ATTO 아토 Gluten-Free Allergen Menu Guide

Date Last Reviewed: 04/10/26

Important Customer & Staff Notice

- **100% Gluten-Free Soy Sauce:** All cooked dishes and marinated options listed in this guide are prepared using certified Gluten-Free Soy Sauce.
- **Severe Celiac & Cross-Contamination Risk:** Due to the nature of Korean BBQ—where tabletop grills, cooking utensils, tongs, and buffet/display cases are shared—we cannot guarantee a 100% allergen-free environment.
- **Guest Advisory:** Guests with severe celiac disease or severe allergies are advised to inform front-of-house staff prior to ordering so additional kitchen precautions can be taken.

1. Kitchen Prepared Dishes (Gluten-Free Soy Sauce Base)

Dish	Description & Notes	Major Allergens Present
Japchae (Veg)	Glass noodles stir-fried with vegetables, sesame oil, and GF soy sauce.	Sesame, Soy (GF)
Japchae (Chicken)	Glass noodles stir-fried with chicken, vegetables, sesame oil, and GF soy sauce.	Sesame, Soy (GF)
Bibimbap (Veg)	Rice bowl topped with assorted seasoned vegetables, sesame oil, and GF soy sauce dressing.	Sesame, Soy (GF)
Bibimbap (Chicken)	Rice bowl topped with chicken, seasoned vegetables, sesame oil, and GF soy sauce.	Sesame, Soy (GF)

2. Korean BBQ Section (Grill Items)

Item	Marinade / Seasoning	Major Allergens Present
Samgyupsal (Pork Belly)	Plain / Unmarinated	None (Naturally Gluten-Fr...
Ribeye	Plain / Unmarinated	None (Naturally Gluten-Fr...
Prawns	Plain / Unmarinated	**Crustaceans, Sulphites (C...**
Squid & Squid Legs	Plain / Unmarinated	**Molluscs**
Chicken in GF Soy Sauce	Marinated in Special GF S...	Soy (GF), Sesame

3. Essential Staff Operating Procedures for Gluten-Free & Allergen Safety

- **Ordering GF Chicken:** Always communicate directly with the kitchen team to prepare fresh Gluten-Free Soy Sauce Chicken separate from the self-serve BBQ buffet line.
- **Buffet Tongs & Displays:** Ensure using separate serving tongs in the self-serve display area to avoid transferring allergens.
- **Dipping Sauces & Banchan:** All banchan are gluten free, for the dipping sauce you can request GF soy sauce with your server.