



ROANOKE COLLEGE®

Maroon Passport: Alumni and Friends Travel

IMPORTANT ALLERGY INFORMATION

Korea's Rise: A Fusion of Tradition and Innovation

Faculty Guide: Dr. Stella Xu

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If you have any of the allergies listed below, please contact us before registering for this tour to discuss your options. It's crucial that you notify us of any allergies or special meal requests at that time.

In cases of severe allergies, some restaurants might request that you bring your own food, and our tour operator might ask you to sign a waiver in advance. Unless vegetarian meals are requested as a solution, standard meals will be served.

Please see below to better understand how difficult various dietary restrictions and allergies are to handle in Korea.

Handling Difficulty Ratings

1 = easily manageable

5 = impossible to manage

Type of Allergy / Dietary Restriction	Handling Difficulty	Reason
Gluten Free	4	Wheat flour is included in most dishes and ingredients, such as soy sauce, Korean pancakes, noodles, etc. In the case of celiac disease, most restaurants may not be able to minimize the risk of food contamination with wheat powder, as they use the same kitchen for cooking other meals.
No Nuts/Sesame	2	Often used as ingredients in side dishes, salad dressings, and sauces.
Vegetarian	4	Due to meat/fish stock (Korean Dashida) being ever-present in Korean cuisine, it can be difficult and limiting to work around this ingredient.
Pescatarian	2	Fish meals can be requested, but occasionally meat will be served regardless, depending on the venue's understanding. To prevent issues, we suggest requesting vegetarian meals instead of pescatarian.

Vegan	4	Vegan standards are still not well understood in Korea. A discussion about cross-contamination preferences will be necessary before departure.
Red Meat	2	Red meat can be avoided, but we need to know if cross-contamination is okay for you. Alternatives to chicken or fish can only be suggested.
Halal / Kosher / No Pork	4	Meat stock is often used for some sauces and soups.
No Shellfish / Seafood / Shrimp	4	Shellfish and seafood are often used in Korean cuisine, especially in soup and set-menu (Han Chǒngsik) dining.
Fruit	1	Generally served as dessert.
Low Sugar / Pre-Diabetes	1	Apart from sweets and certain dishes, Korean cuisine generally does not use large amounts of sugar in cooking. Requests for low-sugar dishes can often be accommodated.
Lactose Intolerant	1	Soy or almond milk as an alternative.
Alcohol	Depends	1 - If you cannot drink alcohol as a beverage 3 - If you cannot consume alcohol as a cooked ingredient Non-alcoholic beverages are widely available. Soju or wine is sometimes used as an ingredient in cooking, but it is cooked through to evaporate any alcoholic content. Guests with an allergy or religious restrictions need to specify the details ahead of traveling.