

EPCOT Food & Wine: the eating guide

More than forty places to eat, eighty-seven days, and a menu long enough to be useless. This is what to order, when the booths actually open, and how the whole thing works if someone in your group cannot have gluten.

WHERE

**EPCOT • World
Showcase and beyond**

2026 SEASON

**Aug 27 to Nov 21 • the
30th year**

PREPARED BY

**Lauren Myers, Kingston
PA**

CONTENTS

FOUR OPENING WAVES

HOW TO WORK IT

WHAT TO ORDER

EATING WITHOUT GLUTEN

PLANT-BASED

THE CHEESE STROLL

TWO PLANS

BEFORE YOU GO

START HERE

You already paid to get in

There is no festival ticket. If you have park admission to EPCOT on any day between August 27 and November 21, you are at the Food & Wine Festival whether you planned to be or not. Depending on your ticket type a park reservation may still be required, but nothing extra is charged for the festival itself. What you spend from there is food money, and that is where a little planning pays for itself.

Most dishes run **\$5 to \$13** and arrive in three or four bites. That is deliberate. The festival is built for grazing across a dozen counters, not for sitting down anywhere, and the portion size only feels like a ripoff if you treat one booth as lunch. Drinks are where the number gets away from people: a beer is single digits, but the specialty cocktails

and the wine and cheese pairing run to \$17.50. Two people splitting eight or ten dishes and a few drinks land near \$100. A family of four ordering whatever catches their eye will clear \$250 and not notice until the gift card balance hits zero.

One structural fact drives every decision in this guide: **the festival does not open all at once.** Disney phases the marketplaces in across five and a half weeks. Go on Labor Day weekend and you are getting roughly three quarters of the event, including none of the four booths that open October 2.

Four waves, not one opening day

Disney calls this a phased opening and buries it in a sentence near the bottom of the announcement. If a specific booth is the reason you are going, check this before you book the dates.

● Aug 27

Opening day

Most of World Showcase is live: Australia, Mexico, China, Germany, Spain, Italy, Japan, Greece, Belgium, Brazil, France, Canada, Hawai'i, plus the front-of-park kitchens like Brew-Wing Lab, The Fry Basket, Flavors from Fire and Gyozas of the Galaxy.

● Sep 9

Festival Favorites arrives

The anniversary booth, and the reason to shift a late-August trip two weeks later if you can. Potato Pierogi from 1996, the Bo Ssam Pork Belly Lettuce Wraps from 2010, and the Pumpkin Cheesecake Mousse Trifle all live here.

● Sep 18

The Wedge opens at CommuniCore Hall

A cheese-focused counter indoors, hosted by Dairy Does More, with air conditioning, seating, a Proudly Wisconsin Cheese board and a wine and cheese pairing. The “Cheers to Cheese!” exhibition opens the same day in the same building.

● Oct 2

The last four booths

Coastal Eats, Earth Eats, India and The Alps. This is the day the festival is finally complete, and it is also the day the crowds arrive. If you want everything, this is your earliest date.

● Nov 8

The Wedge and the cheese exhibition close

Two weeks before the festival itself ends. Worth knowing if a November trip is built around the indoor cheese stop.

● Nov 21

Last day

Booths break down overnight and EPCOT turns over to the holiday festival within days.

Opening dates come from Disney's own Foodie Guide and can move. Confirm the week you travel, especially for the October 2 group.

Six habits that change the day

None of this is about knowing secret menu items. It is about the fact that forty-odd counters with no reservations and no seating behave in predictable ways, and most guests walk in and do the opposite of all six.

01 Go Tuesday through Thursday, and get there at eleven

11:00 TO 12:30

Booths open around 11am, not at park open, and the first ninety minutes are the only quiet ones. October Saturdays in World Showcase are among the most crowded hours EPCOT has all year, and the crowd on those afternoons is a drinking crowd.

02 Split everything, without exception

TWO PEOPLE, TWELVE BOOTHS

Two people sharing every dish get through twelve booths on the money one person would spend at six. It is also the only way to fail gracefully. A dish nobody likes costs you two bites instead of a whole order.

03 Load a gift card and stop doing math

BEFORE YOU LEAVE

Set the number in advance, put it on a Disney gift card, and hand that card over at every counter. It removes the running tally that makes people either overspend or quit early, and it works the same way for a family splitting a budget four ways.

04 Pick up the Festival Passport at the entrance

FREE AT PARK ENTRY

Free, paper, and it lists every booth and every item. It is also the only way to play Emile's Fromage Montage, which needs five cheese stamps for a free treat.

05 Start at the far end and walk back

REVERSE THE FLOW

Nearly everyone enters World Showcase from the front and stops at the first three booths they see. Go counterclockwise to Canada or clockwise past Mexico to China first, then eat your way home. Same lap, noticeably shorter lines for the first hour.

06 A water between every drink, and eat before the first one

ALL DAY

The pours are small and they add up fast in Florida heat. Free ice water is available at any quick-service counter. This sounds like a parenting line until you watch how the 4pm crowd looks in October.

The short list, by where you are standing

More than forty counters is more than anyone eats in a day, so this is not the full menu. Disney publishes that for free in the Passport. These are the dishes worth walking to, grouped by where they sit, with the returning anniversary items flagged because 2026 is the festival's thirtieth year and roughly thirty dishes have been pulled back from earlier seasons.

World Celebration and the front of the park BEFORE YOU REACH WORLD SHOWCASE

LAUREN'S PICK

Rodizio-style Grilled Beef Skewer · Flavors from Fire

Marble potatoes, charred shallots, roasted baby peppers and chimichurri. It has been on and off the festival since 2009 and it is still the most food you get for the price anywhere in the front half of the park.

NEAR CREATIONS SHOP · INTRODUCED 2009

LAUREN'S PICK

Fry Flight · The Fry Basket

Three portions in one order: sea salt and malt vinegar, truffle Parmesan with black garlic aioli, and a sweet potato casserole version with cinnamon sugar, candied pecans and marshmallow cream. Best shareable on the property and it buys you a savory and a dessert in one stop.

NEAR TEST TRACK · SPLITS THREE WAYS

30TH ANNIVERSARY

Potato Pierogi · Festival Favorites

Kielbasa, caramelized onions and sour cream. This one goes back to the very first festival in 1996 and it is the item most likely to make a Northeast Pennsylvania family stop and stare. Opens September 9.

OPENS SEP 9 · INTRODUCED 1996

CHEESE STROLL

Crab and Corn Macaroni and Cheese · The Wedge

Smoked cheddar sauce, bacon, crab seasoning, roasted corn, herbed panko and jalapeños. The Wedge is indoors at CommuniCore Hall with actual seating and air conditioning, which in September matters more than the menu does.

COMMUNICORE HALL · SEP 18 TO NOV 8

OPENS OCT 2

Seafood Pot Pie · Coastal Eats

Shrimp, scallops and lobster bisque under puff pastry. The crab cake at the same booth gets more attention, but the pot pie is the one that eats like a real dish instead of a sample.

NEAR CREATIONS SHOP · OPENS OCT 2

Wing Experiments · Brew-Wing Lab at the Odyssey

Four sauces, including a Carolina Reaper curry that Disney has officially named Unnecessarily Spicy Yet Extremely Tasty. The Pickle Milk Shake here is the festival's running dare and it has survived since 2023, which tells you something.

THE ODYSSEY · INDOOR SEATING

World Showcase, Mexico through Italy THE WEST HALF

LAUREN'S PICK

Tostada de Osso Buco · Mexico

Pork osso buco on a fried corn tortilla with chipotle black beans, salsa verde, queso fresco and chives. Genuinely a meal-sized bite for festival pricing, and the Mexico booth line moves faster than the pavilion line beside it.

OUTSIDE THE PYRAMID

30TH ANNIVERSARY

Dumplings Trio · China

Pan-fried chicken, pork and vegetable dumplings with a sweet and spicy sauce, on the menu since 1996. Three dumplings makes it one of the easiest things to split three ways without cutting anything.

INTRODUCED 1996

CHEESE STROLL

Tartiflette · The Alps

Potato gratin with caramelized onions, bacon, thyme, crème fraîche and brie. The Alps also brings back Warm Raclette Swiss Cheese, which first appeared in 1997. Both count toward the cheese stroll, and neither shows up before October 2.

BETWEEN AFRICA AND GERMANY · OPENS OCT 2

LAUREN'S PICK

Paella Caldoso · Spain

Chicken, chorizo, gigante beans, romano beans and saffron rice, running since 1997. Order the Basque Cheesecake at the same window: crustless, orange sauce, and it counts for Emile's Fromage Montage.

INTRODUCED 1997 · CHEESECAKE IS A CHEESE STAMP

30TH ANNIVERSARY

Schinkennudeln · Germany

Pasta gratin with ham, onions and cheese, back from 2010, and another cheese stamp. Germany is also where the beer program is worth the money, with a Weißenstephaner Festbier and a von Trapp Oktoberfest Märzen on draft.

INTRODUCED 2010 · CHEESE STROLL

OPENS OCT 2

Chicken Tikka Masala · India

Fennel-spiced yogurt and naan, back from 2004, alongside the Potato-Pea Samosas from 2005 which Disney marks plant-based. The Mango Lassi is worth ordering with the Camikara eight-year rum in it if you are not driving.

OPENS OCT 2 · INTRODUCED 2004

World Showcase, Japan through Canada THE EAST HALF

LAUREN'S PICK

Beef Wagyu Temaki Hand Roll · Japan

American Wagyu, pickled ginger and spicy mayonnaise. The Spicy Temaki beside it dates to 1996 and is the cheaper order, but the Wagyu is the one people walk back for.

OUTSIDE THE MITSUKOSHI STORE

CHEESE STROLL

Griddled Cheese · Greece

Pistachios and honey. Two minutes of work, one of the best plates at the festival, and a cheese stamp. The Chicken Souvlaki Gyro at the same booth has been running since 1997.

BETWEEN JAPAN AND MOROCCO · INTRODUCED 1997

PLANT-BASED

Ras el Hanout Cauliflower Bowl · Tangierine Café

Chickpea salad, golden raisin relish, parsley and pita, on the menu since 2003 and one of the few plant-based dishes here that eats like an actual lunch. The Plant-based Falafel Wrap is at the same counter.

MOROCCO · INTRODUCED 2003

CHEESE STROLL

Pão de Queijo · Brazil

Brazilian cheese bread, running since 1999, made with tapioca flour rather than wheat. It is a cheese stamp and it is the single most useful order at the festival for a gluten-free guest, for reasons on the next page.

BETWEEN MOROCCO AND FRANCE · INTRODUCED 1999

30TH ANNIVERSARY

Trio d'Escargots · France

Escargot bites baked into croissant dough with garlic-parsley dip, one of the 1996 originals and still the item that converts people who insist they do not eat snails.

INTRODUCED 1996

LAUREN'S PICK

Cheddar and Bacon Soup · Canada

With a pretzel roll, on the menu since 2000, and the most reliably good thing in World Showcase. Skip it in August. In November it is the best three dollars per bite at the festival.

INTRODUCED 2000 · BETTER WHEN IT IS COLD

Bo Ssam Pork Poutine · La Poutinerie

Fries, cheese curds, bo ssam pork, gochujang gravy, kimchi pickles, aioli and sesame. La Poutinerie changes cities each year and this year it is Seoul, which is a better idea than it sounds.

CANADA · HOSTED BY AIR CANADA

World Nature and the walkways EASY TO WALK PAST

LAUREN'S PICK

Cast Iron-seared River Trout · Bramblewood Bites

Vanilla butternut squash purée, Brussels sprouts salad, candied pecans, spiced pumpkin seeds, dried cranberries and maple dressing. It sits on the walkway between the Imagination pavilion and World Showcase, which is why almost nobody finds it.

IMAGINATION WALKWAY · QUIETEST LINE AT THE FESTIVAL

CHEESE STROLL

Pumpkin-Mascarpone Ravioli · Forest & Field

Brown butter vinaigrette, pecorino, pomegranate seeds and hazelnut praline. Forest & Field is also where the plant-based Black Bean and Mushroom Chili lives, which is the best non-meat savory dish on the grounds.

CHEESE STAMP

OPENS OCT 2

Red Wine-braised Beef Short Rib · Earth Eats

Goat cheese polenta, tomato ragù, shaved pecorino and petit herbs. Another cheese stamp, and the polenta base makes it one of the few braises here built without flour.

WORLD NATURE · OPENS OCT 2

30TH ANNIVERSARY

Freshly Baked Carrot Cake · Milled & Mulled

Walnuts and cream cheese icing, from 2014. Order it with the Butternut Squash and Ginger Bisque at the same booth and you have the closest thing the festival offers to a fall dinner.

INTRODUCED 2014

Eating here without gluten

Start with what Disney will not tell you at the counter, because it changes how you plan the day. Every marketplace is an outdoor kitchen: two fryers, a flat top, a few feet of prep space and a line out front. **Disney does not promise an allergen-free item at any of them**, and they say so in writing on their own menus. Shared oil, shared tongs, shared surfaces.

If your celiac reaction is severe, that is a real problem and it deserves a real answer. The festival is a harder call than a table-service restaurant at the same resort, where a chef can come out, talk to you, and plate your food in a separate space. Plenty of people with celiac still do Food & Wine every year and do it safely. But the ones who do it well plan it, and they do these five things.

01 Ask for a Special Diets trained Cast Member, in those words

AT EVERY BOOTH

Every location has access to one. The phrasing matters more than people expect. "Is this gluten free?" gets you a guess from whoever is at the register. "Can I speak to someone about a food allergy?" gets you the ingredient sheet and someone whose job it is to read it.

02 Check the official allergy menu the week you go, not before

CHECK TWICE

Disney publishes an Allergy-Friendly Options at Global Marketplaces menu at disneyworld.disney.go.com every season. It posts late. As of the week the 2026 festival opened it still read "Menu Currently Unavailable." When it goes live it is the only source that is actually Disney's word rather than someone's guess, so wait for it.

03 Ask about the fryer before you order anything fried

FRY BASKET, BREW-WING

The Fry Basket is the first place a gluten-free guest heads and it is also the one that needs the question asked. The potato is not the issue. The oil is. Same for the Fried Pickle Spears at Brew-Wing Lab, which share a kitchen with breaded wings.

04 Order the modification out loud, at the register

HOLD THE BREAD

A lot of dishes here are gluten-free food served on a piece of bread. Chicken Tikka Masala arrives with naan. Warm Raclette arrives on a baguette. The Black Bean and Mushroom Chili comes with cornbread croutons. Ask for it held and you often get the dish you wanted.

Every wine, most ciders, the spirits and all three mimosas at Shimmering Sips are fine. Beer is not, and beer is close to half of what this festival pours, including every flight in Germany, Belgium and the American Adventure. Nobody warns you about the flights.

Dishes worth asking about

CANDIDATES, NOT CONFIRMATIONS

These are built without wheat according to their published ingredient lists. That makes them the right dishes to ask about first. It is not the same as Disney calling them gluten free, and it says nothing about the fryer or the prep surface. Confirm each one at the window.

BRAZIL

Pão de Queijo

Tapioca flour, not wheat. Disney has designated this one gluten friendly in past seasons.

SPAIN

Basque Cheesecake

Crustless by design, served with orange sauce.

SPAIN

Paella Caldoso

Saffron rice base. Ask about the chorizo, which is where a filler would hide.

GREECE

Griddled Cheese

Cheese, pistachios and honey. Nothing else on the plate.

THE ALPS

Tartiflette

Potato, onion, bacon, crème fraîche, brie. Opens October 2.

EARTH EATS

Red Wine-braised Short Rib

Over goat cheese polenta rather than a flour-thickened base. Opens October 2.

EARTH EATS

Lemon-Almond-Olive Oil Cake

Almond flour, with a whipped Greek yogurt panna cotta.

CANADA

Filet Mignon

Mushrooms and mashed potatoes. Disney has marked this gluten friendly before.

AUSTRALIA

Roasted Lamb Chop

Mint pesto and crushed salt and vinegar chips. Ask about the chips.

AUSTRALIA

Grilled Bushberry-spiced Shrimp Skewer

Sweet and sour vegetables, coconut-chili sauce.

MEXICO

Tostada de Osso Buco

Fried corn tortilla. The fryer question applies here.

MEXICO

Paleta de Moras

A berry ice pop with condensed milk and chili-lime seasoning.

FLAVORS FROM FIRE

Rodizio-style Grilled Beef Skewer

Potatoes, shallots, peppers and chimichurri.

MILLED & MULLED

Butternut Squash and Ginger Bisque

Cinnamon cream and toasted pumpkin seeds. Confirm the thickener.

The one that gets missed: you can still finish Emile's Fromage Montage. The cheese stroll needs five stamps, and at least five eligible dishes are built without wheat: Pão de Queijo in Brazil, Basque Cheesecake in Spain, Griddled Cheese in Greece, Tartiflette at The Alps, and the braised short rib over goat cheese polenta at Earth Eats. Two of those open October 2, so the math only works from that date forward. Confirm each one at the window and the free treat is yours.

The plant-based list is short and it is real

Unlike gluten, this one Disney labels itself, which means you can plan around it instead of interviewing a Cast Member at every counter. Eleven dishes carry the plant-based mark this season.

BREW-WING LAB

Sweet Chile-Lime Plant-based Chicken Strips

Plant-based cilantro crema and spicy peppers.

GYOZAS OF THE GALAXY

Edamame Dumplings

Butternut squash purée, caramelized onions, sage and garlic aillade.

THE FRY BASKET

Adobo Yuca Fries

Plant-based garlic-cilantro aioli.

THE FRY BASKET

Sea Salt-Malt Vinegar Fries

Part of the Fry Flight.

THE FRY BASKET

Sweet Potato Casserole Fries

Cinnamon sugar, candied pecans, marshmallow cream.

INDIA

Potato-Pea Samosas

Coriander-lime cream. Wheat pastry, so not gluten free. Opens Oct 2.

REFRESHMENT OUTPOST

Sweet Potato Mealie Pap

Beans, peppers, carrots and tomatoes, on the menu since 2004.

TANGIERINE CAFÉ

Ras el Hanout Cauliflower Bowl

Chickpea salad, golden raisin relish, pita.

TANGIERINE CAFÉ

Plant-based Falafel Wrap

Tomato-cucumber relish, garlic sauce, Moroccan flatbread.

FOREST & FIELD

Spicy Black Bean-Mushroom Chili

Plant-based sour cream and cheddar, cornbread croutons.

SHIMMERING SIPS

Strawberry Champagne Trifle

The only plant-based dessert on the grounds.

Plant-based and gluten free are not the same list. Disney's plant-based mark means no animal meat, dairy, eggs or honey. It says nothing about wheat. The samosas, the falafel wrap and the cornbread croutons in the chili all contain gluten. Two labels, two conversations.

Two plans that actually work

The people who enjoy this festival most are the ones who decided in advance whether it is the day or part of the day. Trying to ride Test Track and eat thirty dishes is how you end up doing neither.

PLAN A • THE TWO-HOUR GRAZE

Food & Wine as part of a normal EPCOT day

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|-------|---|
| 11:00 | Enter through the International Gateway and start at Canada, walking backward |
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| 11:20 | Cheddar and Bacon Soup, then the Bo Ssam Pork Poutine |
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| 11:45 | France for the escargot, then Brazil for the Pão de Queijo |
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| 12:10 | Greece: Griddled Cheese and a wine flight, standing up |
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| 12:35 | Japan for the Wagyu hand roll |
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| 1:00 | Back to the front of the park for rides while everyone else eats lunch |
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Six booths, roughly \$60 for two, and you still have most of a park day left.

PLAN B • THE FULL LAP

The festival is the reason you came

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| 11:00 | The Fry Basket and Flavors from Fire before World Showcase opens up |
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| 11:45 | Bramblewood Bites on the Imagination walkway, still quiet |
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| 12:15 | Mexico, China, Germany, Spain, splitting everything |
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| 1:30 | Sit down at The Wedge in CommuniCore Hall. Air conditioning, a real chair, wine and cheese pairing |
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| 2:30 | Back out to Italy, Japan, Greece, Morocco |
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| 4:00 | Eat to the Beat at America Gardens Theatre, or keep walking to Belgium and Brazil |
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| 5:30 | France, Canada, and the last two cheese stamps |
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Fifteen or more booths, both festival games finished, and you never stood in one line twice.

New for 2026

It is the thirtieth festival. Disney has pulled about thirty dishes back from previous seasons, some unchanged and some reworked. The oldest on the list date to the first festival in 1996: the Potato Pierogi, the Dumplings Trio in China, the Apple Strudel in Germany, the Spicy Temaki in Japan and the escargot in France.

The Wedge is new, a cheese-focused counter inside CommuniCore Hall hosted by Dairy Does More, built around Proudly Wisconsin Cheese and running September 18 through November 8. The “Cheers to Cheese!” exhibition runs alongside it in the same building on the same dates.

Emile's Fromage Montage returns. Buy five dishes marked with the cheese symbol in your Festival Passport, collect the stamps, and redeem at Shimmering Sips for a festival treat.

Remy's Ratatouille Hide & Squeak is back and it is not free. You buy a map and stickers, then hunt Remy figures around World Showcase for a keepsake. Worth it with kids, skippable without them.

Eat to the Beat runs at America Gardens Theatre with multiple shows most days. Dining packages that include guaranteed seating went on sale July 16.

Six things worth knowing

01 **There is nowhere to sit**

This is the complaint I hear most and the one nobody anticipates. World Showcase has a handful of benches and they are all taken. The Wedge at CommuniCore Hall, Brew-Wing Lab at the Odyssey and the air-conditioned quick-service spots are the only reliable places to put a plate down.

02 **Booths open at 11am, not at park open**

Early entry gets you rides, not food. If the festival is the point, an 11am arrival costs you nothing and saves you an hour of standing around.

03 **Late August and September are the quiet weeks**

Same festival, a fraction of the crowd, and lower resort rates. The trade is Florida heat and the four booths that are not open yet. October weekends are the opposite of all of that.

04 **The Passport is free, the Remy map is not**

Grab the Passport at the park entrance or any festival kiosk. The Hide & Squeak map is a separate purchase and only worth it if you have kids who will actually hunt.

05 **Handle a serious allergy before you leave home**

Disney's advance channel for special diets is Special.Diets@DisneyWorld.com, and they ask that you write no sooner than fourteen days before you arrive. The 407-939-5277 line is general vacation assistance, not an allergy desk, so email is the better first move. Then ask again at each booth.

06 **Menus and dates move mid-season**

Booths sell out of items, opening dates slide, and Disney swaps dishes without announcing it. Everything here is current as of the opening of the 2026 festival. Check the My Disney Experience app the morning you go.

Building an EPCOT trip around the festival?

I plan Disney and Universal vacations for families across the Wyoming Valley, and I do not charge a planning fee. Picking the right week, knowing which booths will actually be open when you are there, and building the rest of the trip so nobody is exhausted by Thursday is exactly the kind of thing worth handing to someone who books these every week.

Get a free quote

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Menus, prices, opening dates and entertainment are subject to change without notice, and Disney adjusts them during the season. Confirm current offerings in the My Disney Experience app the day you visit. Dietary notes in this guide are ingredient-based guidance for starting a conversation with a Special Diets trained Cast Member, not a Disney allergen designation, and Disney does not guarantee allergen-free preparation at outdoor kitchens. Menu list current as of the opening of the 2026 festival.

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