

ATTO 아토 Food Allergen Menu Guide

Date Last Reviewed: [25/10/25]

1. Important Allergen Disclaimer & Policy

PLEASE READ CAREFULLY BEFORE ORDERING

The safety of our guests is our highest priority. This guide provides information on the **14 major allergens** as defined by regulatory bodies.

1. **Preparation Risk:** While we take every precaution to prevent cross-contact, our kitchen handles ingredients containing 12/14 major allergens (we do not use any peanuts, Lupin in our restaurant). However, we cannot guarantee that any dish is 100% free of trace allergens.
2. **Ingredient Changes:** Ingredients and suppliers can change without notice. Please inform your server of any allergies **every single time you order**, even if you have dined with us before or are ordering a dish listed as "Free From" a specific allergen.
3. **Severity:** If you have a severe, life-threatening allergy, we strongly recommend speaking directly with a manager or the Head Chef before placing your order.

2. Allergen Key (Symbols)

We use clear symbols for quick reference. A symbol present indicates the allergen is **PRESENT** in the dish.

Allergen	Symbol	Allergen	Symbol
Gluten/Wheat		Milk/Dairy	
Eggs		Peanuts	
Fish		Tree Nuts	
Soya (Soybeans)		Sesame/Seeds	
Crustaceans		Mustard	
Molluscs		Celery	C
Lupin	L	Sulphites	S

3. Menu Item Allergen

Below is the list of our menu items and the corresponding major allergens they contain.

Please note that most of our dishes contain sesame seeds for garnishing which can be removed upon request.

Menu Item	Main Allergens Present (Symbol)	Potential allergens (may be present in batter or due to cross-contamination)
Starters		
Vegetable Mandoo		Fryer- Traces of eggs, crustaceans, molluscs.
Chicken Mandoo		Fryer- Traces of eggs, crustaceans, molluscs.
Tempura Prawn		Fryer- Traces of eggs, crustaceans, molluscs.
Tempura Vegetables		Fryer- Traces of eggs, crustaceans, molluscs.
Tempura Mixed		Fryer- Traces of eggs, crustaceans, molluscs.
Squid Calamari Rings		Fryer- Traces of eggs, crustaceans, molluscs.
Gimmari		Fryer- Traces of eggs, crustaceans, molluscs.
Pumpkin Korokke		Fryer- Traces of eggs, crustaceans, molluscs.
Spring Rolls		Fryer- Traces of eggs, crustaceans, molluscs.
Gim Seaweed Crisp		-
Seaweed Salad		-
Dwenjang Miso Soup		-
Corndog German sausage		Fryer- Traces of crustaceans, molluscs. Mustard sauce,removable upon request

Corndog Fishcake sausage	   	Fryer- Traces of crustaceans, molluscs. Mustard sauce,removable upon request
Corndog Mozzarella Cheese	   	Fryer- Traces of crustaceans, molluscs. Mustard sauce,removable upon request
Corndog Chicken sausage	   	Fryer- Traces of crustaceans, molluscs. Mustard sauce,removable upon request
Gyeran Jjim	 	Traces of wheat and fish
Seafood Pajeon	   	-
Kimchi Jeon	   	-
Corn Cheese	  	-
Egg fried rice	   	-
Rice bowl	-	-
Plain Noodle	    	-
Cabbage/Radish/Cucumber Kimchi	-	-
Egg soup	  	-
Potato salad		-
Main Courses		
Bibimbap Veg	   	Gluten free soy sauce available, egg is removable
Bibimbap Spicy Pork	   	Gluten free soy sauce available, egg is removable
Bibimbap Beef	   	Gluten free soy sauce available, egg is removable
Bibimbap Chicken	   	Gluten free soy sauce available, egg is removable
Tteokbokki	   	-
Rose Tteokbokki	    	-

Katsu chicken curry	   	Dairy in curry sauce only
Tangsuyuk Chicken	   	Fryer- Traces of crustaceans, molluscs.
Dakgangjung	    	Fryer- Traces of crustaceans, molluscs.
Yangnyeom chicken	    	Fryer- Traces of crustaceans, molluscs.
BanBan Chicken	    	Fryer- Traces of crustaceans, molluscs.
Kimchi fried rice	   	Egg is removable upon request.
Noodles		
Japchae Veg	 	Gluten free soy sauce option available
Japchae Chicken	 	Gluten free soy sauce option available
Japchae Beef	 	No gluten free option due to beef marinade.
Jjajangmyeon	   	-
Seafood Stir-fried udon	     	-
Chicken Stir-fried udon	     	-
Creamy seafood stir-fried udon	    	-
Creamy chicken stir-fried udon	  	-
Chicken fried noodles	    	Seafood in Oyster sauce
Katsu chicken udon	    	Fryer- Traces of crustaceans, molluscs.
Katsu chicken ramen	  	Fryer- Traces of crustaceans, molluscs.
Hot chicken ramen with katsu	  	Fryer- Traces of crustaceans, molluscs.
Hot Plates		
Dubu Kimchi	 	-
Soondubu with gluten free soy		Gluten free option
Spicy tofu	  	-
Pork shoulder jeyuk bokkum	    	Seafood in Oyster sauce
Dak Galbi Chicken	    	Seafood in Oyster sauce

Spicy squid		-
Beef bulgogi		Gluten free soy sauce option available
Galbi jjim		-
Hot Pots		
Galbi Tang		Mustard sauce served separately.
Dakgaejang		-
Yukgaejang		-
Soondubu Jjigae		-
Kimchi Jjigae		-
Dwenjang Jjigae		-

4. Contact Information

If you have any questions or require further assistance regarding our ingredients or preparation methods, please do not hesitate to ask a member of our staff or contact us directly:

- **Phone:** [01483346970](tel:01483346970)
- **Email:** shopmanager@attouk.com

This document serves as a guide only and is not a guarantee. The customer is ultimately responsible for notifying staff of all allergies before ordering.