ATTO 아토 Food Allergen Menu Guide

Date Last Reviewed: [04/10/26]

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. 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	🌾🌱**C**	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	**Free from all allergens**	-
Plain Noodle	🌾🥚🌱🦐♦️	-
Cabbage/Radish/Cucumber Kimchi	**Free from all allergens**	-
Beansprout/ Spinach	♦️	
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	🌱♦️	-
HOTPOT Set		
Dipping sauces	🌱🥜♦️	Alternative dips can be provided upon request
Soup Base	🌾🌱	-
Noodles	🌾	-
Beef Rolls	-	-
Vegetables	-	-
BBQ Meats (Marinated only)		
Chicken	🌱	
Spicy Chicken	🌾🌱	
Beef LA Galbi	🌱	
Pork Shoulder	🌱🟡	
Beef Bulgogi	🌱	
Pork Samgyeopsal	**Only contains sea salt garnish**	Only Sea salt seasoning

Squid	🐚	
Squid leg	🐚	
Prawns	🦐	

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
- **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.