

Beyond Burgers and Hot Dogs, 10 Ideas For Quick 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:

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Magic Kingdom

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.

Sleepy Hollow in Liberty Square. Grab a freshly made waffle sandwich – choose sweet-and-spicy chicken, ham, prosciutto and Swiss cheese, or Nutella and fresh fruit.

Epcot

Sunshine Seasons, The Land pavilion, Future World. 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.

Les Halles Boulangerie Patisserie, France pavilion, World Showcase. From French cheese and warm baguettes to quiches, sandwiches, soups and salads, this is a favorite spot for Epcot fans. Great breakfast spot too, as it opens at 9 a.m. ahead of other World Showcase restaurants.

Katsura Grill, Japan pavilion, World Showcase. Sushi; teriyaki chicken, beef and salmon; miso soup and udon noodles make a terrific meal (with a pretty Japanese garden).

Tangierine Café, Morocco pavilion, World Showcase. Lentil salad, hummus, tangerine couscous salad, shwarma, falafel wraps and kefta. Don't miss the baklava.

Disney's Hollywood Studios

Backlot Express. Grilled vegetable sandwich, Southwest salad with chicken, pressed turkey club on multi-grain bread, cantaloupe and cucumber salad with Zinfandel vinaigrette.

ABC Commissary. Creative fast food with a healthy twist: Asian salad with salmon; couscous, quinoa and arugula

salad with chicken; no-sugar-added strawberry parfait.

Disney's Animal Kingdom

Flame Tree Barbecue on Discovery Island. Wood-roasted chicken, pulled pork and hickory-smoked ribs are featured. You can dine outdoors in riverside dining pavilions.

Yak & Yeti Local Food Cafes in Asia. Walk-up windows shrimp lo mein, crispy honey chicken, orange beef, chicken fried rice.

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