

REVIEW: Liberty Inn - Epcot

By: DairyFreeGina

Opinions are my own.



Freedom rings for Vegans at the Liberty Inn at Epcot in the United States Pavilion. In all the times I've been to Epcot I've never eaten at the Liberty Inn. I dismissed it as a burger joint but on this trip I found this little gem by pure chance. After stopping here to use the restroom I decided to get a drink, check out the menu, and was pleasantly surprised to find vegan selections. Sure the burgers and fries exist but the vegan chicken salads and vegan chicken entree were welcome finds. Conveniently my stomach started grumbling as did my husband's. We shared a Southwest Vegan Chicken Salad made with Gardein vegan chicken. Of course I alerted the staff of my milk allergy and a manager coordinated my meal with a chef.



The vegan chicken was baked in its own pan to perfection and placed on top of a bed of greens with a black bean corn salsa. The large portion was enough to share as a midday snack. I could easily eat this salad as a dinner – it is certainly large enough and filling. We did not use any dressing on the salad as it was flavorful enough with the salsa that dressing wasn't necessary. Next time I'd like to try the Red, White and Blue salad minus the cheese. The manager told me the Gardein chicken can be added to any salad.



Next time you are at Epcot check out the Liberty Inn. There is plenty of seating inside but also tables outside overlooking beautiful flower arrangements and the stage where you can often hear concerts. I'm so pleased Disney is incorporating Vegan menu options in many of its restaurants. Hopefully this trend will soon include all of the WDW restaurants on property.

