



SKYRIDERS Meal Plan



Enjoy the Flavors of K-Food During the Tour



[Day 1]

Category	Menu	Menu Description
Breakfast		
Snack		
Lunch	Gimbap / Beverage	A light and well-balanced Korean convenience meal, ideal for enjoying lightly before or after travel
Snack	Tteokbokki / Fried Foods / Fish Cake	A symbol of Korean street food, combining spicy-sweet flavors, crispy textures, and warm broth.
Dinner	Samgyeopsal (Grilled Pork Belly)	A representative Korean communal dining menu where meat is grilled at the table and enjoyed in wraps, naturally encouraging interaction.
Snack	Choco Pie / Pepero	Simple desserts that evoke Korean memories and everyday life through Choco Pie and Pepero.

[Day 2]

Category	Menu	Menu Description
Breakfast		
Snack	Hotteok / Sikhye	A pairing that delivers warm sweetness and subtle flavors, reflecting traditional Korean snacks.
Lunch	Kimchi Stew / Bulgogi	A representative Korean home-style meal combining deep, rich flavors with gentle sweetness.
Snack	Hot Dog	A Korean-style street snack offering a crispy texture and satisfying heartiness.
Dinner	Chicken / Pizza	A casual shared meal that is easy for everyone to enjoy, featuring crispy textures and rich sauces.
Snack	Nurungji / Jjondigi	A simple menu that conveys the rustic charm of traditional Korean snacks with a nutty, mild flavor.

[Day 3]

Category	Menu	Menu Description
Breakfast		
Snack	Bungeoppang / Egg Bread	A seasonal snack that delivers the sweet and cozy feeling of Korean winter streets..
Lunch	Doenjang Stew / Bibimbap	A meal that showcases the essence of Korean home-style cuisine with deep savory flavors and balanced nutrition.
Snack	Dakgangjeong	A popular menu suitable for both snacks and meals, combining crispy texture with sweet and savory flavors.
Dinner	Grilled Pork Ribs	A Korean communal dining menu, grilled and shared together with sweet marinade and charcoal aroma.
Snack	Seafood Pancake / Makgeolli	A pairing that allows you to experience traditional Korean drinking culture with crispy pancakes and smooth rice wine.

☐ Special Meal Request Notice

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1. Eligible Requests

Please inform us **at application or by the designated deadline** if you have:

- 1-1 Food allergies or medical dietary restrictions (e.g. nuts, seafood, dairy, gluten)
- 1-2 Religious dietary requirements (Halal, Kosher, etc.)
- 1-3 Vegetarian or vegan dietary preferences

2. Important Notes

- 2-1 Special meals are provided **subject to availability**.
- 2-2 Not all requests can be guaranteed due to local ingredients.
- 2-3 On-site meal changes may not be possible.
- 2-4 Participants with severe allergies should take personal precautions.

3. How to Request

Please submit in advance:
Restricted ingredients:
Reason:
Notes (if any):

We will do our best to provide safe and comfortable meals.
Thank you.

[Day1 lunch/snack]

Gimbap



Tteokbokki / Fried Items / Fish



Ingredient	One-line Description
Steamed Rice	Made from rice, it securely wraps the fillings and provides satiety and overall balance.
Seaweed (Gimbap-use)	With a subtle ocean aroma, it binds all ingredients together into one cohesive roll.
Pickled Radish	Its crunchy texture and sweet-sour flavor balance the overall taste.
Egg Omelet Strips	A soft texture and savory flavor form the basic taste profile of gimbap.
Ham	A source of protein that adds umami and satisfying heartiness.
Mixed Vegetables	Balances sweetness and aroma, enhancing the overall completeness of the gimbap.

Ingredient	One-line Description
Rice Cakes	The main ingredient of tteokbokki, known for its chewy texture.
Gochujang Sauce	The core seasoning of tteokbokki, offering a spicy-sweet flavor.
Fish Cake	A popular Korean snack ingredient enjoyed with warm broth.
Fried Items	Crispy deep-fried vegetables and seafood.
Broth	Adds depth and richness to fish cake and tteokbokki.
Skewers	Used to hold fish cakes, making them easy to eat.

[Day1 dinner/snack]

Samgyeopsal



Choco Pie / Pepero



Ingredient	One-line Description
Samgyeopsal (Pork Belly)	Layers of fat and lean meat create a juicy texture and rich, savory flavor when grilled.
Salt	Enhances the natural flavor of the meat while removing unwanted odors.
Wrap Vegetables	Fresh, crunchy vegetables help balance the richness of the grilled meat.
Ssamjang	A savory sauce based on soybean paste and red chili paste, adding salty and nutty umami.
Garlic & Chili Peppers	Their pungent aroma and spiciness create contrast and enhance overall flavor.
Sesame Oil or Oil Sauce	Adds a nutty aroma, further enhancing the richness of the meat.

Ingredient	One-line Description
Cake (Flour Batter)	Forms the core structure with a soft and moist texture.
Marshmallow	Creates the signature chewy and sweet character of the Choco Pie.
Chocolate Coating	Wraps the overall flavor with a sweet and slightly bitter chocolate taste.
Sugar	The fundamental source of sweetness, creating a familiar and comforting flavor.
Cocoa Powder	Enhances and deepens the chocolate flavor.
Vegetable Oil	Improves softness and increases shelf stability.

[Day2 breakfast/snack]

Sandwich/Coffee



Ingredient	One-line Description
Bread	Soft bread that forms the base of the sandwich.
Ham & Cheese	Add rich flavor and satisfying heartiness to the sandwich.
Vegetables	Provide freshness and balance through crisp textures.
Coffee Beans	The key ingredient that defines the aroma and flavor of coffee.
Water	The essential element used to extract coffee.
Cup & Container	Allow beverages and sandwiches to be served conveniently.

Hotteok / Sikhye



Ingredient	One-line Description
Flour Dough	A chewy dough that forms the base of hotteok.
Honey & Sugar Filling	A sweet filling placed inside hotteok.
Cooking Oil	Oil used for pan-frying to achieve a golden-brown finish.
Malted Barley	The ingredient that creates the distinctive sweetness of sikhye.
Cooked Rice Grains	Added to sikhye to provide a pleasant chewy texture.
Cup & Container	Allow snacks and beverages to be served conveniently.

[Day2 lunch/snack]

Kimchi Stew /
Bulgogi



Ingredient	One-line Description
Aged Kimchi	Long-fermented kimchi with deep sourness and umami that forms the core flavor of kimchi stew.
Pork	Balances the sourness of kimchi while adding richness and depth to the broth with savory juices.
Mushrooms	Add natural umami and aroma, making the broth cleaner and more flavorful.
Tofu	Softens the spiciness of the stew while adding mild, clean protein.
Egg	Gently mellows the heat of the stew, adding richness and body.
Mixed Vegetables	Balance sweetness, aroma, and spiciness, enhancing the overall completeness of the stew.

Hot Dog



Ingredient	One-line Description
Sausage	The core ingredient of a hot dog, providing juicy and savory flavor.
Batter	Coats the sausage to create a crispy outer texture.
Cooking Oil	Oil used for deep-frying to achieve a golden-brown finish.
Sugar	Adds the signature sweetness of Korean-style hot dogs.
Ketchup & Mustard	Condiments served according to personal preference.
Skewer	Holds the hot dog in place for easy handling while eating.

[Day2 dinner/snack]

Chicken/Pizza



Ingredient	One-line Description
Chicken	The main ingredient of fried chicken, cooked to a crispy finish.
Frying Batter	Creates the crispy texture of the chicken.
Pizza Dough	The base dough that forms the foundation of pizza.
Tomato Sauce	The core sauce that defines the flavor of pizza.
Cheese	Adds richness and savory depth to the dish.
Cup & Container	Provided for easy sharing and convenient serving.

Nurungji /
Jjondigi



Ingredient	One-line Description
Cooked Rice	Steamed rice that forms the base of nurungji.
Pressing Process	A cooking process that creates a crispy texture.
Wheat Flour	The main ingredient of jjondigi, producing a chewy texture.
Sugar	Adds sweetness to jjondigi.
Cooking Oil	Oil used for grilling or frying.
Cooking Oil	Ensures convenient and hygienic serving.

[Day3 breakfast/snack]

**Market Toast /
Milk**



Ingredient	One-line Description
White Bread	Soft sliced bread that forms the base of market-style toast.
Egg	Adds a soft texture and satisfying heartiness to the toast.
Cabbage	Brings natural sweetness and a crunchy texture.
Sugar	Creates the signature sweet-and-savory flavor of Korean market toast.
Milk	A mild and simple beverage served alongside the toast.
Paper Cup	Provides a convenient and hygienic way to serve drinks.

**Bungeoppang /
Egg Bread**



Ingredient	One-line Description
Flour Batter	The basic batter used for both bungeoppang and egg bread.
Sweet Red Bean Filling	A sweet filling placed inside bungeoppang.
Egg	The key ingredient of egg bread, adding softness and richness.
Sugar	A seasoning ingredient that adds gentle sweetness.
Cooking Oil	Used to prevent sticking while baking in molds.
Paper Packaging	Basic wrapping that allows the snack to be held and eaten while warm.

[Day3 lunch/snack]

**Doenjang Stew /
Bibimbap**



Ingredient	One-line Description
Soybean Paste	A fermented soybean paste that forms the core of deep, savory umami flavor.
Tofu	Its soft texture gently balances the rich intensity of the broth.
Anchovy & Kelp Broth	Creates a clean yet deep base broth essential to the stew.
Rice	Warm steamed rice that brings all ingredients together harmoniously.
Seasoned Vegetables	Add nutritional balance and harmony through varied textures and aromas.
Gochujang	A spicy-sweet seasoning that ties the overall flavor together.

Dakgangjeong



Ingredient	One-line Description
Chicken	The main ingredient of dakgangjeong, fried into bite-sized pieces.
Frying Batter	A coating ingredient that creates a crispy texture.
Cooking Oil	Oil used to fry the chicken to a crispy finish.
Seasoned Sauce	The signature spicy-sweet sauce of dakgangjeong.
Garlic	An aromatic ingredient that enhances the flavor of the sauce.
Sesame Seeds	A finishing topping that adds a nutty flavor.

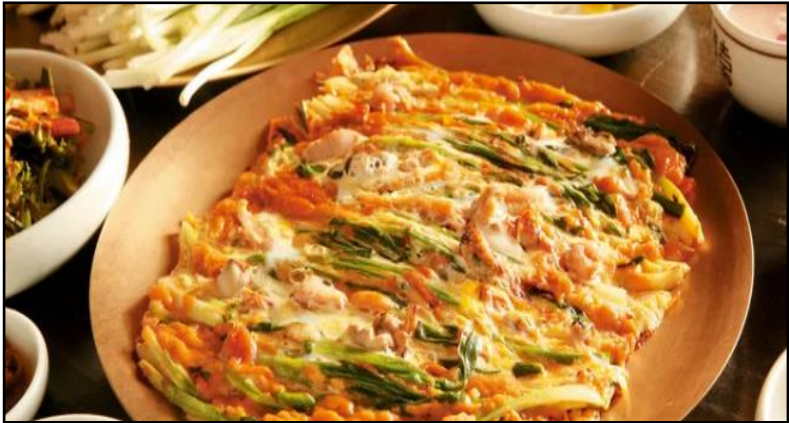
[Day3 dinner/snack]

Grilled Pork Ribs



Ingredient	One-line Description
Pork Ribs	Thick-cut ribs suitable for jar-style grilling.
Soy Sauce Marinade	A sweet and savory marinade that enhances the flavor of the ribs.
Garlic	Reduces unwanted odors and adds deep aroma to the meat.
Onion	Provides natural sweetness to balance the marinade.
Jar Grill	A cooking vessel that slowly grills the meat while retaining juiciness.
Wrap Vegetables	Fresh accompaniments used to wrap and enjoy the grilled meat.

Seafood Pancake
/ Makgeolli



Ingredient	One-line Description
Flour Batter	The base batter used to make pajeon.
Seafood	Squid, clams, and other seafood that add rich umami flavor.
Chives & Green Onions	Vegetables that enhance aroma and texture.
Cooking Oil	Oil used to pan-fry until crispy.
Makgeolli	A smooth traditional fermented rice wine.
Cup & Container	Provided for convenient serving of food and drinks.

[4일차]

Category	Menu	Menu Description
Breakfast	Cupbap	A modern Korean convenience meal served in a single bowl for a quick yet satisfying experience.
Snack	Dumplings	A Korean home-style dish and snack, lightly enjoyed with mild meat and vegetable filling.
Lunch	Kimchi Fried Rice / Japchae	A well-balanced Korean set meal combining the deep flavor of stir-fried kimchi with assorted side dishes.
Snack	Sundae	A well-balanced Korean set meal combining the deep flavor of stir-fried kimchi with assorted side dishes.
Dinner	Bossam / Fresh Kimchi	A shared dining menu where tender boiled pork is wrapped with vegetables, balancing freshness and lightness.
Snack	Yakgwa	A traditional Korean dessert with a chewy texture and gentle sweet

[5일차]

Category	Menu	Menu Description
Breakfast	Sandwich / Coffee	A modern Korean-style brunch with a light and clean flavor, ideal for maintaining condition before and after travel.
Snack	Sundae	A traditional Korean street food representing market and pojangmacha culture with a mild and savory taste.
Lunch	Budae Jjigae / Jeyuk Bokkeum	A hearty yet well-balanced modern Korean set meal combining rich stew and spicy stir-fried pork.
Snack	Sotteok Sotteok	An iconic Korean festival and street snack enjoyed with a sweet and savory sauce.
Dinner	Jar-Grilled Duck	A healthy shared dining menu where the deep flavor of lean duck meat is grilled and enjoyed together.
Snack	Dried Sweet Potato	A traditional Korean healthy snack lightly enjoyed for its natural sweetness and chewy texture.

[6일차]

Category	Menu	Menu Description
Breakfast	Beef Porridge / Vegetable Porridge	A Korean-style recovery meal that is easy to digest and gently flavored, ideal for maintaining condition before and after travel.
Snack	Tteok Skewers	A chewy rice cake street snack glazed with sweet sauce, evoking Korean festival and market culture.
Lunch	Janchi Guksu / Assorted Jeon	A representative Korean traditional banquet menu that shares light, comforting flavors and savory pancakes.
Snack	Sweet Red Bean Bread	A classic Korean bakery snack long loved for its soft bread and sweet red bean filling.
Dinner	Cast-Iron Minari Samgyeopsal	An immersive Korean barbecue dish combining smoky grilled pork belly with fresh, aromatic minari.
Snack	Fruit / Traditional Market Sweets	A selection that offers a warm and simple Korean-style dessert experience with fresh fruit and traditional sweets.

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1-2 Religious dietary requirements (Halal, Kosher, etc.)

1-3 Vegetarian or vegan dietary preferences

2. Important Notes

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Reason:
Notes (if any):

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Thank you.

[Day4 breakfast/snack]

Cupbap



Dumplings



Ingredient	One-line Description
Rice	Lightly steamed rice that serves as a convenient base for a one-bowl meal.
Main Ingredient (Pork, Chicken, etc.)	A protein source that adds heartiness and savory flavor.
Vegetables (Cabbage, Onion, etc.)	Provide a crunchy texture and refreshing balance to the dish.
Sauce (Gochujang, Soy Sauce, etc.)	The key seasoning that defines the character of each menu.
Seaweed Flakes	Complete the flavor with a nutty aroma of the sea.
Additional Ingredients (Egg, Green Onion, etc.)	Supplement both taste and nutritional value.

Ingredient	One-line Description
Dumpling Wrapper	A thin dough that wraps and holds the filling.
Minced Meat	The primary protein ingredient at the core of the dumpling.
Vegetables	Chives, cabbage, and other vegetables that add texture and balance.
Tofu	Adds moisture and a soft texture to the filling.
Garlic	A basic aromatic ingredient that enhances overall flavor.
Soy Sauce Dip	A dipping sauce served according to personal preference.

[Day4 lunch/snack]

Kimchi Fried Rice
/ Japchae

Ingredient	One-line Description
Rice	Steamed rice that forms the base of kimchi fried rice.
Kimchi	Adds spicy, savory depth to the fried rice.
Pork	Enhances richness and flavor in the fried rice.
Glass Noodles	The main ingredient of japchae, providing a chewy texture.
Vegetables	Onions, carrots, and other vegetables that add flavor and color.
Soy Sauce Seasoning	The primary seasoning used to balance and flavor japchae.

Sundae



Ingredient	One-line Description
Pork Intestines	The outer casing that holds the sundae together.
Glass Noodles	The main filling ingredient inside the sundae.
Pork	Adds rich, savory flavor to the filling.
Onion	Provides mild sweetness and additional texture.
Garlic	Removes unwanted odors and enhances overall flavor.
Salt	A basic seasoning used to balance the taste.

[Day4 dinner/snack]

Bossam / Fresh Kimchi



Ingredient	One-line Description
Pork	The main ingredient of bossam, gently boiled until tender.
Napa Cabbage	Fresh leaves used to wrap the bossam.
Red Pepper Powder	Adds a spicy kick to the geotjeori seasoning.
Garlic	Enhances the aroma and depth of the kimchi seasoning.
Salted Seafood	Provides umami and richness to the geotjeori.
Ssamjang	A dipping sauce served according to preference.

Yakgwa



Ingredient	One-line Description
Flour	The base dough ingredient for yakgwa.
Honey	A key ingredient that adds sweetness and a glossy finish.
Sesame Oil	Creates yakgwa's distinctive nutty aroma.
Cooking Oil	Used to fry the dough for a crisp texture.
Cinnamon	Adds a subtle fragrance and traditional flavor.
Individual Packaging	Provides hygienic and convenient serving.

[Day5 breakfast/snack]

Sandwich/Coffee



Ingredient	One-line Description
Bread	Soft bread that forms the base of the sandwich.
Ham & Cheese	Add rich flavor and satisfying heartiness to the sandwich.
Vegetables	Provide freshness and balance through crisp textures.
Coffee Beans	The key ingredient that defines the aroma and flavor of coffee.
Water	The essential element used to extract coffee.
Cup & Container	Allow beverages and sandwiches to be served conveniently.

Sundae



Ingredient	One-line Description
Pork Intestines	The outer casing that holds the sundae together.
Glass Noodles	The main filling ingredient inside the sundae.
Pork	Adds rich, savory flavor to the filling.
Onion	Provides mild sweetness and additional texture.
Garlic	Removes unwanted odors and enhances overall flavor.
Salt	A basic seasoning used to balance the taste.

[Day5 lunch/snack]

Budae Jjigae /
Jeyuk Bokkeum



Ingredient	One-line Description
Ham & Sausage	Salty, processed-meat flavors that form the signature umami of budae jjigae.
Gochujang	The base seasoning that provides spiciness and rich red color.
Broth (Anchovy/Bone)	A deep, savory base that builds the stew's overall richness.
Pork	Adds a chewy texture and savory flavor ideal for stir-fried dishes.
Sugar or Corn Syrup	Balances the spiciness with subtle sweetness.
Onion	Releases natural sweetness when cooked, harmonizing with the seasoning.

Sotteok Sotteok



Ingredient	One-line Description
Sausage	A savory, juicy centerpiece that defines the overall flavor.
Rice Cake (Garaetteok)	Chewy texture that adds contrast and satisfying bite alongside the sausage.
Skewer	Holds sausage and rice cake alternately for easy, handheld eating.
Seasoned Sauce	Sweet and savory glaze that brings all ingredients together.
Cooking Oil	Used to grill the surface to a golden finish with rich aroma.
Sesame Seeds	Adds a nutty fragrance and depth as a finishing touch.

[Day5 dinner/snack]

Jar-Grilled Duck



Ingredient	One-line Description
Duck Meat	Evenly distributed fat keeps the meat tender when grilled, delivering a clean yet rich flavor.
Black Pepper	Adds a subtle spiciness that enhances overall aroma.
Garlic	Softens the distinctive aroma of duck meat.
Onion	Adds natural sweetness that pairs well with the light flavor of the meat.
Vegetables (Lettuce, Perilla Leaves, etc.)	Fresh crunch that helps balance the richness.
Mustard Sauce	A refreshing sauce that reduces greasiness and brightens the taste.

Dried Sweet Potato



Ingredient	One-line Description
Sweet Potato	The main ingredient rich in natural sweetness and dietary fiber, with sweetness intensified through drying.
Natural Drying	Slowly reduces moisture to create a chewy texture while minimizing nutrient loss.
No-Additive Process	Preserves the natural flavor of sweet potato without added sugar or artificial additives.
Chewy Texture	Extended chewing time increases satisfaction and a feeling of fullness.
Shelf Stability	Low moisture content makes it easy to carry and store.
High Dietary Fiber	Helps keep digestion comfortable during long periods of travel.

[Day6 breakfast/snack]

Beef Porridge /
Vegetable Porridge



Ingredient	One-line Description
Rice	Slowly simmered until soft and smooth, making it gentle on the stomach.
Beef (Brisket, Round, etc.)	Lean cuts that add deep umami while keeping the porridge light and mild.
Sesame Oil	Used to sauté the rice and beef, enhancing nutty aroma and flavor.
Salt	Light seasoning that preserves the natural taste of the ingredients.
Vegetables (Carrot, Onion, etc.)	Provide varied textures and subtle flavors.
Water or Vegetable Broth	Creates a clean, mild broth that defines the porridge's gentle taste.

Tteok Skewers



Ingredient	One-line Description
Rice Cake (Garaetteok)	Made from rice, offering a chewy and elastic texture with a satisfying bite.
Skewer	Holds the rice cake in place for easy, bite-sized eating.
Gochujang-Based Sauce	Sweet and spicy sauce that enhances the mild flavor of the rice cake.
Red Pepper Powder	Adds heat and vibrant color.
Corn Syrup or Sugar	Gives the sauce gloss and sweetness, creating an addictive flavor.
Ketchup	Adds acidity to balance the overall taste.

[Day6 lunch/snack]

Janchi Guksu /
Assorted Jeon



Ingredient	One-line Description
Thin Noodles (Somyeon)	Fine and soft noodles that pair well with a light, clean broth.
Anchovy & Kelp Broth	A clear and refreshing broth that forms the base flavor.
Egg Omelet Strips	Add a soft texture and savory richness.
Flour & Egg Batter	Coats the ingredients to create a savory and tender texture.
Vegetables (Zucchini, Mushrooms, etc.)	Provide varied textures and natural flavors.
Soy Sauce Seasoning	Adds a salty and slightly tangy taste that enhances the jeon.

Sweet Red Bean
Bread



Ingredient	One-line Description
Flour Dough	A soft and fluffy base dough that gently wraps the red bean filling.
Yeast	Ferments the dough to create a light and tender bread texture.
Red Bean Paste	A sweet filling made from simmered red beans, offering gentle sweetness and nutty flavor.
Sugar	Softens the slight bitterness of red beans and balances overall sweetness.
Milk or Water	Keeps the dough moist and maintains a soft texture.
Butter or Cooking Oil	Adds richness and enhances softness and flavor.

[Day6 dinner/snack]

Cast-Iron Minari
Samgyeopsal



Ingredient	One-line Description
Samgyeopsal (Pork Belly)	Balanced layers of fat and lean meat deliver juicy texture and rich, savory flavor when grilled.
Cast-Iron Lid Grill	Distributes heat evenly, creating a crispy exterior while keeping the meat moist inside.
Minari (Water Parsley)	Fresh and aromatic flavor that cuts through the richness of the pork.
Salt	Highlights the natural flavor of the meat.
Garlic	Adds a nutty aroma and enhances overall richness.
Wrap Vegetables	Provide fresh crunch to balance the dish.

Fruit / Traditional
Market Sweets



Ingredient	One-line Description
Apple, Pear, Tangerine, etc.	Refreshing acidity and natural sweetness cleanse the palate.
Moisture Content	High water content makes it ideal for a clean finish after a meal.
Natural Sugars	Light, natural sweetness suitable for an easy dessert.
Seasonality	Seasonal fruits offer the richest aroma and flavor.
Glutinous Rice Flour or Wheat Flour	Adds a nutty aroma and enhances overall flavor.
Rice Syrup or Sugar	Provides gentle sweetness that can be enjoyed by all ages.

[Day 7]

Category	Menu	Menu Description
Breakfast	Mini Gimbap / Fish Cake	A light and comforting Korean snack meal featuring bite-sized gimbap and warm broth.
Snack	Glutinous Rice Donuts	A traditional snack with a crispy exterior, chewy interior, and gentle sweetness.
Lunch	Seolleongtang / Chive Jeon	A Korean soup dish that soothes the stomach with a mild yet deep beef bone broth.
Snack	Flat Dumplings	A market-style favorite combining crispy thin wrappers with a mild, savory filling.
Dinner	Chicken / Pizza	A casual shared meal that is easy for everyone to enjoy, featuring crispy textures and rich sauces.
Snack	Ramen	An iconic Korean instant food, enjoyed anytime with hot broth and chewy noodles.

[Day 8]

Category	Menu	Menu Description
Breakfast	Sandwich / Coffee	A modern Korean-style brunch with a light and clean flavor, ideal for maintaining condition before and after travel.
Snack	Chrysanthemum Bread	A traditional Korean market dessert featuring soft bread and warm red bean filling with gentle sweetness.
Lunch	Jjimdak	A well-balanced Korean home-style dish enjoyed with deep soy-based umami and mild side dishes.
Snack	Twisted Donut	A familiar Korean snack with a crispy exterior, soft interior, and sweet sugar coating.
Dinner	Charcoal-Grilled Samgyeopsal	A Korean communal dining menu where juicy pork belly is grilled over charcoal and shared together.
Snack	Walnut Pastry	A warm and comforting traditional dessert combining nutty walnuts with sweet red bean filling.

[Day 9]

Category	Menu	Menu Description
Breakfast	Cupbap	A modern Korean convenience meal served in a single bowl for a quick yet satisfying experience.
Snack	Rice Cakes (Injeolmi, Songpyeon, etc.)	Representative traditional snacks featuring a chewy texture and gentle sweetness that reflect Korean holidays and culture.
Lunch	Seaweed Soup / Chicken Mayo Rice Bowl	A harmonious meal pairing a light traditional soup with a modern, easy-to-enjoy rice bowl.
Snack	Stone-Baked Eggs / Sikhye	An iconic Korean sauna snack combination offering nutty and sweet flavors that support relaxation and recovery.
Dinner		
Snack		

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Reason:
Notes (if any):

We will do our best to provide safe and comfortable meals.
Thank you.

[Day7 breakfast/snack]

Mini Gimbap / Fish
Cake



Ingredient	One-line Description
Steamed Rice	Moderately sticky rice that holds together well when rolled into bite-sized portions.
Seaweed	Gently wraps the ingredients with a subtle ocean aroma.
Egg Omelet or Ham	A soft protein component that adds mild flavor and balance.
Vegetables (Spinach, Carrot, etc.)	Add fresh texture and vibrant color.
Fish Paste	A key ingredient with a soft yet chewy texture.
Anchovy & Kelp Broth	Creates a clean and refreshing soup base.

Glutinous Rice Donuts



Ingredient	One-line Description
Glutinous Rice Flour	The key ingredient that creates a chewy and elastic texture.
Wheat Flour	Provides structure and stability to the dough.
Wheat Flour	Adds gentle sweetness that is easy to enjoy.
Baking Powder	Creates a light and airy texture by helping the dough rise.
Cooking Oil	Fries the dough to achieve a crispy exterior and chewy interior.
Sesame Seeds	Add a nutty aroma and depth of flavor.

[Day7 lunch/snack]

Seolleongtang /
Chive Jeon



Ingredient	One-line Description
Beef Bones	Slowly simmered to create a milky broth with a clean yet deep umami flavor.
Beef	Adds tender texture and a clear, savory meat flavor.
Thin Noodles or Rice	Served with the broth to increase heartiness and satisfaction.
Green Onion	Adds a fresh aroma that cleans up and balances the broth.
Chives	Provide a fragrant and refreshing aroma as the key flavor of the jeon.
Flour Batter	Wraps the chives to create a soft and savory texture.

Flat Dumplings



Ingredient	One-line Description
Dumpling Wrapper (Flour)	Thin, wide wrappers that become crispy yet pleasantly chewy when pan-fried.
Glass Noodles	Make up most of the filling, creating a soft and chewy texture.
Vegetables (Chives, Cabbage, etc.)	Add moisture and gentle sweetness to soften the filling.
Soy Sauce & Gochujang Sauce	Add savory or spicy flavor to the mild dumplings.
Cooking Oil	Fries the dumplings to achieve a crispy exterior and chewy interior.
Sesame Seeds	Add a nutty aroma and depth of flavor.

[Day7 dinner/snack]

Chicken/Pizza



Ingredient	One-line Description
Chicken	The main ingredient of fried chicken, cooked to a crispy finish.
Frying Batter	Creates the crispy texture of the chicken.
Pizza Dough	The base dough that forms the foundation of pizza.
Tomato Sauce	The core sauce that defines the flavor of pizza.
Cheese	Adds richness and savory depth to the dish.
Cup & Container	Provided for easy sharing and convenient serving.

Ramen



Ingredient	One-line Description
Noodles (Wheat Flour)	Chewy noodles that form the core of ramen.
Seasoning Powder	The key element that creates the spicy and savory broth flavor.
Dried Toppings (Green Onion, Vegetables, etc.)	Add aroma and texture to the soup.
Water	Determines the concentration and overall taste of the broth.
Green Onion	Adds a fresh aroma that balances the soup flavor.
Egg	Enhances both flavor and nutritional value.

[Day8 breakfast/snack]

Jjimdak



Ingredient	One-line Description
Chicken	Remains tender and juicy even after long simmering, allowing the sauce to absorb well.
Soy Sauce-Based Marinade	Creates jjimdak's signature deep flavor with a balance of savory and gentle sweetness.
Glass Noodles	Absorb the sauce, adding chewy texture and rich umami.
Potato	Soft, fluffy texture that mellows and enriches the broth.
Garlic	Enhances flavor with a sharp, aromatic note.
Green Onion	Adds a fragrant finish to the dish.

Twisted Donut



Ingredient	One-line Description
Flour Dough	Forms the base with a soft and fluffy texture.
Yeast	Ferments the dough to create a light and chewy structure.
Sugar	Adds gentle sweetness that is easy for everyone to enjoy.
Milk or Water	Keeps the dough moist and tender.
Cooking Oil	Fries the dough to create a crispy exterior and soft interior.
Sugar Coating	Adds a sweet finish and extra crunch on the outside.

[Day 8 lunch/snack]

Jjimdak



Ingredient	One-line Description
Chicken	Remains tender and juicy even after long simmering, allowing the sauce to absorb well.
Soy Sauce-Based Marinade	Creates jjimdak's signature deep flavor with a balance of savory and gentle sweetness.
Glass Noodles	Absorb the sauce, adding chewy texture and rich umami.
Potato	Soft, fluffy texture that mellows and enriches the broth.
Garlic	Enhances flavor with a sharp, aromatic note.
Green Onion	Adds a fragrant finish to the dish.

Twisted Donut



Ingredient	One-line Description
Flour Dough	Forms the base with a soft and fluffy texture.
Yeast	Ferments the dough to create a light and chewy structure.
Sugar	Adds gentle sweetness that is easy for everyone to enjoy.
Milk or Water	Keeps the dough moist and tender.
Cooking Oil	Fries the dough to create a crispy exterior and soft interior.
Sugar Coating	Adds a sweet finish and extra crunch on the outside.

[Day8 dinner/snack]

Charcoal-Grilled
Samgyeopsal



Ingredient	One-line Description
Samgyeopsal (Pork Belly)	Balanced layers of fat and lean meat deliver juicy texture and rich, savory flavor when grilled.
Charcoal Fire	High-heat direct grilling adds smoky aroma and deep, layered flavor.
Ssamjang	Completes the dish with salty, nutty umami.
Salt	Highlights the natural flavor of the meat.
Garlic	Adds a rich, roasted aroma and depth.
Wrap Vegetables	Provide fresh crunch to balance the richness.

Walnut Pastry



Ingredient	One-line Description
Flour Dough	A basic dough with a soft and moist texture that wraps the filling.
Red Bean Paste	The core filling of walnut pastries, offering gentle sweetness and a clean flavor.
Walnuts	Add a nutty aroma and crunchy texture as a key flavor highlight.
Sugar	Softly balances and enhances the sweetness of the red bean filling.
Milk or Water	Keeps the dough soft and tender.
Butter	Adds rich aroma and moistness.

[Day 9 breakfast/snack]

Cupbap



Rice Cakes (Injeolmi,
Songpyeon, etc.)



Ingredient	One-line Description
Rice	Lightly steamed rice that serves as a convenient base for a one-bowl meal.
Main Ingredient (Pork, Chicken, etc.)	A protein source that adds heartiness and savory flavor.
Vegetables (Cabbage, Onion, etc.)	Provide a crunchy texture and refreshing balance to the dish.
Sauce (Gochujang, Soy Sauce, etc.)	The key seasoning that defines the character of each menu.
Seaweed Flakes	Complete the flavor with a nutty aroma of the sea.
Additional Ingredients (Egg, Green Onion, etc.)	Supplement both taste and nutritional value.

Ingredient	One-line Description
Rice (Non-glutinous & Glutinous)	Soft yet smooth texture that forms the core of the dish.
Soybean Powder	Adds mild savory depth to the overall flavor.
Red Beans, Sesame, Chestnuts, etc.	Enhance nuttiness and richness when cooked together.
Stable at Hot or Cold Temperatures	Maintains its flavor identity even when cooled.
Chewing Satisfaction	Longer chewing time increases satiety.
Symbol of Rice-Based Food Culture	Represents the continuity of traditional Korean staple cuisine.

[9일차 중식/간식]

Seaweed Soup /
Chicken Mayo Rice
Bowl

Ingredient	One-line Description
Seaweed	Soft and smooth in texture, forming the core of miyeok-guk.
Beef	Adds clean, savory meat flavor and depth to the broth.
Sesame Oil	Sautéed with seaweed and beef to bring out a nutty aroma.
Water or Broth	Creates a clean and comforting soup base.
Chicken (Fried or Grilled)	A mild and tender protein ingredient.
Mayonnaise	Softens and balances the overall flavor with creamy richness.

Stone-Baked Eggs /
Sikhye

Ingredient	One-line Description
Egg	A main ingredient rich in protein with a mild, clean flavor.
Stone Oven (Maekbanseok)	Slowly cooks the egg at high temperature, creating a nutty flavor and pleasantly chewy egg white.
Sea Salt	Highlights the natural, mild taste of the egg.
Rice	The source of soft grain texture and natural sweetness.
Malted Barley	Converts starch into sugar, creating sweetness without artificial sweeteners.
Water	Forms a clean and refreshing beverage base.

[Day 10]

Category	Menu	Menu Description
Breakfast		
Snack		
Lunch	Gimbap / Beverage	A light and well-balanced Korean convenience meal, ideal for enjoying before or after travel.
Snack	Takoyaki	A Korean-style street snack with octopus, crispy on the outside and soft on the inside.
Dinner	Korean-Style Ramen Party	A casual Korean shared meal where seafood ramen is cooked together with beef slices and dumplings.
Snack	Energy Grain Snack	A convenient snack made with grains and nuts, prepared to replenish energy during travel.

[Day 11]

Category	Menu	Menu Description
Breakfast	Tuna Mayo Cupbap	A convenient one-bowl meal topped with tuna and mayonnaise, satisfying and easy to enjoy on the go.
Snack	Roasted Chestnuts & Milk	A Korean-style snack pairing nutty roasted chestnuts with milk.
Lunch	Galbitang Set Meal	A Korean set meal featuring richly simmered beef rib soup served with japchae and side dishes.
Snack	Orange Cup	A refreshing fruit menu filled with fresh oranges.
Dinner	Spicy Stir-Fried Pork	A Korean-style stir-fried pork dish seasoned with spicy marinade.
Snack	Glutinous Rice Cake	A Korean-style stir-fried pork dish seasoned with spicy marinade.

[Day 12]

Category	Menu	Menu Description
Breakfast	Spam Rice Balls	A Korean-style rice ball made with Spam and mayonnaise, easy and light to enjoy on the go.
Snack	Watermelon Cup	A fresh fruit menu filled with watermelon, ideal for hydration after flights or outdoor activities.
Lunch	Doenjang Stew & Duck Bulgogi Set	A well-balanced Korean set meal centered on beef brisket doenjang stew and duck bulgogi, served with seasoned vegetables and kimchi.
Snack	Roasted Sweet Potato	A Korean winter snack, roasted over fire to bring out natural sweetness.
Dinner	Whole Pork Belly BBQ	A Korean communal dining menu featuring thick-cut pork belly grilled over open flame and shared together.
Snack	Traditional Grain Snacks	Crispy snacks made from puffed grains, perfect for light enjoyment during breaks.

□ Special Meal Request Notice

Meals are provided based on a pre-confirmed menu. Special meal requests may be considered **by prior notice only** for health, religious, or dietary reasons.

1. Eligible Requests

Please inform us **at application or by the designated deadline** if you have:

1-1 Food allergies or medical dietary restrictions (e.g. nuts, seafood, dairy, gluten)

1-2 Religious dietary requirements (Halal, Kosher, etc.)

1-3 Vegetarian or vegan dietary preferences

2. Important Notes

2-1 Special meals are provided **subject to availability**.

2-2 Not all requests can be guaranteed due to local ingredients.

2-3 On-site meal changes may not be possible.

2-4 Participants with severe allergies should take personal precautions.

3. How to Request

Please submit in advance:
Restricted ingredients:
Reason:
Notes (if any):

We will do our best to provide safe and comfortable meals.
Thank you.

[Day 10 lunch/snack]

Gimbap / Beverage



Ingredient	One-line Description
Seasoned Rice	Rice seasoned with vinegar and sesame oil, forming the mild and balanced base of gimbap.
Seaweed	Roasted seaweed that wraps the rice and fillings, adding a nutty aroma and structure.
Pickled Radish	Adds crunchy texture and gentle sweetness to balance the overall flavor.
Carrot	Lightly sautéed to bring out natural sweetness, adding color and nutrition.
Spinach	Blanched and seasoned greens that provide a soft texture and fresh taste.
Egg Omelet Strips	Softly cooked egg that adds savory flavor and protein to the gimbap.

Takoyaki



Ingredient	One-line Description
Flour Batter	The base of takoyaki, creating a soft and moist texture.
Octopus	The key ingredient that adds a chewy bite and rich flavor.
Cabbage	Finely chopped to add natural sweetness and moisture.
Green Onion	Adds a subtle aroma that cleans up and balances the overall flavor.
Takoyaki Sauce	A sweet and savory sauce that completes takoyaki's signature taste.
Bonito Flakes	A finishing topping that gently dances in the heat, adding a nutty aroma.

[Day 10 dinner/snack]

Korean-Style
Ramen Party



Ingredient	One-line Description
Ramen Noodles	Chewy instant noodles that form the foundation of Korean-style ramen.
Seafood Seasoning	The key seasoning that creates a spicy and deeply flavored broth.
Seafood Seasoning	Squid, clams, and other seafood that add clean umami to the soup.
Beef Brisket Slices	Thinly sliced beef that adds richness and savory depth to the broth.
Dumplings	A topping cooked together with the ramen to increase heartiness and satisfaction.
Green Onion	A finishing vegetable that enhances aroma and cleans up the broth.

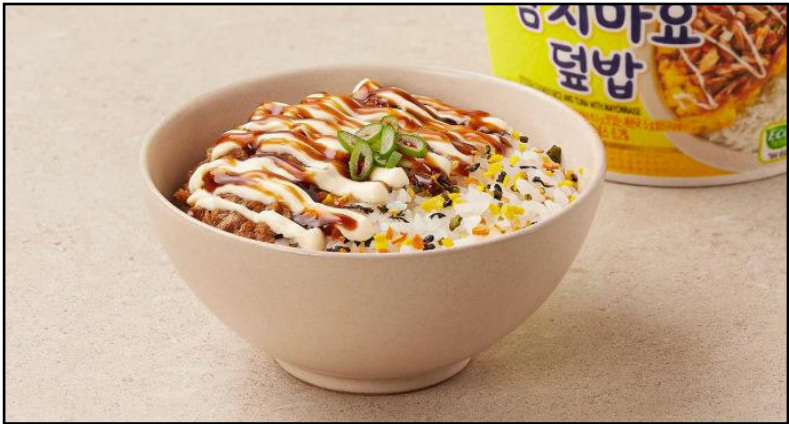
Energy Grain Snack



Ingredient	One-line Description
Oats	A staple grain that provides slow, sustained energy.
Brown Rice	Adds fullness and dietary fiber for lasting satiety.
Nuts	Provide nutty flavor and healthy fats.
Honey	Adds natural sweetness and an energy boost.
Seeds	Supplement minerals and overall nutrition.
Dried Fruits	Add gentle sweetness and a chewy texture.

[Day 11 breakfast/snack]

Tuna Mayo
Cupbap



Ingredient	One-line Description
Rice	Steamed rice that forms the base, providing a hearty and satisfying meal.
Tuna	A mild protein ingredient that serves as the core of the cupbap.
Mayonnaise	Adds creamy richness and completes overall balance.
Seaweed Flakes	Enhance the flavor of rice and toppings with a nutty aroma.
Pickled Radish	Balances the taste with crunchy texture and gentle sweetness.
Sesame Seeds	A finishing topping that adds nutty flavor.

Roasted
Chestnuts &
Milk



Ingredient	One-line Description
Roasted Chestnuts	Fire-roasted chestnuts with a nutty aroma and natural sweetness.
Milk	A smooth and mild drink that pairs well with snacks.
Paper Cup	Provided for easy enjoyment while on the move.
Napkin	Provided for easy enjoyment while on the move.
Packaging Bag	Basic packaging for convenient carrying.
Serving Tray	A tray used for hygienic and neat presentation.

[Day 11 lunch/snack]

Galbitang Set Meal



Ingredient	One-line Description
Galbitang	A main soup made by slowly simmering beef ribs to create a deep yet clean broth.
Rice	Steamed rice served alongside the soup for a hearty meal.
Japchae	Stir-fried glass noodles and vegetables that add a savory and soft texture.
Cubed Radish Kimchi	A crunchy side dish that pairs well with galbitang.
Stir-Fried Dried Squid	Adds a sweet and savory highlight to the meal.
Green Onion Garnish	A finishing topping that enhances aroma and freshness.

Orange Cup



Ingredient	One-line Description
Orange	Freshly prepared fruit offering a bright and refreshing flavor.
Cup Container	Hygienically holds the fruit for easy enjoyment.
Fork	Provided for convenient eating without using hands.
Napkin	A basic item included for clean consumption.
Lid	Protects the contents from spilling during movement.
Serving Tray	Helps ensure stable and hygienic presentation.

[Day 11 dinner/snack]

Spicy Stir-Fried
Pork



Ingredient	One-line Description
Pork	The main ingredient that pairs well with spicy seasoning.
Gochujang Marinade	Creates the dish's core flavor with a spicy-sweet taste.
Cabbage	Adds crunchy texture to balance the overall flavor.
Onion	A basic vegetable that releases natural sweetness when stir-fried.
Green Onion	Enhances aroma and rounds out the flavor.
Rice	Served alongside to complete a hearty meal.

Glutinous Rice
Cake



Ingredient	One-line Description
Glutinous Rice	The main ingredient that creates a chewy texture.
Red Bean Filling	A traditional filling that adds gentle sweetness.
Starch Powder	Used to prevent the rice cake from sticking together.
Sugar	A sweet element that balances the overall flavor.
Salt	A small amount of seasoning that enhances sweetness.
Individual Packaging	Provided for hygienic and convenient carrying.

[Day 12 breakfast/snack]

Spam Rice
Balls



Ingredient	One-line Description
Rice	Steamed rice that forms the base of the rice ball.
Spam	A main ingredient that adds salty flavor and increases satisfaction.
Mayonnaise	Adds creamy richness and savory flavor.
Seaweed	Wraps the rice and fillings, enhancing nutty aroma.
Sesame Seeds	A finishing topping that adds a nutty fragrance.
Sesame Seeds	Allows hygienic enjoyment while on the move.

Watermelon Cup



Ingredient	One-line Description
Watermelon	Fresh flesh that provides hydration and natural sweetness.
Cup Container	Hygienically holds the fruit for easy enjoyment.
Fork	Provided for convenient eating without using hands.
Fork	A basic item included for clean consumption.
Lid	Protects the contents from spilling during movement.
Serving Tray	Helps ensure stable and hygienic presentation.

[Day 12 lunch/snack]

Doenjang Stew & Duck Bulgogi Set



Ingredient	One-line Description
Soybean Paste	The key ingredient that creates the deep, savory flavor of the stew.
Tofu	Adds a soft and gentle texture to doenjang jjigae.
Duck Meat	The main ingredient prepared as bulgogi, offering a clean and nutty flavor.
Bulgogi Marinade	A seasoning that enhances the richness and flavor of duck bulgogi.
Vegetables	Onions, green onions, and other vegetables that balance the overall taste.
Rice	Steamed rice served with the stew and bulgogi as a complete meal.

Roasted Sweet Potat



Ingredient	One-line Description
Sweet Potato	The main ingredient, fire-roasted to bring out natural sweetness.
Direct Flame Cooking	Adds a smoky aroma and creates deep, rich flavor.
Served with Skin On	Soft inside with a gently aromatic exterior.
Paper Packaging	Provided for easy handheld eating.
Napkin	A basic item included for clean consumption.
Serving Tray	Helps ensure hygienic and stable presentation.

[Day12 dinner/snack]

Whole Pork
Belly BBQ



Ingredient	One-line Description
Whole Pork Belly	The main cut of thick pork belly used for the dish.
Direct Flame Grill	A cooking method that enhances smoky aroma and locks in juiciness.
Wrap Vegetables	Fresh vegetables used to wrap and enjoy the meat.
Ssamjang	A Korean-style dipping sauce that enhances the flavor of the pork.
Grilled Garlic	A Korean-style dipping sauce that enhances the flavor of the pork.
Communal Table	A Korean dining style centered on sharing and enjoying food together.

Traditional
Grain Snacks



Ingredient	One-line Description
Grains	Traditional grains such as rice and barley are used.
Frying Process	A traditional cooking method that creates a crispy texture.
Sugar Syrup	Adds gentle sweetness.
Nutty Aroma	Preserves the natural, grain-forward fragrance.
Individual Packaging	Provided for hygienic enjoyment.
Snack Serving	A light menu ideal for enjoying during break time.

[Day 13]

Category	Menu	Menu Description
Breakfast	BLT Sandwich	A well-balanced sandwich with bacon, lettuce, and tomato, easy to enjoy on the go.
Snack	Tornado Potato	A crispy Korean street snack made by spiral-cutting and deep-frying potatoes.
Lunch	LA Galbi Set Meal	A hearty and well-balanced Korean full-course meal centered on LA-style short ribs and beef bone soup.
Snack	Frozen Persimmon Ice	A refreshing dessert made from fully ripened persimmons, offering natural sweetness.
Dinner	Mushroom Hot Pot + Kalguksu	A Korean shared dining menu finished with hand-cut noodles after enjoying a rich mushroom hot pot.
Snack	Popcorn	A light and crispy casual snack enjoyed anytime.

[Day 14]

Category	Menu	Menu Description
Breakfast	Grilled Rice Balls	Korean-style rice balls lightly grilled until golden, easy to enjoy on the go.
Snack	Chicken Skewers	A Korean street food made with grilled chicken glazed in a sweet and savory sauce.
Lunch	Braised Pork Ribs Set	A hearty Korean set meal centered on pork rib stew, served with soup and side dishes.
Snack	Sweet Pumpkin Porridge	A smooth Korean porridge with gentle sweetness, suitable for maintaining condition.
Dinner	Dumpling Hot Pot Party	A Korean shared meal where kimchi hot pot and dumpling hot pot are cooked and enjoyed together.
Snack	Strawberries & Nuts	A refreshing dessert pairing fresh strawberries with assorted nuts.

[Day 15]

Category	Menu	Menu Description
Breakfast	Cupbap / Beef Porridge	A Korean-style porridge gently simmered with beef, ideal for recovery before and after flights.
Snack	Rice Cakes (Injeolmi, Songpyeon, etc.)	A traditional Korean snack combination featuring chewy rice cakes and nutty grain-based flavors.
Lunch	Beef Seaweed Soup	A balanced meal combining a traditional soup with a modern dining style.
Snack	Stone-Baked Eggs & Sikhye	A light Korean market-style snack pairing nutty eggs with sweet rice punch.
Dinner	Samgyetang	A Korean health dish, slowly simmered with ginseng and jujubes.
Snack	Korean-Style Potato Chips	Thinly sliced and crispy fried potato chips with a savory Korean-style seasoning.

□ Special Meal Request Notice

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1. Eligible Requests

Please inform us **at application or by the designated deadline** if you have:

1-1 Food allergies or medical dietary restrictions
(e.g. nuts, seafood, dairy, gluten)

1-2 Religious dietary requirements (Halal, Kosher, etc.)

1-3 Vegetarian or vegan dietary preferences

2. Important Notes

2-1 Special meals are provided **subject to availability**.

2-2 Not all requests can be guaranteed due to local ingredients.

2-3 On-site meal changes may not be possible.

2-4 Participants with severe allergies should take personal precautions.

3. How to Request

Please submit in advance:
Restricted ingredients:
Reason:
Notes (if any):

We will do our best to provide safe and comfortable meals.
Thank you.

[Day13 breakfast/snack]

BLT Sandwich



Ingredient	One-line Description
White Bread	Soft bread that forms the base of the sandwich.
Bacon	Crisply cooked to add a salty, savory flavor.
Lettuce	Adds fresh crunch to balance the overall taste.
Tomato	Provides refreshing moisture and a clean finish.
Mayonnaise	Acts as a creamy and rich sauce.
Butter	Used when toasting the bread to enhance aroma and flavor.

Tornado
Potato



Ingredient	One-line Description
Potato	The main ingredient, spiral-cut for preparation.
Cooking Oil	Oil used to deep-fry until crispy.
Salt	A basic seasoning that adds simple flavor.
Seasoning Powder	Adds a sweet-and-savory flavor.
Skewer	Used to hold the potato in place for serving.
Ketchup	A dipping sauce served according to preference.

[Day 13 lunch/snack]

LA Galbi Set
Meal



Ingredient	One-line Description
LA Galbi	Thin-cut beef short ribs marinated and grilled as the main protein.
Soy Sauce Marinade	A sweet and savory marinade that enhances the flavor of the ribs.
Rice	Steamed rice that pairs well with the galbi.
Vegetable Garnish	Green onions, onions, and other garnishes that refresh and balance the meat.
Kimchi	A Korean side dish that cuts through the richness of the meat.
Basic Side Dishes	Accompaniments that complete the balance of the meal.

Frozen Persimmon
Ice



Ingredient	One-line Description
Ripe Persimmon	Fully ripened persimmon offering natural sweetness.
Freezing Process	Frozen to preserve a refreshing, cool texture.
Cup Container	Hygienically holds the dessert for easy serving.
Lid	Prevents spills during movement.
Spoon	Provided for convenient eating.
Napkin	A basic item included for clean consumption.

[Day 13 dinner/snack]

Mushroom Hot Pot
+ Kalguksu



Ingredient	One-line Description
Assorted Mushrooms	A variety of mushrooms such as shiitake and enoki that add deep, rich flavor.
Broth	A variety of mushrooms such as shiitake and enoki that add deep, rich flavor.
Vegetables	Napa cabbage, green onions, and other vegetables that add texture and balance.
Hot Pot	A cooking vessel designed for sharing and cooking together.
Kalguksu Noodles	Noodles added to the remaining broth for a satisfying finish.
Soy Sauce Dip	A dipping sauce served according to personal preference.

Popcorn



Ingredient	One-line Description
Popcorn Kernels	The basic raw ingredient used to make popcorn.
Cooking Oil	Used to pop the kernels evenly.
Salt	Adds a simple, savory flavor.
Butter	An optional ingredient that adds rich, nutty aroma.
Paper Cup	A container provided for easy serving.
Napkin	A basic item included for clean consumption.

[Day 14 breakfast/snack]

Grilled Rice Balls



Ingredient	One-line Description
Rice	Steamed rice that forms the base of the rice ball.
Soy Sauce	Brushed on while grilling to add savory, nutty flavor.
Sesame Oil	A key ingredient that enhances rich, toasted aroma.
Seaweed	Wraps the rice ball, adding texture and fragrance.
Sesame Seeds	A finishing topping that adds nutty flavor.
Cooking Oil	Used to grill the rice ball to a golden finish.

Chicken Skewers



Ingredient	One-line Description
Chicken	The main ingredient of the skewer, offering a tender texture.
Skewer	A tool used to hold the chicken while grilling.
Soy Sauce	The base seasoning that provides a sweet and savory flavor.
Garlic	An aromatic ingredient that enhances overall flavor.
Sugar	Adds sweetness to the sauce.
Cooking Oil	Oil used during grilling to prevent sticking and add richness.

[Day 14 lunch/snack]

Braised Pork Ribs
Set



Ingredient	One-line Description
Pork Ribs	The main meat ingredient, slowly braised until tender.
Soy Sauce Marinade	A sweet and savory seasoning that enhances the flavor of the ribs.
Radish	Absorbs the marinade, adding softness and depth of flavor.
Carrot	Adds gentle sweetness and visual color.
Garlic	A basic aromatic ingredient that deepens the flavor.
Green Onion	Reduces unwanted odors and balances the overall taste.

Sweet Pumpkin
Porridge



Ingredient	One-line Description
Sweet Pumpkin	The main ingredient with a naturally sweet and smooth flavor.
Rice	Finely ground to create the porridge's smooth consistency.
Water	The basic element used to gently simmer the ingredients.
Salt	A small amount of seasoning that enhances natural sweetness.
Sugar	An optional ingredient that adds gentle sweetness.
Sesame Seeds	A finishing topping that adds nutty aroma and flavor.

[Day 14 dinner/snack]

Dumpling Hot Pot Party



Ingredient	One-line Description
Dumplings	The main ingredient added to the hot pot to increase heartiness.
Kimchi	The key ingredient of kimchi hot pot, creating deep and spicy broth flavor.
Broth	The key ingredient of kimchi hot pot, creating deep and spicy broth flavor.
Pork	Adds rich, savory flavor to the kimchi hot pot.
Tofu	A soft-textured ingredient that pairs well with the broth.
Vegetables	Green onions, onions, napa cabbage, and other vegetables that complete balance and flavor.

Strawberries & Nuts



Ingredient	One-line Description
Strawberries	Fresh fruit offering a bright and refreshing flavor.
Nuts	Add nutty taste and an energy boost.
Cup Container	Hygienically holds the contents for easy serving.
Fork	Provided for convenient eating.
Napkin	A basic item included for clean consumption.
Lid	Prevents spills during movement.

[Day 15 breakfast/snack]

Cupbap / Beef Porridge



Ingredient	One-line Description
Rice	Steamed rice that forms the base of cupbap and porridge.
Beef	A mild protein that adds depth and clean flavor to the broth.
Broth	A soup base that makes the porridge smooth and comforting.
Salt	A basic seasoning that balances flavor without heaviness.
Sesame Oil	Adds a nutty aroma and enriches overall flavor.
Cup Container	Allows convenient consumption even while on the move.

Rice Cakes (Injeolmi, Songpyeon, etc.)



Ingredient	One-line Description
Glutinous Rice	The basic ingredient that creates a chewy texture.
Soybean Powder	Adds the nutty flavor characteristic of injeolmi.
Sesame Seeds	Used as filling and topping for songpyeon.
Salt	A small amount of seasoning that enhances sweetness.
Sesame Oil	Enhances the aroma and richness of the rice cake.
Individual Packaging	Provided for hygienic and convenient serving.

[Day 15 lunch/snack]

Beef Seaweed Soup



Ingredient	One-line Description
Beef	The main ingredient that adds deep yet clean flavor to the broth.
Seaweed	A key ingredient that provides soft texture and subtle ocean aroma.
Sesame Oil	Used to sauté the beef, enhancing nutty aroma and richness.
Soup Soy Sauce	A seasoning that sets the basic saltiness of the soup.
Garlic	Adds a mild aroma that rounds out the overall flavor.
Water	The base element used to extract and complete the broth.

Stone-Baked
Eggs & Sikhye



Ingredient	One-line Description
Egg	Roasted over maekbanseok stones, offering a nutty and clean flavor.
Maekbanseok Process	Adds deep flavor and a pleasantly chewy texture to the egg.
Sikhye	A traditional sweet and refreshing drink made from malted barley.
Rice Grains	Added to sikhye to provide a gentle chewy texture.
Cup Container	Hygienically holds both beverages and snacks.
Napkin	A basic item included for clean consumption.

[Day 15 dinner/snack]

Samgyetang



Ingredient	One-line Description
Young Chicken	A whole young chicken used as the main ingredient of samgyetang.
Glutinous Rice	Stuffed inside the chicken to add heartiness and texture.
Ginseng	Adds samgyetang's signature aroma and restorative qualities.
Jujube	Softens the broth with gentle natural sweetness.
Garlic	Enhances depth and umami flavor.
Broth	Slowly simmered to create a rich yet clean soup.

Korean-Style
Potato Chips



Ingredient	One-line Description
Potato	Thinly sliced as the main ingredient.
Cooking Oil	Used to deep-fry the potatoes until crispy.
Salt	A basic seasoning that enhances the natural flavor of potatoes.
Seasoning Powder	Adds a Korean-style sweet-and-savory flavor.
Paper Cup	A container provided for convenient serving.
Napkin	A basic item included for clean consumption.

[Day 16]

Category	Menu	Menu Description
Breakfast	Bacon & Egg Toast	A hearty breakfast toast topped with bacon and egg, perfect for starting the day.
Snack	Fish Cake Bar	A hearty breakfast toast topped with bacon and egg, perfect for starting the day.
Lunch	Grilled Fish Set Meal	A light Korean home-style meal featuring grilled fish served with clear soup.
Snack	Sirutteok	A snack set pairing traditional steamed rice cake with a popular beverage.
Dinner	Boiled Pork & Aged Kimchi	A Korean shared meal combining tender boiled pork with deeply fermented kimchi.
Snack	Banana	A convenient fruit ideal for quick energy replenishment while traveling.

[Day 17]

Category	Menu	Menu Description
Breakfast	Morning Roll Set	A light breakfast featuring soft rolls served with ham, cheese, and egg.
Snack	Steamed Eggs & Plum Drink	A mild and refreshing snack pairing boiled eggs with a tangy plum beverage.
Lunch	Spicy Braised Chicken Set	A balanced Korean home-style meal centered on spicy braised chicken and soybean paste stew. Grain Shake & Chocolate Bar
Snack	Grain Shake & Chocolate Bar	A quick energy-boosting combination of a grain shake and chocolate bar.
Dinner	Skewer Barbecue	A barbecue menu where grilled meat and vegetables are shared and enjoyed together.
Snack	Yogurt	A light dessert with a smooth texture and refreshing taste.

[Day 18]

Category	Menu	Menu Description
Breakfast	Cupbap	A Korean-style cup meal topped with side dishes and sauce, convenient to enjoy while on the move.
Snack	Rice Cakes (Injeolmi, Songpyeon, etc.)	Traditional Korean rice cakes with a chewy texture, offering a variety of flavors.
Lunch	Beef Seaweed Soup / Chicken Mayo Rice Bowl	A balanced meal combining mild beef seaweed soup with a modern chicken mayo rice bowl.
Snack	Stone-Baked Eggs / Sikhye	A traditional Korean snack pairing nutty stone-baked eggs with sweet rice punch.
Dinner		
Snack		

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(e.g. nuts, seafood, dairy, gluten)

1-2 Religious dietary requirements (Halal, Kosher, etc.)

1-3 Vegetarian or vegan dietary preferences

2. Important Notes

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3. How to Request

Please submit in advance:
Restricted ingredients:
Reason:
Notes (if any):

We will do our best to provide safe and comfortable meals.
Thank you.

[Day 16 breakfast/snack]

Bacon & Egg Toast



Ingredient	One-line Description
White Bread	Soft bread that forms the base of the toast.
Bacon	Crisply cooked to add a salty, savory flavor.
Egg	Adds a soft texture and satisfying heartiness.
Butter	Used to toast the bread, enhancing rich aroma.
Lettuce	Adds fresh crunch to balance the overall taste.
Mayonnaise	Acts as a creamy and rich sauce.

Fish Cake Bar



Ingredient	One-line Description
Fish Cake	A soft main ingredient made from ground fish.
Skewer	Holds the fish cake for easy handheld eating.
Broth	Gently heated to add warmth and mild flavor.
Radish	Adds a clean and refreshing taste to the broth.
Green Onion	A basic vegetable that enhances the aroma of the soup.
Paper Cup	A basic container used to serve the broth.

[Day 16 lunch/snack]

Grilled Fish Set Meal



Ingredient	One-line Description
Fish	The main ingredient, typically mackerel or Spanish mackerel.
Salt	A basic seasoning that enhances the natural flavor of the fish.
Cooking Oil	Oil used during grilling..
Lemon	Served on the side to add refreshing acidity, according to preference.
Radish	Provided with the fish to reduce greasiness.
Side Dishes	Basic accompaniments that balance the meal.

Sirutteok



Ingredient	One-line Description
Non-Glutinous Rice	The primary rice ingredient used to make sirutteok.
Red Bean Powder	Placed between layers of rice cake to add nutty flavor.
Salt	A basic seasoning that enhances the natural sweetness of the rice.
Water	Used to steam the rice during preparation.
Steaming Process	Steamed in a traditional steamer to create a soft texture.
Individual Packaging	Packaging provided for hygienic serving.

[Day 16 dinner/snack]

Boiled Pork &
Aged Kimchi



Ingredient	One-line Description
Pork	The main ingredient of suyuk, gently boiled until tender.
Aged Kimchi	Long-fermented kimchi that adds deep acidity and complexity.
Garlic	A basic aromatic ingredient that removes unwanted odors from the meat.
Soybean Paste	Used during boiling to enhance the flavor of the pork.
Green Onion	Adds fragrance to the broth.
Ssamjang	A dipping sauce served according to preference.

Banana



Ingredient	One-line Description
Banana	A fruit that provides natural sweetness and quick energy.
Served with Peel On	Allows convenient and hygienic consumption.
Individual Selection	Only fresh, carefully selected bananas are provided.
Packaging Bag	Simple packaging for easy carrying during travel.
Napkin	A basic item included for clean consumption.
Serving Tray	Helps ensure stable and hygienic presentation.

[Day 17 breakfast/snack]

Morning Roll Set



Ingredient	One-line Description
Morning Roll	Soft bread that serves as the base of the sandwich.
Ham	Adds a salty and savory flavor.
Cheese	Contributes a rich and smooth taste.
Egg	A hearty ingredient that provides protein.
Butter	Used to warm the bread and enhance aroma.
Packaging Container	Allows convenient enjoyment while on the move.

Steamed Eggs
& Plum Drink



Ingredient	One-line Description
Egg	Roasted over maekbanseok stones, offering a nutty and clean flavor.
Maekbanseok Process	Adds deep flavor and a pleasantly chewy texture to the egg.
Sikhye	A traditional sweet and refreshing drink made from malted barley.
Rice Grains	Added to sikhye to provide a gentle chewy texture.
Cup Container	Hygienically holds both beverages and snacks.
Napkin	A basic item included for clean consumption.

[Day 17 lunch/snack]

Spicy Braised
Chicken Set



Ingredient	One-line Description
Chicken	The main ingredient that pairs well with spicy seasoning.
Gochujang Marinade	The base seasoning that delivers a spicy-sweet flavor.
Potato	Softens into the broth, adding heartiness and body.
Carrot	Adds gentle sweetness and visual color.
Onion	Releases umami and depth when cooked.
Green Onion	Adds aroma and finishes the overall flavor.

Grain Shake



Ingredient	One-line Description
Potato	Thinly sliced as the main ingredient.
Cooking Oil	Used to deep-fry the potatoes until crispy.
Salt	A basic seasoning that enhances the natural flavor of potatoes.
Seasoning Powder	Adds a Korean-style sweet-and-savory flavor.
Paper Cup	A container provided for convenient serving.
Napkin	A basic item included for clean consumption.

[Day 17 dinner/snack]

Skewer Barbecue



Ingredient	One-line Description
Meat	The main ingredient of barbecue, providing rich juiciness.
Vegetables	Bell peppers, onions, and other vegetables that add color and texture.
Skewer	Used to hold meat and vegetables together for grilling.
Barbecue Sauce	Adds a sweet and savory flavor.
Cooking Oil	Oil used during grilling.
Grill	A barbecue tool that cooks food while adding smoky aroma.

Yogurt



Ingredient	One-line Description
Yogurt	The base ingredient with a smooth and refreshing taste.
Probiotics	Key cultures that support digestive health.
Sugar	Adds sweetness according to preference.
Fruit Topping	Enhances freshness and texture.
Cup Container	Hygienically holds the yogurt for easy serving.
Spoon	Provided for convenient consumption.

[Day 18 breakfast/snack]

Cupbap



Ingredient	One-line Description
Rice	Warm steamed rice that forms the base of the cupbap.
Main Topping	The key topping of the cupbap, such as meat or vegetables.
Sauce	A seasoning sauce that completes the overall flavor.
Seaweed Flakes	A basic topping that adds a nutty aroma.
Sesame Seeds	A finishing ingredient that enhances flavor.
Cup Container	Allows convenient enjoyment even while on the move.

Rice Cakes (Injeolmi,
Songpyeon, etc.)



Ingredient	One-line Description
Glutinous Rice	The basic ingredient that creates a chewy texture.
Soybean Powder	Adds the nutty flavor characteristic of injeolmi.
Sesame Seeds	Used as filling and topping for songpyeon.
Salt	A small amount of seasoning that enhances sweetness.
Sesame Oil	Enhances the aroma and richness of the rice cake.
Individual Packaging	Provided for hygienic and convenient serving.

[Day 18 lunch/snack]

Beef Seaweed Soup /
Chicken Mayo Rice Bowl



Ingredient	One-line Description
Rice	The basic steamed rice used for both soup and rice bowls.
Beef	Adds deep and clean flavor to the seaweed soup.
Seaweed	A key ingredient that provides soft texture and subtle ocean aroma.
Chicken	The main protein ingredient of the chicken mayo rice bowl.
Mayonnaise	Adds creamy richness and savory flavor to the rice bowl.
Seasoning Sauce	A basic seasoning that balances the overall taste.

Stone-Baked Eggs /
Sikhye



Ingredient	One-line Description
Egg	Roasted over maekbanseok stones, offering a nutty and clean flavor.
Maekbanseok Process	Adds deep flavor and a pleasantly chewy texture to the egg.
Sikhye	A traditional sweet and refreshing drink made from malted barley.
Rice Grains	Added to sikhye to provide a gentle chewy texture.
Cup Container	Hygienically holds both beverages and snacks.
Napkin	A basic item included for clean consumption.

[DAY 19]

Category	Menu	Description
Breakfast	Bulgogi Toast	Korean-style toast with sweet soy-marinated bulgogi, well paired with coffee.
Snack	Black Sesame Cake	Traditional glutinous rice cake made with rich black sesame and mild sweetness.
Lunch	Gamjatang & Duck	Rich pork bone stew served with seasoned stir-fried duck.
Snack	Dried Sweet Potato	Chewy dried sweet potato snack with natural sweetness.
Dinner	BBQ & Party	Camping-style party menu with sweet and savory barbecue.
Snack	Mini Cream Buns	Small buns filled with sweet red bean paste or cream.

[Day 20]

Category	Menu	Description
Breakfast	Egg Drop Toast	Korean-style toast with fluffy scrambled eggs and sauce on warm bread.
Snack	Potato Hot Dog	Korean hot dog coated with crispy potato pieces, crunchy outside and soft inside.
Lunch	Gochujang Bulgogi	Kimchi noodle soup with chewy dough pieces, served with spicy gochujang bulgogi.
Snack	Frozen Persimmon	Sweet and refreshing Korean dessert made from frozen ripe persimmon.
Dinner	Dumpling Hot Pot	Warm Korean hot pot with dumplings, vegetables, and mushrooms.
Snack	Puffed Rice Snack	Light and crispy traditional snack made from puffed grains.

[Day 21]

Category	Menu	Description
Breakfast	Spicy Pork Rice	Rice topped with sweet and spicy stir-fried pork.
Snack	Street Waffle	Crispy waffle with a soft inside, served with cream or syrup.
Lunch	stir-fried spicy pork	Savory mushroom stew served with spicy stir-fried pork.
Snack	Patbingsu	Korean shaved ice topped with sweet red beans and fresh fruit.
Dinner	Bossam	Boiled pork slices served with refreshing cold radish noodles.
Snack	Korean Snacks	Light and crispy traditional snacks with mild sweetness.

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Reason:
Notes (if any):

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Thank you.

[Day 19 breakfast/snack]

Bulgogi Toast



Ingredient	One-line Description
Bread	Crispy on the outside and soft on the inside, perfectly wrapping the ingredients
Beef	Tender with a sweet soy-based flavor, highly favored by international guests
Onion	When grilled, the sweetness stands out and pairs well with beef
Cabbage	Light, crisp texture that balances the overall flavor
Mayonnaise	Adds a rich, creamy taste and keeps the toast moist
Butter	When toasted, adds a nutty aroma and completes the flavor

Black Sesame Cake



Ingredient	One-line Description
Glutinous Rice	The base ingredient of rice cakes, creating a chewy texture
Black Sesame	A traditional ingredient that adds a rich, nutty flavor
Sugar	Adds gentle sweetness and balances the overall taste
Salt	Enhances sweetness and cleans up the overall flavor
Water	Softens the dough and helps bring out the rice cake's texture
Sesame Oil	Adds a nutty aroma and completes the flavor of traditional Korean rice cakes

[Day 19 lunch/snack]

Gamjatang & Duck



Ingredient	One-line Description
Duck Meat	Mild and tender in texture, making it well suited for stir-fried dishes
Gochujang	A key Korean traditional seasoning that adds a sweet and spicy flavor
Soy Sauce	Adds a savory saltiness and deepens the overall flavor of the sauce
Garlic	Reduces the strong odor of meat and enhances overall richness
Onion	When stir-fried, releases natural sweetness and softens the overall taste
Sesame Oil	Adds a nutty aroma and completes the dish with a rich finishing flavor

Dried Sweet Potato



Ingredient	One-line Description
Sweet Potato	Naturally rich in sweetness, which becomes more pronounced when dried
Water	A basic ingredient used to soften and cook the sweet potatoes
Heat	The key element in removing moisture and creating a chewy texture
Air	Allows sweet potatoes to dry slowly, completing the desired texture
Natural Sugars	Provide sweetness without the need for artificial sweeteners
Dietary Fiber	A healthy component that promotes fullness and aids digestion

[Day 19 dinner/snack]

BBQ & Party



Ingredient	One-line Description
Pork Ribs	Bone-in meat with rich juices and deep, savory flavor
Barbecue Sauce	Sweet and savory sauce that enhances the flavor of the ribs
Garlic	Reduces the meat's gaminess and adds a bold, rich taste
Onion	When grilled, its natural sweetness comes out and pairs well with the sauce
Black Pepper	A basic seasoning that sharpens and highlights the meat's flavor
Herbs	Add a fragrant aroma and elevate the overall barbecue flavor

Mini Cream Buns



Ingredient	One-line Description
Wheat Flour	A basic ingredient that creates a soft bread texture
Eggs	Add moisture to the dough and contribute a rich flavor
Sugar	A key ingredient that provides gentle sweetness
Milk	Softens the dough and enhances its texture
Red Bean Paste	Sweet and smooth filling that adds traditional Korean flavor
Butter	Adds a rich, nutty aroma and completes the overall flavor

[Day 20 breakfast/snack]

Egg Drop Toast



Ingredient	One-line Description
Bread	A basic ingredient with a soft, moist texture that wraps the fillings well
Eggs	Fluffy scrambled eggs that add a rich and gentle flavor
Milk	Makes the eggs even softer and creamier
Butter	Adds a rich, nutty aroma that enhances the toast
Cheese	Melts smoothly, adding a rich and savory depth of flavor
Sauce	Sweet and mild sauce that completes the overall harmony

Potato Hot Dog



Ingredient	One-line Description
Sausage	Savory and juicy, serving as the main component of the hot dog
Dough	Wheat-based dough that wraps the sausage, creating a crispy texture
Potato	Finely diced potatoes attached to the coating, adding a crispy and nutty texture
Cooking Oil	Used during frying to make the coating crispy and golden
Sugar	Adds the signature sweet flavor of Korean-style hot dogs
Sauce	Enhances the flavor with ketchup or mustard

[Day 20 lunch/snack]

Gochujang Bulgogi



Ingredient	One-line Description
Pork	Chewy and savory in texture, absorbing the seasoning well
Gochujang	The core of Korean traditional seasoning, delivering a sweet and spicy flavor
Garlic	Reduces the meat's odor and deepens the overall flavor
Onion	As it cooks, natural sweetness develops and softens the overall taste
Red Pepper Powder	Adds a spicy depth that enhances the bulgogi-style flavor
Sesame Oil	Adds a nutty aroma and completes the dish's finishing taste

Frozen Persimmon



Ingredient	One-line Description
Persimmon	Naturally sweet and soft in texture when fully ripe
Freezing	Creates a refreshing, chilled dessert-like texture
Natural Sugars	Provide sweetness without the use of artificial sugar
Moisture	Delivers an icy, refreshing mouthfeel that cleanses the palate
Vitamins	Rich in vitamins, offering light and healthy nourishment
Dietary Fiber	A component that aids digestion and promotes fullness

[Day 20 dinner/snack]

Dumpling Hot Pot



Ingredient	One-line Description
Dumplings	Filled with meat and vegetables, making them hearty even on their own
Broth	Light and clean soup base made by simmering anchovies and kelp
Napa Cabbage	Softens as it cooks, adding natural sweetness to the soup
Mushrooms	Add aroma and savory depth, enhancing the soup's flavor
Tofu	Mild and soft, balancing the overall taste of the soup
Green Onion	Adds fragrance and finishes the soup with a clean, fresh flavor

Puffed Rice Snack



Ingredient	One-line Description
Rice	The base ingredient of puffed snacks, offering a mild and nutty flavor
Pressure	High pressure instantly expands the grains, creating a crispy texture
Heat	Puffs the grains and enhances their nutty aroma and texture
Air	Forms a light texture during the expansion process
Natural Sugars	Allow the natural, subtle sweetness of the grains to be enjoyed
Dietary Fiber	A healthy component that promotes fullness and aids digestion

[Day 21 breakfast/snack]

Spicy Pork Rice



Ingredient	One-line Description
Pork	Tender and savory, pairing well with sweet and spicy seasoning
Gochujang	Traditional Korean seasoning that delivers a sweet and spicy flavor
Rice	Mild in taste, balancing and complementing the seasoned meat
Onion	Becomes sweeter as it cooks, softening and rounding out the flavor
Garlic	Reduces the meat's odor and adds a deep, rich aroma
Sesame Oil	Adds a nutty aroma that completes the overall flavor

Street Waffle



Ingredient	One-line Description
Wheat Flour	The base batter ingredient for waffles, creating a soft texture
Eggs	Add moisture to the batter and contribute a rich flavor
Milk	Softens the batter and enhances its overall texture
Sugar	Adds gentle sweetness and balances the waffle's flavor
Baking Powder	Leavens the batter, making the waffles fluffy
Toppings	Cream, chocolate, syrup, and more for enjoying a variety of flavors

[Day 21 lunch/snack]

stir-fried spicy pork



Ingredient	One-line Description
Pork	Pairs well with spicy seasoning, offering a savory and satisfying flavor
Gochujang	A key Korean seasoning that creates the sweet and spicy taste of stir-fried pork
Tofu	Soft and mild, balancing the heat and richness of the spicy pork
Kimchi	Adds deep umami when stir-fried, along with a tangy, fermented kick
Garlic	Removes unwanted meat odors and deepens overall flavor
Sesame Oil	Adds a nutty aroma that finishes and rounds out the dish

Patbingsu



Ingredient	One-line Description
Ice	Finely shaved to create a cool, soft texture
Red Beans	Sweetly simmered to add deep, rich sweetness as a key ingredient
Condensed Milk	Adds creamy sweetness, smoothing and rounding out the overall flavor
Rice Cake	Chewy texture that adds fun and contrast to the shaved ice
Fruit	Adds refreshing notes and balances the sweetness
Nuts	Provide a nutty flavor and crunchy texture to enhance the overall taste

[Day 21 dinner/snack]

Bossam



Ingredient	One-line Description
Pork	Slowly simmered until tender, serving as the main ingredient of bossam
Young Radish Kimchi	Well-fermented young radish creates a refreshing and tangy noodle flavor
Somyeon	Thin and soft noodles that pair well with the broth
Napa Cabbage	Adds a crisp texture when eaten together with bossam
Garlic	Removes meat odors and keeps the overall flavor clean
Sesame Oil	Adds a nutty aroma and balances the overall taste

Korean Snacks



Ingredient	One-line Description
Wheat Flour	The base ingredient of traditional snacks, creating a light and crispy texture
Rice	Adds a mild flavor and enhances the soft character unique to traditional sweets
Sugar	Provides gentle sweetness for easy enjoyment
Grain Syrup	Binds the snack together while adding a rich, nutty sweetness
Cooking Oil	Used during frying to create a crispy texture
Grains	Add nutty depth and highlight the feel of traditional Korean snacks

[DAY 22]

Category	Menu	Menu Description
Breakfast	Veg Tuna Gimbap	Light Korean gimbap with fresh vegetables and tuna, easy to enjoy in the morning
Snack	Hotteok	Crispy Korean pancake filled with sweet syrup, warm and comforting
Lunch	Pork Baekbaek	Hearty Korean meal with spicy beef soup and savory pork bulgogi-style dish
Snack	Sweet Potato	Slowly roasted sweet potato, sweet and moist inside, served warm with milk
Lunch	Cheese Dakgalbi	Spicy marinated chicken stir-fried and topped with melted cheese
Snack	Sweet Potato Chips	Thinly sliced sweet potatoes, crispy and naturally sweet

[Day 23]

Category	Menu	Menu Description
Breakfast	Bulgogi Burrito	Korean-style fusion burrito with sweet soy-marinated bulgogi, rice, and vegetables
Snack	Yakgwa & Sikhye	Traditional Korean snack set with chewy honey cookies and sweet rice drink
Lunch	Makguksu & Jokbal	Cold buckwheat noodles with tender braised pork, chewy and savory
Snack	Cheese Corn Dog	Crispy outside with stretchy melted cheese inside, sweet and savory
Dinner	Duck BBQ Camping	Grilled duck with mixed vegetables, served in a casual camping-style BBQ
Snack	Barley Snack	Light and crispy traditional snack made from fried barley

[Day 24]

Category	Menu	Menu Description
AM	Mini Pork Cutlet Box	Lunch box with crispy fried pork cutlet, small portion but filling
Snack	Corn Dog Cup	Sweet and crispy corn dogs served in a cup
Lunch	Gombiji Stew & Pork	Savory soybean curd stew paired with seasoned braised pork
Snack	Sweet Potato & Wa Inut Pastry	Sweet pastry filled with mashed sweet potato, walnuts, and butter
PM	Chicken	Tender boiled chicken with smooth glutinous rice porridge
Snack	Chestnut Bread	Soft bread with sweet chestnut filling, mild and nutty

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Reason:
Notes (if any):

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Thank you.

[Day 22 breakfast/snack]

Veg Tuna Gimbap



Ingredient	One-line Description
Seaweed	Wraps rice and fillings, adding a savory, nutty flavor
Rice	Seasoned with vinegar to create gimbap's clean, refreshing taste
Vegetables	Pickled radish, spinach, and carrots add a crisp texture
Tuna	Soft and mild protein, popular with international guests
Mayonnaise	Pairs with tuna to add a creamy, rich flavor
Sesame Oil	Finishes the gimbap with a nutty aroma and depth

Hotteok



Ingredient	One-line Description
Peanuts	Main ingredient with a nutty, crunchy texture
Grain Syrup	Sweet and sticky, binding the ingredients together
Sugar	Enhances sweetness and deepens the flavor
Water	Used to dissolve the syrup and sugar to make the coating
Sesame Seeds	Add a nutty aroma and traditional flavor
Cooking Oil	Roasts the peanuts, enhancing crunch and richness

[Day 22 lunch/snack]

Pork Baekbaek



Ingredient	One-line Description
Pork	Tender and savory even when grilled, serving as the main ingredient
Soy Sauce	Adds savory saltiness and forms the base of the bulgogi sauce
Sugar	Adds gentle sweetness, softening and rounding out the meat's flavor
Garlic	Reduces meat odor and adds a deep, rich aroma
Onion	Becomes sweet when grilled, balancing the overall taste
Sesame Oil	Finishes the bulgogi with a clean, nutty aroma

Sweet Potato



Ingredient	One-line Description
Sweet Potato	Main ingredient whose natural sweetness intensifies when roasted
Heat	Slowly applied to make the inside moist and sweet
Skin	Helps retain moisture during roasting, keeping the texture soft
Natural Sugars	Develop further with heat, enhancing sweetness
Dietary Fiber	Promotes fullness and supports digestion
Moisture	Key element that creates a soft, moist texture

[Day 22 dinner/snack]

Cheese Dakgalbi



Ingredient	One-line Description
Chicken	Tender and mild, pairing well with seasoned sauces
Gochujang	Base seasoning for dakgalbi, delivering a sweet and spicy flavor
Cabbage	Becomes sweeter when stir-fried, softening the overall taste
Sweet Potato	Sweet and fluffy, balancing the spiciness
Rice Cake	Chewy texture that adds bite and enjoyment
Cheese	Melts to add richness, mellowing the heat

Sweet Potato Chips



Ingredient	One-line Description
Purple Sweet Potato	Main ingredient with natural sweetness and a rich, starchy texture
Cooking Oil	Thinly coats and fries the sweet potato until crispy
Heat	Removes moisture to create a crisp texture
Salt	Lightly enhances sweetness and balances the flavor
Natural Sugars	Provide sweetness without artificial sweeteners
Dietary Fiber	Promotes fullness and supports digestion

[Day 23 breakfast/snack]

Bulgogi Burrito



Ingredient	One-line Description
Tortilla	Thin wrap that holds the fillings, soft and easy to eat
Beef	Tender beef in sweet soy sauce, popular with international guests
Rice	Adds heartiness and pairs well with the seasoning
Vegetables	Lettuce and onions add freshness and crunch
Garlic	Key ingredient that deepens the bulgogi flavor
Cheese	Adds a rich, savory taste that pairs well with bulgogi

Yakgwa & Sikhye



Ingredient	One-line Description
Mini Potatoes	Small and fluffy potatoes, mild in flavor and easy to enjoy
Sikhye	Traditional Korean sweet rice drink, refreshing and lightly sweet
Malt (Yeotgireum)	Fermentation ingredient that creates sikhye's natural sweetness
Rice	Adds gentle grain aroma and subtle sweetness to sikhye
Water	Essential element that makes sikhye smooth and refreshing
Natural Sugars	Provide sweetness without artificial sweeteners

[Day 23 lunch/snack]

Makguksu & Jokbal



Ingredient	One-line Description
Pork Trotter	Cut rich in collagen, known for its chewy texture and glossy finish
Soy Sauce	Provides savory saltiness, forming the base seasoning for jokbal
Garlic	Removes strong meat odors and deepens the overall flavor
Ginger	Reduces greasiness and keeps the taste clean
Sugar	Adds gentle sweetness to balance the savory flavors
Aromatic Spices	Infuse aroma during simmering, completing jokbal's deep flavor

Cheese Corn Dog



Ingredient	One-line Description
Mozzarella Cheese	Known for its stretchy texture, offering a rich and creamy flavor
Wheat Flour	Batter base that coats the filling and creates a crispy texture
Eggs	Help the batter bind well and add richness
Bread Crumbs	Form a crispy outer crust when fried
Sugar	Adds the signature sweet touch of Korean-style cheese snacks
Cooking Oil	Fries the coating until crispy while keeping the

[Day 23 dinner/snack]

Duck BBQ Camping



Ingredient	One-line Description
Duck Meat	Lean and mild, pairing well with smoked preparations
Wood Chips	Impart a deep, smoky aroma to the meat
Salt	Provides basic seasoning and highlights the meat’s natural flavor
Black Pepper	Adds gentle heat and keeps the flavor clean
Herbs	Add fragrant notes that soften and round out the smoked duck
Vegetables	Served alongside to add freshness and contrast in taste and texture

Barley Snack



Ingredient	One-line Description
Barley	Grain ingredient with a nutty and mild flavor
Wheat Flour	Basic dough ingredient that holds the shape of the snack
Sugar	Adds gentle sweetness for easy enjoyment
Water	Softens the dough and improves texture
Cooking Oil	Used for frying or baking to add crispiness
Grain Fiber	Promotes fullness and supports diges

[Day 24 breakfast/snack]

Mini Pork Cutlet Box



Ingredient	One-line Description
Pork Loin	Lean and tender cut commonly used for pork cutlets
Bread Crumbs	Coating that creates a crispy texture when fried
Eggs	Help the bread crumbs adhere and add richness
Cooking Oil	Fries the cutlet until crispy outside and juicy inside
Rice	Served in a small portion to add heartiness
Tonkatsu Sauce	Sweet and savory sauce that enhances the cutlet's flavor

Corn Dog Cup



Ingredient	One-line Description
Boneless Chicken	Tender, bite-sized pieces, fried until crispy
Frying Batter	Creates a crispy outer coating for the chicken
Gochujang Sauce	Sweet and mildly spicy sauce, the key flavor of the dish
Garlic	Deepens the sauce flavor and adds savory richness
Sugar	Adds sweetness and gloss to the sauce
Cooking Oil	Fries the chicken until crispy outside and moist inside

[Day 24 lunch/snack]

Gombiji Stew & Pork



Ingredient	One-line Description
Pork	Cut that stays tender after long braising without drying out
Soy Sauce	Savory base seasoning that defines the braised flavor
Garlic	Removes meat odor and deepens overall richness
Sugar	Adds gentle sweetness to soften the soy sauce flavor
Water	Used to simmer and help the meat absorb the seasoning
Black Pepper	Enhances the meat's aroma and keeps the taste clean

Sweet Potato & Walnut Pastry



Ingredient	One-line Description
Wheat Flour	Basic ingredient for walnut pastry dough, creating a soft texture
Eggs	Add moisture to the dough and enhance richness
Red Bean Paste	Key filling with a sweet and smooth flavor
Butter	Adds rich, deep flavor and pairs well with red bean paste
Walnuts	Provide crunchy texture and nutty flavor, defining the pastry
Sugar	Balances and rounds out the overall sweetness

[Day 24 dinner/snack]

Korea Chicken



Ingredient	One-line Description
Chicken	Slowly simmered until tender, offering a mild and clean flavor
Water	Draws out the chicken's flavor to create a clear, deep broth
Garlic	Adds subtle aroma to the broth and reduces strong odors
Green Onion	Adds fragrance and keeps the soup flavor clean
Glutinous Rice	Fills the soup, increasing richness and adding a soft texture
Ginseng	Adds gentle bitterness and aroma, giving a nourishing quality

Chestnut Bread



Ingredient	One-line Description
Wheat Flour	Basic bread ingredient that creates a soft texture
Sweet Rice Filling	Key filling with a sweet, nutty flavor
Sugar	Adds gentle sweetness and enhances the bread's flavor
Eggs	Add moisture to the dough and enrich the taste
Milk	Makes the bread softer and more moist
Butter	Adds a rich, nutty aroma to complete the bread's flavor

[DAY 25]

Category	Menu	Menu Description
Breakfast	Kimchi Gimbap	Gimbap filled with stir-fried ripe kimchi, savory and easy to enjoy
Snack	Fried Squid	Crispy fried squid, savory Korean-style street snack
Lunch	Kimchi Noodles	Cold kimchi noodles served with spicy stir-fried chicken
Snack	Injeolmi Tteok	Chewy rice cake coated with roasted soybean powder
Dinner	Kimchi Stew & Pork	Rich kimchi stew paired with tender boiled pork
Snack	Squid Peanut Snack	Crispy squid mixed with roasted peanuts for a savory crunch

[Day 26]

Category	Menu	Menu Description
Breakfast	Sandwich Set	Light and convenient breakfast set with a sandwich and coffee
Snack	Korean Donut	Crispy traditional Korean donut with a sweet, nostalgic flavor
Lunch	Ugji Soup & Fish	Hearty ugji soup paired with softly braised hairtail, classic Korean set
Snack	Mini Udon	Mild broth and soft noodles served in a small, easy portion
Dinner	Spicy Octopus	Chewy baby octopus stir-fried in spicy sauce on a hot plate
Snack	Fried Chicken	Crispy whole fried chicken, mild and savory Korean-style

[Day 27]

Category	Menu	Menu Description
Breakfast	French Toast	Egg-soaked bread grilled until golden, soft and lightly sweet for breakfast
Snack	Cheese Dog	Crispy fried coating filled with stretchy mozzarella cheese, fun Korean street snack
Lunch	Soup & Ribs	Light radish soup paired with tender braised pork ribs, a balanced Korean meal
Snack	Watermelon Slush	Chilled watermelon dessert with added sweetness, refreshing and perfect for summer
PM	Chicken	Tender boiled chicken with smooth glutinous rice porridge
Snack	Chestnut Bread	Soft bread with sweet chestnut filling, mild and nutty



[Day 25 breakfast/snack]

Kimchi Gimbap



Ingredient	One-line Description
Rice	Maintains a nutty texture without becoming mushy when stir-fried
Kimchi	Well-fermented kimchi adds refreshing heat and tangy flavor
Pork	Adds savory richness to enhance the fried rice
Gochujang	Sweet and spicy seasoning that balances the overall taste
Garlic	Releases aroma when stir-fried, adding depth of flavor
Sesame Oil	Finishes the fried rice with a nutty aroma

Fried Squid



Ingredient	One-line Description
Potato	High in starch, becoming crispy outside and fluffy inside when fried
Cooking Oil	Fries at high temperature to create a crispy texture
Salt	Basic seasoning that enhances the potato's mild flavor
Seasoning	Allows for added flavors such as cheese or barbecue
Starch	Helps maintain crispiness during frying
Heat	Cooks the potato and removes moisture to set the texture

[Day 25 lunch/snack]

수정



Ingredient	One-line Description
Chicken	Tender and mild, absorbing seasoning well
Gochujang	Key seasoning of dakgalbi with a sweet and spicy flavor
Cabbage	Releases sweetness when stir-fried, softening the overall taste
Sweet Potato	Sweet and fluffy, balancing the spiciness
Onion	Becomes sweeter as it cooks, adding depth of flavor
Garlic	Removes strong odors and deepens savory richness

Injeolmi Tteok



Ingredient	One-line Description
Glutinous Rice	Creates the chewy and soft base texture of rice cakes
Soybean Powder	Adds nutty flavor and the signature taste of injeolmi
Salt	Enhances sweetness and keeps the rice cake flavor clean
Water	Used to soak the rice and soften the dough
Natural Sugars	Provide gentle sweetness without being overpowering
Dietary Fiber	Promotes fullness and aids digestion

[Day 25 dinner/snack]

Kimchi Stew & Pork



Ingredient	One-line Description
Aged Kimchi	Long-fermented kimchi with deep sourness and rich umami
Pork	Slowly cooked with kimchi, becoming tender and savory
Red Pepper Flakes	Add gentle heat to enhance the kimchi stew flavor
Garlic	Deepens aroma and reduces strong odors
Onion	Releases sweetness as it cooks, softening the overall taste
Water	Simmered to fully cook the ingredients and create a rich broth

Squid Peanut Snack



Ingredient	One-line Description
Wheat Flour	Basic ingredient that creates a crispy texture for snacks
Squid Powder	Adds subtle seafood aroma and savory depth
Peanuts	Key ingredient that adds nutty flavor and crunchy texture
Sugar	Balances the savory taste with gentle sweetness
Cooking Oil	Used for frying or roasting to enhance crispiness
Salt	Basic seasoning that rounds out and balances the overall flavor

[Day 26 breakfast/snack]

Sandwich Set



Ingredient	Ingredient Feature
Bread	Soft and moist, holding various fillings well
Ham	Adds a savory base flavor to the sandwich
Cheese	Creates balance with a rich and creamy taste
Vegetables	Fresh and crunchy, such as lettuce and tomato
Egg	Adds protein and makes the sandwich more filling
Sauce	Completes the flavor with creamy sauces like mayonnaise

Korean Donut



Ingredient	Ingredient Feature
Sugar	When melted and caramelized, creates a sweet, slightly bitter flavor
Baking Soda	Helps sugar puff up, creating a light and crispy texture
Heat	Key element that melts sugar and develops caramel flavor
Air	Forms a puffed structure, making the texture light and crisp
Caramelization	Develops deep sweetness and rich aroma as sugar cooks
Simple Ingredients	Simple components that symbolize classic street snacks

[Day 26 lunch/snack]

Ugji Soup & Fish



Ingredient	Ingredient Feature
Hairtail Fish	Tender and mild, well-suited for braised dishes
Red Pepper Flakes	Add spicy flavor and vibrant red color
Soy Sauce	Provides the salty, savory base for braising
Radish	Becomes sweet as it cooks, deepening the broth flavor
Garlic	Removes fishy odors and enhances overall aroma
Green Onion	Adds fragrance and cleans up the final flavor

Mini Udon



Ingredient	Ingredient Feature
Udon Noodles	Thick and soft noodles with a pleasant chewy texture
Broth	Light and clean flavor made from anchovy and kelp
Soy Sauce	Adds gentle sweetness and umami to the broth
Green Onion	Adds aroma and cleans up the soup flavor
Tempura Batter	Topping ingredient that adds savory richness
Fish Cake (Aburaage)	Sweet and soft, pairs well with the broth

[Day 26 dinner/snack]

Spicy Octopus



Ingredient	Ingredient Feature
Webfoot Octopus	Chewy texture and savory flavor characteristic of seafood
Gochujang	Sweet and spicy seasoning that forms the core flavor of stir-fry
Cabbage	Becomes sweeter when cooked, softening the spiciness
Onion	Adds sweetness and moisture, balancing overall flavor
Garlic	Reduces seafood odors and enhances savory depth
Sesame Oil	Finishes the stir-fry with a nutty aroma

Fried Chicken



Ingredient	Ingredient Feature
Whole Chicken	Fried whole, juicy inside with a crispy exterior
Wheat Flour	Creates a light batter for clean, crispy texture
Salt	Sets the basic seasoning and enhances natural chicken flavor
Black Pepper	Adds mild aroma and cleans up the overall taste
Cooking Oil	Fries at high temperature to form a crisp crust
Simple Seasoning	Light seasoning that lets the meat's natural flavor stand out

[Day 27 breakfast/snack]

French Toast



Ingredient	Ingredient Feature
Bread	Soft texture that absorbs the egg mixture well
Egg	Makes the bread moist and adds a rich flavor
Milk	Adds softness and enhances overall flavor
Sugar	Provides gentle sweetness as the base flavor of French toast
Butter	Adds a nutty aroma and richness during cooking
Heat	Grills until golden, soft inside and moist throughout

Cheese Dog



Ingredient	Ingredient Feature
Mozzarella Cheese	Stretchy texture that melts and pulls when heated
Dough	Flour-based dough that wraps the filling and creates a crispy exterior
Breadcrumbs	Forms an extra-crispy outer coating when fried
Egg	Helps bind the batter and adds richness
Sugar	Adds the signature sweetness of Korean corn dogs
Cooking Oil	Fries at high temperature, making the outside crispy and the inside soft

[Day 27 lunch/snack]

Soup & Ribs



Ingredient	Ingredient Feature
Pork Ribs	Bone-in meat slow-cooked to become tender with deep flavor
Soy Sauce	Savory base seasoning for galbi marinade
Sugar	Softens the salty soy flavor with gentle sweetness
Garlic	Removes strong meat odors and deepens flavor
Radish	Releases sweetness as it cooks, enriching the broth
Green Onion	Adds aroma and finishes the galbi-jjim flavor cleanly

Watermelon Slush



Ingredient	Ingredient Feature
Watermelon	A classic summer fruit known for its refreshing sweetness
Beverage	Adds fizz and light sweetness, such as soda or sparkling drinks
Sugar	Gently enhances the natural sweetness of the fruit
Ice	Adds a cooling texture and summer dessert feel
Fruit	Various fruits add freshness and vibrant texture
Water Content	High water content helps relieve thirst and refresh the body

[Day 27 dinner/snack]

Korea Chicken



Ingredient	One-line Description
Chicken	Slowly simmered until tender, offering a mild and clean flavor
Water	Draws out the chicken's flavor to create a clear, deep broth
Garlic	Adds subtle aroma to the broth and reduces strong odors
Green Onion	Adds fragrance and keeps the soup flavor clean
Glutinous Rice	Fills the soup, increasing richness and adding a soft texture
Ginseng	Adds gentle bitterness and aroma, giving a nourishing quality

Chestnut Bread



Ingredient	One-line Description
Wheat Flour	Basic bread ingredient that creates a soft texture
Sweet Rice Filling	Key filling with a sweet, nutty flavor
Sugar	Adds gentle sweetness and enhances the bread's flavor
Eggs	Add moisture to the dough and enrich the taste
Milk	Makes the bread softer and more moist
Butter	Adds a rich, nutty aroma to complete the bread's flavor

[Day 28]

Category	Menu	Menu Description
Breakfast	Cup Rice	A convenient rice meal served with various side dishes in a cup, easy to eat while on the move
Snack	Rice Cake Set	A traditional Korean rice cake set featuring chewy injeolmi and filled songpyeon
Lunch	Chicken Mayo Rice	A hearty Korean meal pairing mild beef seaweed soup with sweet chicken mayo rice
Snack	Baked Egg / Sikhye	A classic Korean snack combo of chewy baked eggs and sweet rice punch
Dinner		
Snack		

☐ Special Meal Request Notice

Meals are provided based on a pre-confirmed menu. Special meal requests may be considered **by prior notice only** for health, religious, or dietary reasons.

1. Eligible Requests

Please inform us **at application or by the designated deadline** if you have:

- 1-1 Food allergies or medical dietary restrictions (e.g. nuts, seafood, dairy, gluten)
- 1-2 Religious dietary requirements (Halal, Kosher, etc.)
- 1-3 Vegetarian or vegan dietary preferences

2. Important Notes

- 2-1 Special meals are provided **subject to availability**.
- 2-2 Not all requests can be guaranteed due to local ingredients.
- 2-3 On-site meal changes may not be possible.
- 2-4 Participants with severe allergies should take personal precautions.

3. How to Request

Please submit in advance:
Restricted ingredients:
Reason:
Notes (if any):

We will do our best to provide safe and comfortable meals.
Thank you.

[Day 28 breakfast/snack]

Cup Rice



Ingredient	Ingredient Feature
Rice	A staple base with a mild flavor that pairs well with various seasonings
Main Topping	Determines the cup rice flavor, such as bulgogi, pork, or chicken
Vegetables	Add crunch and balance with ingredients like cabbage and onion
Sauce	Completes the flavor with soy sauce, gochujang, or mayonnaise
Garlic	Enhances umami and deepens overall flavor
Sesame Oil	Finishes the cup rice with a nutty aroma

Rice Cake Set (Injeolmi, Songpyeon)



Ingredient	Ingredient Feature
Rice Flour	The base dough for songpyeon, chewy yet soft in texture
Salt	Seasons the dough and keeps the rice cake flavor clean
Sesame Seeds	A classic songpyeon filling with a nutty flavor
Red Beans	Traditional filling that adds gentle sweetness
Beans	Mild and nutty fillings used in various songpyeon types
Sesame Oil	Adds aroma and prevents the rice cakes from sticking

[Day 28 lunch/snack]

Chicken Mayo Rice



Ingredient	Ingredient Feature
Rice	A mild base that pairs well with sauces and fried chicken
Chicken	Crispy outside and tender inside when fried
Mayonnaise	Adds a creamy, rich flavor that ties everything together
Soy Sauce	Sweet and savory sauce that enhances the balance of rice and chicken
Onion	Used raw to add crunch and freshness
Seaweed Flakes	Finish the rice bowl with a nutty aroma

Baked Egg / Sikhye



Ingredient	Ingredient Feature
Egg	A basic ingredient rich in protein and good for satiety
Baked Stone	Slowly cooks the egg at high temperature, making it firm and rich
Heat	Long, steady heat develops the egg's deep, savory flavor
Salt	Enhances the egg's natural richness when dipped
Shell	Protects moisture during cooking, keeping the inside tender
Protein	A nutritious component suitable for healthy or workout snacks