

Ideas For Quick But Clever Bites At Walt Disney World Resort

LAKE BUENA VISTA, Fla. – You're on vacation, everyone's hungry and no one wants to leave the theme parks. Magic Kingdom, Epcot, Disney's Hollywood Studios and Disney's Animal Kingdom all have hundreds of choices for a quick bite, but here are a few that offer more than the standard fast-food fare:

Magic Kingdom

Cosmic Ray's Starlight Cafe in Tomorrowland. Family-style fast food, with a whole rotisserie chicken, beans and rice, corn muffins. Also giant salads, tossed on the spot. And vegetarian burgers.

Columbia Harbour House in Liberty Square. This little spot offers interesting, healthful ideas for quick service, including fresh grilled salmon with cous cous and fresh broccoli, and the popular Lighthouse sandwich with hummus, tomato and broccoli slaw. And there's also a delicious fresh lobster roll. Also fried shrimp, fish, chicken nuggets and clam chowder.

Epcot

Cantina de San Angel. This outdoor eatery serves beef-filled soft tortillas, tacos, chicken tortillas and churros. Dos Equis beer and margaritas are on the menu, and it's a great place for people-watching on World Showcase Promenade.

Sunshine Seasons. Four shops offer a diverse selection of fresh eats, taking fast-casual cuisine to the next level. Wood-fired grills and rotisseries, made-to-order sandwiches, Asian noodle bowls and stir-fries, and fresh soups and salads are featured. Sunshine Seasons is perfect for families with picky eaters.

Disney's Hollywood Studios

Backlot Express. Grilled vegetable sandwich, Southwest salad with chicken, Angus cheeseburger Meaty macaroni for kids.

ABC Commissary. Creative fast food with a healthy twist: chicken curry, Asian salad, no-sugar-added strawberry parfait.

Disney's Animal Kingdom

Flame Tree Barbecue. Wood-roasted meats are featured. You can dine outdoors in riverside dining pavilions.

Restaurantosaurus in DinoLand U.S.A. Shrimp po' boy, vegetable sub, salad with beef chilio and tortilla chips. . .

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