

Review: The Mara, Disney's Animal Kingdom Lodge, Jambo House

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Finding dairy free, vegan falafel on Disney property has become difficult since shared fryers are now used to make the falafel. But at the Mara, a quick service eatery, the chefs are happy to accommodate those with food allergies or special dietary needs who would like falafel. The Mara makes the falafel fresh and pan fries the chick pea fritters to avoid cross-contamination issues with the deep fryers. Instead of using the taziki sauce that usually comes with the wrap, chef Yianni substituted hummus which made for an outstanding flavor combo. The wrap is served with a couscous salad and I also ordered a cup of chickpea lentil vegan soup which was rich and flavorful and not salty.





The Mara is a good value for the money. Portions are ample you won't go away hungry with anything you order. The chefs like to get creative and go off menu to prepare allergy safe meals. Other items that I recommend and that I've eaten at the Mara are the veggie, dairy free pizza using Daiya cheese, and the green salad with lentils. Stop by The Mara and you won't be disappointed. After your meal be sure to walk outside, past the pool, to visit the flamingos and the other animals on the Savannah.

The Mara is open for breakfast, lunch and dinner. No reservations needed.



