

DIETARY RESTRICTION INFORMATION SHEET

ITEM CONTAINS:	FISH	SOY	GARLIC	ONION	JALAPEÑOS	DAIRY	SHELLFISH	SESAME	SALT
SPICY CHICKEN		✓	✓	✓					✓
LEMON CHICKEN			✓	✓		✓			✓
SOY CHICKEN		✓		✓				✓	✓
PORK BELLY									
PORK STEAK									
SPICY PORK STEAK		✓	✓	✓					✓
SOY PORK STEAK		✓	✓	✓	✓			✓	✓
GARLIC PORK STEAK			✓	✓					✓
SPICY PORK BULGOGI		✓	✓	✓					✓
SOY PORK BULGOGI		✓	✓	✓				✓	✓
BEEF BRISKET									
STEAK									
SEASONED STEAK				✓					✓
IRON AGE SOY BEEF STEAK		✓	✓	✓	✓			✓	✓
BEEF BULGOGI		✓	✓	✓				✓	✓
HAWAIIAN BULGOGI		✓	✓	✓				✓	✓
SPICY SQUID		✓	✓	✓					✓
SHRIMP							✓		
SPICY RICE CAKE		✓	✓	✓					✓
BEEF SOUP	✓	✓	✓						✓
STRING RADISH									✓
PICKLED RADISH		✓							✓
RADISH WRAP									
KIMCHI	✓		✓	✓					✓
RICE									
SALAD (NO DRESSING)									
IRON AGE SALAD								✓	✓
GALBI SAUCE		✓	✓	✓					✓
SALT, PEPPER, OIL MIX								✓	✓
BEAN PASTE SAUCE			✓	✓	✓				✓
CHILI SAUCE			✓	✓	✓				✓
SOY SAUCE		✓							✓
SSAM JANG			✓	✓				✓	✓
GO CHU JANG									

IRON AGE FOOD DOES **NOT** CONTAIN ANY TYPES OF NUTS, EGGS !

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ITEM	VEGAN	VEGETARIAN	PESCATARIAN	GLUTEN-FREE	SUGAR-FREE (KETO)
SPICY CHICKEN					
LEMON CHICKEN					
SOY CHICKEN					
PORK BELLY				✓	✓
PORK STEAK				✓	✓
SPICY PORK STEAK					
SOY PORK STEAK					
GARLIC PORK STEAK					
SPICY PORK BULGOGI					
SOY PORK BULGOGI					
BEEF BRISKET				✓	✓
STEAK				✓	✓
SEASONED STEAK				✓	✓
IRON AGE SOY BEEF STEAK					
BEEF BULGOGI					
HAWAIIAN BULGOGI					
SPICY SQUID			✓		
SHRIMP			✓	✓	✓
SPICY RICE CAKE	✓	✓	✓		
BEEF SOUP					
STRING RADISH	✓	✓	✓	✓	
PICKLED RADISH	✓	✓	✓		
RADISH WRAP	✓	✓	✓	✓	
KIMCHI			✓		
RICE	✓	✓	✓	✓	✓
SALAD (NO DRESSING)	✓	✓	✓	✓	✓
IRON AGE SALAD					
GALBI SAUCE	✓	✓	✓		
SALT, PEPPER, OIL MIX	✓	✓	✓	✓	✓
BEAN PASTE SAUCE	✓	✓	✓		
CHILI SAUCE			✓		
SOY SAUCE	✓	✓	✓		✓
SSAM JANG	✓	✓	✓		
GO CHU JANG	✓	✓	✓		

PLEASE CONSULT YOUR SERVER FOR ANY OTHER DIETARY RESTRICTIONS