



Sunshine Seasons The Land Future World Epcot

Menu Date: May 2013

Breakfast

Adult Breakfast platter - Bacon, Eggs, sausage, and a biscuit \$6.29

Oatmeal - add raisins or brown sugar no extra charge) \$2.79

Bacon, Egg, and Cheese Croissant \$5.99

Kids' French toast - with sausage \$4.39

Asian

Mongolian Beef - with vegetable fried rice \$10.49

Spicy Cashew Chicken - with vegetable stir-fry noodle \$9.99

Sweet and Sour Chicken - with Jasmine rice \$9.99

Orange Sesame Glazed Vegan Chick'n Chunks with Stir Fry Noodles \$7.59

Kids' Picks

-- **Mongolian Beef with Grapes** \$6.99

(Kids' meal includes choice of small low-fat milk, small bottled water or apple juice box)

Side Items: Garlic Udon Noodles

Stir-fry vegetables

White Rice

Broccoli

Soup And Salads

Roasted Beets and Goat Cheese Salad - with Honey Sherry dressing \$8.09

Togarashi Seared Tuna Noodle Salad \$10.49

Caesar Salad - with Oak-fired Chicken \$8.59

Asparagus Chicken Chowder \$4.49

Vegetable Soup \$3.99

Kids' Picks

-- Macaroni and Cheese with grapes and carrot sticks \$5.99

-- Caesar Salad with Oak-fired chicken and grapes \$5.99

All kids' meals include choice of small low-fat milk, small chocolate milk, juice box or small bottled water.

(Cookie, gelatin, Dannon Danimals Yogurt, Soy Milk or soft drink available upon request.)





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Sandwiches

Roasted Pork Banh Mi Style Panini - with a side \$9.99

Turkey and Monterey Jack on Ciabatta - with Chipotle Mayonnaise and with a side \$8.99

Oak-Grilled Vegetable Flatbread Sandwich - with a side \$8.89

Kids' Picks

-- Pizza Panini with grapes and carrot sticks \$5.99

-- Smuckers Uncrustables Sandwich with grapes and carrot sticks \$5.49

All kids' meals include choice of small low-fat milk, small chocolate milk, juice box or small bottled water.

The Grill

Oak-grilled Rotisserie Chicken - with black beans and yellow rice \$10.49

Oak-grilled Fish - with seasonal vegetables \$10.99

Slow-roasted Pork Chop - with cheddar mashed potatoes and BBQ sauce \$12.49

Kids' Picks

-- Chicken Leg with Mashed Potatoes or Rice and grapes \$6.99

All kids' meals include choice of small low-fat milk, small chocolate milk, juice box or small bottled water.

Grab 'N' Go

(items vary -- these are just examples)

Smuckers PB&J Uncrustables Lunch Kit \$5.49

Sushi California Roll \$8.99

Side Salad \$2.39

Fruit Cup \$3.39

Carrots \$1.29

Mixed Berry Yogurt \$2.69

Vitamin Water \$2.99

Full Throttle \$4.25

Silk Soy Milk \$1.99

Pudding Cup \$1.19

Sugar-Free Jell-O \$1.39

Applesauce \$1.29



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Desserts - Subject to Change

Key Lime Tart \$3.79
Carrot Cake Cupcake \$3.99
Chocolate Mousse Cake \$3.99

Chocolate Chip Cookie \$2.39

Rainbow Cookie \$2.39

Oatmeal Raisin Cookie \$2.39
Apple Caramel Crunch \$3.59

Tiramisu \$3.99
Strawberry Shortcake \$3.99
Crisped Rice Treat \$3.49
Assorted Cupcakes \$3.99
Crème Brulee \$3.59
Cheesecake with Berries \$3.99

Beverages

Coca Cola, Diet Coke, Coke Zero, Vault, Sprite, Pink Lemonade, Fanta \$2.79

Bottled Water - regular, lemon, and berry flavored

PowerAde, Apple Juice, Chocolate Milk, Orange Juice, 1% and Whole Milk

Hot Tea \$2.39
Hot Cocoa \$2.39
Coffee - regular or decaf \$2.39

Espresso \$2.99
Cappuccino \$3.39

Iced Mocha, French Vanilla \$4.49

Iced Latte \$3.99