

Utopia of the Seas

Gluten-Free + Vegan Dining Guide

VEGAN

GLUTEN-FREE

Helpful dining tips for guests who require BOTH gluten-free and vegan meal options

Royal Caribbean can accommodate gluten-free and vegan needs, but many standard vegan menu items are NOT automatically gluten-free. The safest option is to speak directly with dining staff and pre-order your meals.

1 Before You Sail

- Notify Royal Caribbean of your dietary needs before sailing when possible.
- Email: **special_needs@rccl.com**
- State clearly: **"I require meals that are BOTH VEGAN and GLUTEN-FREE."**
- If medically necessary, say 'gluten allergy' or 'celiac' rather than only "gluten-free preference.'

2 Main Dining Room: What To Do

- On Day 1, visit the Main Dining Room and ask to speak with the Head Waiter.
- Say: **"I require meals that are both vegan and gluten-free. I cannot have meat, fish, dairy, eggs, wheat, barley, or rye."**
- Ask to pre-order dinner for each night of the cruise.
- Request ingredient verification for sauces, dressings, soups, desserts, soy sauce, breading, and starches.
- Ask for simple swaps such as rice or potatoes instead of couscous, pasta, bread, or breaded items.
- Ask the dining team to note cross-contact precautions if you have celiac disease or a gluten allergy.

3 Good Main Dining Room Choices To Request

- Mixed green salad with oil & vinegar (no croutons)
- Lentil or vegetable soup, verified gluten-free
- Grilled vegetables with rice or potatoes
- Vegetable curry with basmati rice
- Tofu or bean-based entrée with gluten-free preparation
- Fresh fruit, sorbet, or vegan ice cream only if verified gluten-free

4 Windjammer & CocoCay Tips

- At Windjammer, ask a chef or dining manager to guide you to foods that are both vegan and gluten-free.
- Do not rely on appearance alone—always verify ingredients.
- At Perfect Day at CocoCay, gluten-free and vegetarian options are available. Ask staff to help identify choices that are also vegan.

5 Room Service Options

Important

- Room service is available 24/7.
- Continental breakfast items are complimentary.
- Other room service orders usually have a service charge of $7.95 plus 18% gratuity (subject to change).
- Because vegan + gluten-free options are limited, keep room service requests simple and confirm ingredients when ordering.

Best Bets for Breakfast

- Fresh fruit plate
- Coffee, tea, or juice
- Plain oatmeal, only if confirmed gluten-free
- Ask whether gluten-free bread or toast is available
- Breakfast potatoes or hash browns, if available and ingredients are confirmed

Best Bets for Later in the Day

- Garden salad with oil & vinegar, no croutons
- Steamed vegetables
- Plain baked potato or simple potato side
- Rice or other plain sides, if available
- Fresh fruit
- Ask whether the galley can prepare a simple custom vegan + gluten-free plate

6 Most Important Tip

The Main Dining Room is usually the BEST place onboard for a guest who needs food that is both gluten-free and vegan, because the dining team can help customize and pre-order meals.

Menu items and availability may vary by sailing. Always verify ingredients and preparation with Royal Caribbean dining staff before ordering.



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Gluten-Free Dining Guide

GLUTEN-FREE

3-Day Expected 3-Night
Main Dining Room Rotation + Room Service Tips

Typical 3-night sailing themes — exact menus may vary by sailing.
Always verify ingredients onboard.

1 Main Dining Room: What To Do

- On Day 1, visit the Main Dining Room and speak with the Head Waiter.
- Say clearly: **"I require gluten-free meals."**
- If medically necessary, also say "gluten allergy" or "celiac disease."
- Ask to pre-order dinner for each night of the cruise.
- Request gluten-free bread when available.
- Verify ingredients for soups, sauces, dressings, desserts, breading, soy sauce, and starches.
- Ask for simple substitutions such as rice, potatoes, or plain vegetables.
- Ask the dining team to note cross-contact precautions if needed.

2 3-Day Expected 3-Night Main Dining Room Rotation

1 Day 1 / Night 1

Welcome Aboard

Expected gluten-free options:

- Chilled Shrimp Cocktail
- Plain grilled steak, chicken, or fish with baked potato, rice, and vegetables
- Gluten-free bread when available
- Dark Chocolate Custard

★ **Tip:** Pre-order tomorrow's dinner with the Head Waiter.

2 Day 2 / Night 2

Taste of the Caribbean

Expected gluten-free options:

- Green Lentil Soup
- Garlic-Herb Buttered Tiger Shrimp with jasmine rice and vegetables
- Warm Blueberry Cobbler made with gluten-free rolled oats
- Plain grilled protein with rice, potatoes, or vegetables

★ **Tip:** Ask the dining team to verify sauces and soy ingredients.

3 Day 3 / Night 3

Bon Voyage

Expected gluten-free options:

- Chilled Shrimp Cocktail
- Grilled Mediterranean Steak with garlic potato wedges and roasted vegetables
- Crema Catalana
- Custom grilled protein with rice, potatoes, or vegetables

★ **Tip:** Request plain sides and ingredient verification for every course.

3 Room Service Options

Room service is available 24/7.
Continental breakfast items are complimentary.
Other orders usually have a service charge of $7.95 plus 18% gratuity (subject to change).

Best Bets for Breakfast

- Fresh fruit plate
- Coffee, tea, milk, or juice
- Plain eggs or omelet, if available
- Breakfast potatoes or hash browns
- Gluten-free toast or bread, if available
- Plain oatmeal only if verified gluten-free

Best Bets for Later in the Day

- Garden salad with oil & vinegar, no croutons
- Grilled chicken or simple grilled protein
- Steamed vegetables
- Plain baked potato or simple potato side
- Rice or other plain sides, if available
- Fresh fruit
- Ask whether the galley can prepare a simple gluten-free plate

Most Important Tip:

The Main Dining Room is usually the BEST place onboard for a guest who needs gluten-free meals, because the dining team can help customize and pre-order meals.

This is an expected rotation only. Menu items and availability may vary by sailing.
Always verify ingredients and preparation with Royal Caribbean dining staff before ordering.



Utopia of the Seas

Solarium Bistro Guide

Gluten-Free Options + Vegan & Gluten-Free Recommendations

Mediterranean-style lighter fare • Always verify ingredients and preparation onboard

GLUTEN-FREE

VEGAN

Yes — Solarium Bistro usually offers glutem-free choices, and guests can often build simple vegan + gluten-free meals by selecting plain items and verifying ingredients with dining staff.

1 WHAT SOLARIUM BISTRO IS KNOWN FOR

- Complimentary dining venue with lighter Mediterranean-style fare.
- Royal Caribbean commonly describes options such as fruit, yogurt, Greek salad, hummus, mussels, baba ganoush, grilled shrimp, and similar fresh dishes.
- Bright, casual atmosphere in the Solarium.
- Great for light, fresh, and wholesome choices.
- Menu items may vary by sailing.

2 RECOMMENDED GLUTEN-FREE OPTIONS

BREAKFAST BEST BETS

- Fresh fruit
- Plain eggs or an omelet, if available
- Breakfast potatoes or hash browns
- Plain yogurt
- Plain oatmeal only if confirmed gluten-free

LUNCH / LIGHT MEAL BEST BETS

- Greek salad with no croutons
- Grilled shrimp, grilled chicken, or grilled fish
- Plain rice or simple potato side
- Roasted or steamed vegetables
- Hummus with cucumber, carrots, or other vegetables instead of pita
- Fruit plate

3 RECOMMENDED VEGAN + GLUTEN-FREE OPTIONS

BREAKFAST IDEAS

- Fresh fruit
- Plain oatmeal only if confirmed gluten-free and dairy-free
- Breakfast potatoes, if ingredients are verified
- Herbal tea, coffee, or juice

LUNCH / LIGHT MEAL IDEAS

- Greek salad without feta, croutons, or pita
- Hummus with raw vegetables, not pita
- Baba ganoush with cucumber or carrots
- Plain rice with grilled or roasted vegetables
- Chickpea or bean salad if dressing is verified gluten-free
- Simple tomato, cucumber, and olive plate
- Fresh fruit for dessert

4 WHAT TO ASK THE STAFF

- Tell a dining attendant: "I need gluten-free meals."
- If needed, say: "I need both vegan and gluten-free meals."
- Ask which buffet items are safe today.
- Verify dressings, sauces, marinades, oats, and starches.
- Ask about cross-contact if you have celiac disease or a gluten allergy.
- When in doubt, choose plain items.

5 ITEMS TO AVOID OR VERIFY FIRST

- Pita, bagels, pastries, and loukoumades
- Croutons and couscous
- Breaded or fried items
- Creamy sauces or unknown dressings
- Soy-based marinades unless verified gluten-free

Most Important Tip

The Main Dining Room is usually the BEST choice for highly customized meals. Solarium Bistro is a great option for simple gluten-free or vegan + gluten-free combinations when ingredients are confirmed.

Menu items and availability may vary by sailing. This flyer provides recommended choices, not a guaranteed exact menu. Always verify ingredients and preparation with Royal Caribbean dining staff before ordering.



UTOPIA OF THE SEAS

SOLARIUM BISTRO GUIDE

GLUTEN-FREE OPTIONS + VEGAN & GLUTEN-FREE RECOMMENDATIONS

Mediterranean-style lighter fare • Always verify ingredients and preparation onboard

VEGAN

GLUTEN-FREE

YES! Solarium Bistro usually offers gluten-free choices.
Guests can often build simple vegan + gluten-free meals by selecting plain items and verifying ingredients with the dining staff.

BREAKFAST RECOMMENDATIONS

GLUTEN-FREE OPTIONS

- Fresh fruit (all varieties)
- Plain oatmeal* (made with water)
  **Confirm gluten-free oats*
- Hard-boiled eggs
- Plain scrambled eggs or omelet *(no add-ins)*
- Breakfast potatoes or hash browns
- Gluten-free toast (when available) with jelly or peanut butter
- Yogurt (plain) – confirm gluten-free *brand*

VEGAN + GLUTEN-FREE OPTIONS

- Fresh fruit plate
- Plain oatmeal* (water) with fruit and maple syrup
- Breakfast potatoes or hash browns
- Grilled tomatoes, mushrooms, or vegetables
- Plant-based yogurt (when available)

LUNCH RECOMMENDATIONS

GLUTEN-FREE OPTIONS

- Grilled chicken, fish or shrimp *(no breading or sauce with gluten)*
- Plain baked potato or white rice
- Steamed vegetables
- Black beans or chickpeas
- Garden salad (no croutons) with olive oil & vinegar
- Gluten-free pasta (plain) (ask if available)
- Gluten-free bread (when available)

VEGAN + GLUTEN-FREE OPTIONS

Garden salad (no croutons) with olive oil & vinegar

- Hummus with raw vegetables (carrots, cucumbers, bell peppers)
- Black beans or chickpeas
- Steamed vegetables
- Plain baked potato or white rice
- Fruit plate

DINNER RECOMMENDATIONS

GLUTEN-FREE OPTIONS

- Grilled steak, chicken, fish or shrimp *(no breading or sauce with gluten)*
- Plain baked potato, white rice, or quinoa
- Steamed or roasted vegetables
- Garden salad (no croutons) with olive oil & vinegar
- Gluten-free pasta (plain) (ask if available)
- Gluten-free bread (when available)

VEGAN + GLUTEN-FREE OPTIONS

- Grilled or roasted vegetables
- Black beans or chickpeas
- Hummus with vegetables
- Garden salad (no croutons) with olive oil & vinegar
- Plain baked potato or white rice
- Fruit plate or sorbet (confirm GF)

TIP: Menus vary by day and sailing. Ask staff what gluten-free and/or vegan items are available today. Cross-contact can occur—please inform staff of your dietary needs.

HOW TO ORDER AT THE SOLARIUM BISTRO

- Tell the staff: "I need gluten-free and/or vegan meals."
- Ask them to identify items that are both gluten-free and vegan or can be made that way.
- Verify sauces, dressings, oils, and seasonings.
- Ask about preparation and cross-contact precautions.
- When in doubt, choose plain items.

SAMPLE PLATE (VEGAN + GLUTEN-FREE)



Build your plate with simple, whole-food choices!

ITEMS TO AVOID OR VERIFY FIRST

- Breaded or battered items
- Croutons, breadcrumbs, stuffing
- Pastas with regular flour
- Pizza, sandwiches, wraps
- Creamy sauces, gravies, and dressings
- Soups (verify GF – some contain wheat)
- Desserts (verify gluten-free & vegan ingredients)
- Plant-based items that may contain gluten (seitan, some meat alternatives, sauces)

ROOM SERVICE OPTIONS

Room Service can be a great option for guests with dietary needs.

Call 5000 from your stateroom phone or use the Royal Caribbean App.

GLUTEN-FREE OPTIONS

- Fresh fruit plate
- Grilled chicken, fish or shrimp
- Plain baked potato or white rice
- Steamed vegetables
- Garden or Caesar salad (no croutons)
- Gluten-free bread (when available)

VEGAN + GLUTEN-FREE OPTIONS

- Fresh fruit plate
- Steamed vegetables
- Black beans or hummus with vegetables
- Garden salad (no croutons) with olive oil & vinegar
- Fruit sorbet (confirm GF)

YOUR SAFETY MATTERS!

Always inform the staff of your gluten allergy or dietary needs each time you dine.
The Main Dining Room offers the most ability to customize meals for special dietary needs.

UTOPIA OF THE SEAS

Fresh Juice & Smoothie Guide

Where to find freshly made-to-order juices and smoothies onboard

VITALITY CAFÉ + SUNSHINE BAR



Yes — *Utopia of the Seas* offers freshly made juices and smoothies. The best places to look are Vitality Café and Sunshine Bar. Hours vary by sailing, so always check the Royal Caribbean app once onboard for same-day hours.



1. Where to Go

VITALITY CAFÉ

- Located near the Spa & Fitness Center onboard
- Best for fresh juices, wellness smoothies, and light healthy bites
- Royal Caribbean highlights housemade granola, fresh fruit, yogurt, wraps, fresh juices, and smoothies
- Great stop after a workout or spa visit

SUNSHINE BAR

- Located within the Solarium
- Best for detox juices, antioxidant smoothies, and protein smoothies
- Relaxing adults-only area nearby
- Great option when you want a refreshing smoothie by the pool

2. When to Go

- Available daily while the venues are open
- Exact hours vary by ship and sailing
- Check the Royal Caribbean app or venue signage for the day's hours
- Best bet: morning through late afternoon for juices and smoothies

3. Typical Menu Highlights

FRESH JUICE OPTIONS

- Carrot Juice
- Fresh wellness juices
- Detox juices
- Fresh-squeezed juice selections



SMOOTHIE OPTIONS

- Wellness smoothies
- Antioxidant smoothies
- Protein smoothies
- Fruit smoothies



ALSO AVAILABLE AT VITALITY CAFÉ

- Housemade granola
- Fresh fruit
- Yogurt
- Healthy wraps

4. Guest Tips

- Ask the crew which juices and smoothies are freshly made that day
- If you have dietary needs, ask about ingredients before ordering
- Check whether your beverage package includes smoothies or fresh juices
- The Royal Caribbean app is the best place to confirm the latest hours

5. Important Note

Menu items and operating hours may vary by sailing. This flyer shares typical onboard options and the best places to find made-to-order juice smoothies on *Utopia of the Seas*.

Utopia of the Seas

Fresh Juice & Smoothie Guide





Accurate onboard information for guests

Important Update: Utopia of the Seas does NOT currently feature a traditional permanent Vitality Café listed on the official ship dining pages.

1 Where to Go

Current onboard reports indicate a Vitality Juice Bar Pop-Up inside **Spotlight Karaoke on Deck 5.**

Check the Royal Caribbean app once onboard for the exact listing and location.

2 When to Go

Reported hours may vary by sailing.

- **Embarkation Day:** approximately 10:30 AM – 3:00 PM
- **Other Days:** approximately 6:00 AM – 3:00 PM

Always confirm same-day hours in the Royal Caribbean app or venue signage.

3 Typical Menu You May Find

A. Fresh Juice Options

- Carrot juice
- Green wellness juice
- Detox juice
- Fresh fruit juice blends

B. Smoothie Options

- Fruit smoothies
- Antioxidant smoothies
- Protein smoothies
- Wellness smoothies

C. Good to Know

- Menu items may vary by day and sailing
- Some drinks may be made to order
- Ask staff about ingredients and allergens

Guest Tips

- Open the Royal Caribbean app and check Dining > Coffee & Snacks
- Ask the staff which juices and smoothies are available that day
- Verify whether your beverage package applies
- Order early if you want the best selection
- Confirm sugar-free, dairy-free, or other dietary needs before ordering

Best Advice

For the most accurate onboard information, use the Royal Caribbean app once you board. Utopia's fresh juice and smoothie offerings may be listed there more accurately than on general ship dining pages.



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727-516-0300 | info@chaplainglobalconsulting.com
www.travelwithchaplain.com