

## Gasparilla Island Grill

### Grand Floridian Resort, Walt Disney World

The Grand Floridian is the most upscale and beautiful resort at Walt Disney World. It is lush, posh and I always love visiting this resort when at Disney. The lobby is richly decorated in Victorian like furniture and the most outstanding, vibrant flowers. The smell of the flowers alone is worth a walk through the lobby. The staff makes everyone who enters the Floridian feel ultra-special.



There are many eating options at the Grand Floridian. I've eaten at Citrico's and Narcoossee's – both sit-down restaurants where reservations are required. I am partial to Narcoossee's as it is elegant and romantic with excellent food. Ask for a window table so you can watch the water, boats and Cinderella Castle in the distance.

There are also several less formal places to eat at the Floridian including Gasparilla Island Grill which is considered a quick service eatery. The menu has always included many vegetarian items that can be made dairy free. I'm pleased to see that Gasparilla's also now has vegan options as well, which is what I ordered. Manager Josh worked with the chef to create a Vegan Chicken Salad made with a baked Gardein "chicken" breast.



Instead of using items from the “make your own salad” selection, Josh created my salad with freshly cut veggies in a designated spot in the kitchen to avoid cross contamination. The vegan chicken was baked in a freshly cleaned pan to avoid cross contamination issues. My salad arrived with the “allergy” toothpick that Disney seems to be using more and more in dishes through the property.



Josh said he had fun getting creative with my salad. I told Josh which salad ingredients I like and he creative a huge, festive and delicious salad. The vegan chicken was cooked perfectly and the salad screamed fresh. I often eat at Gasparilla's and I certainly won't stop, especially now that vegan meats are on the menu.



