

Plant-Based at Food & Wine 2026

Every vegan-friendly bite — from the festival marketplaces to the permanent spots.



'Plant-based' means made without animal products (per Disney's menu tags). It is not the same as allergy-friendly. If you have a food allergy, always speak with a chef about ingredients and cross-contact before ordering.

1 AT THE FESTIVAL MARKETPLACES

Leaf	Potato-Pea Samosas	INDIA	\$5.49
Leaf	Edamame Dumplings	GYOZAS OF THE GALAXY	\$5.29
Leaf	Adobo Yuca Fries	THE FRY BASKET	\$5.79
Leaf	Spicy Black Bean-Mushroom Chili	FOREST & FIELD	\$5.99
Leaf	Sweet Chile-Lime Plant-based Chicken Strips	BREW-WING LAB	\$7.79
Leaf	Strawberry Champagne Trifle	SHIMMERING SIPS	\$5.79

2 AT PERMANENT EPCOT SPOTS

(Open year-round, not just during the festival — good backups.)

Leaf	Plant-based Falafel Wrap	TANGIERINE CAFÉ (Morocco)	\$6.29
Leaf	Ras el Hanout Cauliflower Bowl	TANGIERINE CAFÉ (Morocco)	\$6.49
Leaf	Plant-based Chili Baked Potato	REGAL EAGLE SMOKEHOUSE (America)	\$13.49
Leaf	Plant-based Sofritas	SUNSHINE SEASONS (The Land)	\$12.49
Leaf	Cookies 'n 'Cream" Chocolate Mousse Cup	SUNSHINE SEASONS	\$5.29
Leaf	Jumbo Pretzel	SOMMERFEST (Germany)	\$12.49
Leaf	Mango-Coconut Milk Shake	CONNECTIONS EATERY	\$7.99
Leaf	Maple Popcorn (souvenir bucket)	CANADA POPCORN CART	\$15.29

GRAB-AND-GO SIDES

Need something quick? Sunshine Seasons and Connections Eatery keep plant-based grab-and-go stocked — fruit cups, mandarin oranges, apple slices, carrots, and applesauce — mostly \$1.49–\$4.19. Handy for kids and quick fuel between marketplaces.



The full Food & Wine crawl and six guides live in the app — including a plant-based guide to the festival's vegan-friendly bites.

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