soy Allergies)

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**Assorted Fruit Cups** **\$4.19**

(For Gluten/Wheat, Egg, Fish/Shellfish, Milk, Peanut/Tree Nut, Sesame, and Soy Allergies)

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**Allergy-Friendly Cookies** **\$3.49**

(For Gluten/Wheat, Egg, Fish/Shellfish, Milk, Peanut/Tree Nut, Sesame, and Soy Allergies)

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**Apple Slices** **\$2.59**

(For Gluten/Wheat, Egg, Fish/Shellfish, Milk, Peanut/Tree Nut, Sesame, and Soy Allergies)

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**Pickle-in-a-Pouch** **\$2.29**

(For Gluten/Wheat, Egg, Fish/Shellfish, Milk, Peanut/Tree Nut, Sesame, and Soy Allergies)

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**Applesauce** **\$0.99**

(For Gluten/Wheat, Egg, Fish/Shellfish, Milk, Peanut/Tree Nut, Sesame, and Soy Allergies)

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## ALLERGY-FRIENDLY DESSERTS 2

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## Plant-based Cookies 'n "Cream" Chocolate Mousse Cup

\$5.29

(For Egg, Fish/Shellfish, Milk, and Sesame Allergies)

### BAKERY <sup>4</sup>

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Cinnamon Roll

\$4.79

Croissant

\$3.99

Chocolate Croissant

\$4.49

Muffin

\$4.29