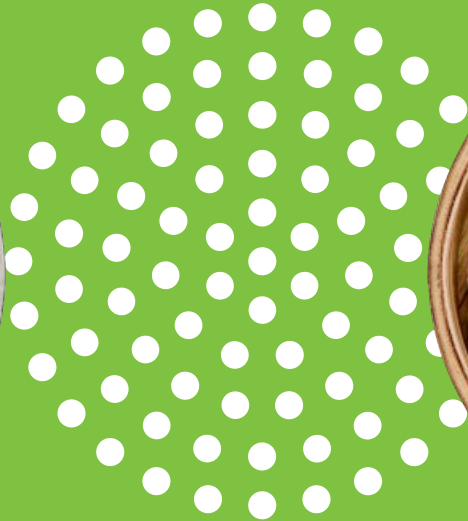




# WHOLESOME FOODS PULMUONE

## PULMUONE CATALOG



나를 위해. 지구를 위해.

*Wholesome Foods for You & the Planet.*



# For you and the planet.

**Making Sustainable Foods, Deliciously**

## PULMUONE STORY

### Living Evergreen, Won Kyung-Sun

Living Evergreen, Mr. Won Kyung-Sun. Long before the rise of organic and eco-friendly trends, there was a farmer dedicated to honest farming, creating wholesome food. His small farm was the foundation of today's Pulmuone, and the small store in Seoul, where he sold organic products from that farm, marked the birthplace of Pulmuone. His commitment to loving neighbors and respecting life became the guiding principles of Pulmuone.



### Pulmuone

"Pulmu" (translated as 'bellows' in English) is a tool used in a forge to deliver additional air to the fuel, increasing combustion and heat output. "One" (translated as 'place' in English) represents the refuge Mr. Won provided to those who lost their families after the Korean War, offering them hope and tools to build new lives. Mr. Won named his farm Pulmuone with the aspiration to embody integrity, much like using bellows to fan the flames, and to make a meaningful impact with even a small effort. Guided by a spirit of loving one's neighbor, respecting life, and protecting the environment, our mission is to use only quality ingredients to ensure authentic taste and delicious food. This commitment has propelled Pulmuone to become one of Korea's most admired food brands.



풀무 | Bellows | 风箱

# VALUE SYSTEM



## Plant Forward

Products and foods that prioritize plant-based ingredients to promote human and planetary health, reducing the use of animal-based ingredients.



## Animal Welfare

Foods that contribute to the sustainable protection of ecosystems and minimize harm to animals, produced in healthy breeding environments.



## Healthy Experience

Providing a unique customer experience that solves pain points, based on the customer's demand for healthy dietary lifestyles, with differentiated product design, food, and curation services.



## Eco-Caring

Minimizing or eliminating negative environmental impacts across the entire business value chain, from raw materials, manufacturing, sales, packaging to waste.

# GLOBAL OPERATIONS



Pulmuone, a leading sustainable food company founded in 1984 by organic farming pioneer Mr. Won Kyung-sun, operates on the principles of 'love for neighbors and respect for life.'

Starting with tofu, Pulmuone now encompasses fresh foods and beverages, health functional foods, catering and concessions, eco-friendly food distribution, bottled water, and dairy products.

The company partners with global food leaders such as Barilla and Danone.

As the world's leading tofu producer, Pulmuone launched its global sustainable food business with its U.S. subsidiary in 1991. The company has since expanded into markets in China, Japan, and Vietnam. In 2020, Pulmuone introduced its plant-forward food brand, Plantspired, to the U.S. market, offering a range of 'ready-to-prepare' plant-based protein meal solutions and further driving global growth.

Additionally, Pulmuone is renowned for its wide array of authentic Korean foods, from meals to snacks, across various categories.



## Pulmuone Soy protein category

As the global leader in tofu manufacturing, we're expanding our plant-based product line with a variety of prepared tofu, PBM (Plant-Based Meats), and PBF (Plant-Based Foods). We aim to foster a healthier future with simple, sustainable plant-based meals that are good for both people and the planet.



## Pulmuone Kimchi category

Experience the vibrant taste of Korea with our authentic Kimchi crafted from fresh, crunchy Napa cabbage and layered with deep, spicy umami. Enjoy as a side dish, a flavorful topping, or a vibrant ingredient in a variety of dishes.



## Pulmuone Fresh noodles category

Since pioneering the domestic fresh noodle market in the 1990s, Pulmuone has held the No. 1 market share. We also lead in the chilled noodles category, offering a wide range of fresh noodles that capture the true taste of Korea. Experience authentic, restaurant-quality Korean flavors with every bite.



## Pulmuone Korean snack category

In the frozen snack category, Pulmuone is ranked in the top 3rd of the domestic frozen pizza market, and our global cumulative sales of corn dogs have exceeded 30 billion KRW. Our Korean snacks promise to transport you to the bustling streets of Seoul with every delightful and flavorful bite.







# Topokki

Enjoy topokki that is soft, chewy, and delicious, just like freshly made rice cakes. Enjoy it as it is or customize it to your taste preferences for a delightful experience.

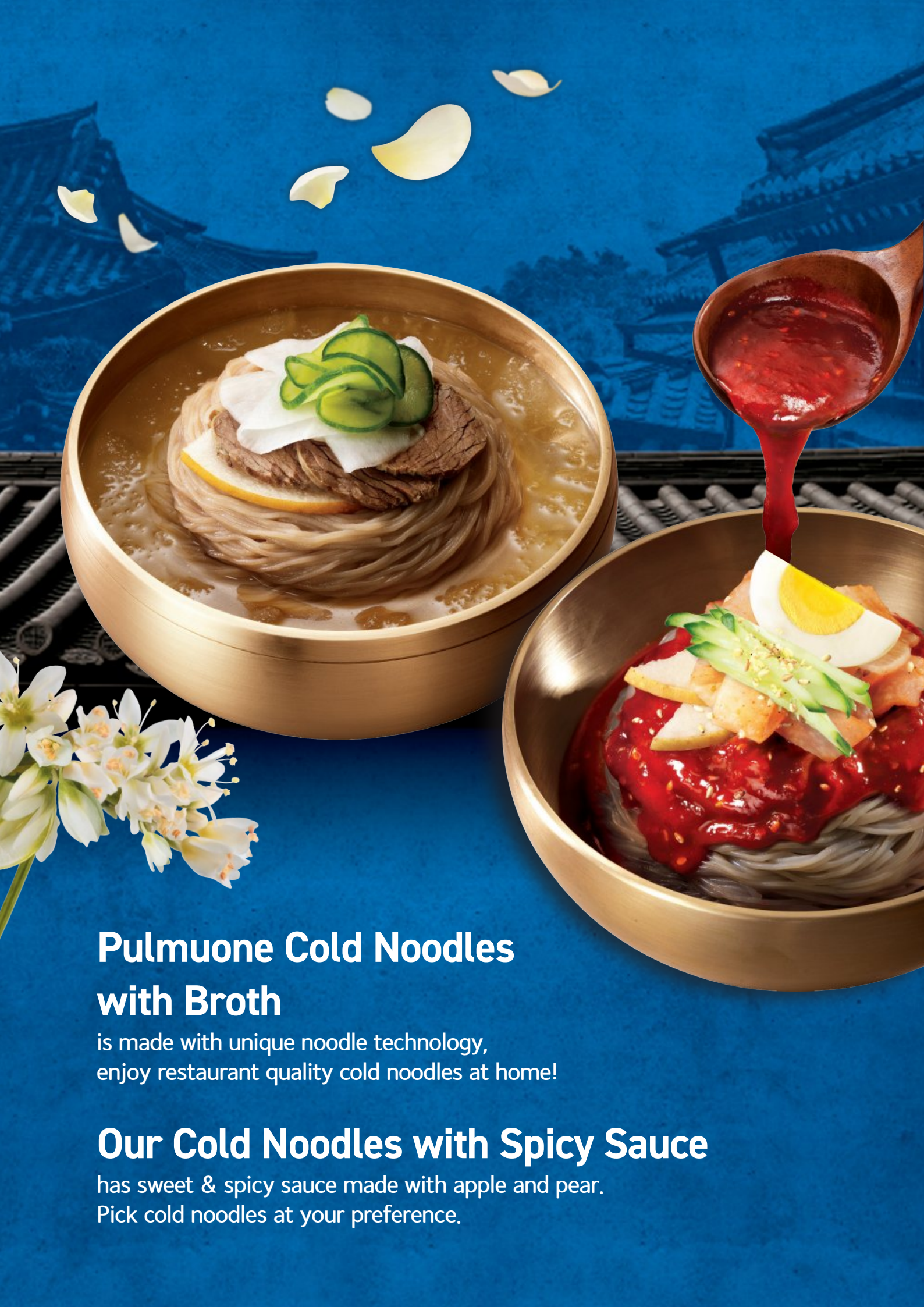
## RICE CAKES

Soupy Topokki	Noodle-Shaped Topokki	Topokki	Topokki Jjajang	Mozzarella Cheese Topokki	Rose Topokki
Weight x EA of ctn424g x 12ea	Weight x EA of ctn424g x 12ea	Weight x EA of ctn480g x 12ea	Weight x EA of ctn330g x 12ea	Weight x EA of ctn400g x 12ea	Weight x EA of ctn420g x 12ea
Shelf life210 days	Shelf life180 days	Shelf life210 days	Shelf life210 days	Shelf life365 days	Shelf life365 days
Storage conditionChilled	Storage conditionChilled	Storage conditionChilled	Storage conditionChilled	Storage conditionFrozen	Storage conditionFrozen

Spicy Topokki	I'm Pokki Cheese	I'm Pokki Original	I'm Pokki Jjajang
Weight x EA of ctn480g x 12ea	Weight x EA of ctn101g x 12ea	Weight x EA of ctn102g x 12ea	Weight x EA of ctn100g x 12ea
Shelf life365 days	Shelf life270 days	Shelf life270 days	Shelf life270 days
Storage conditionFrozen	Storage conditionAmbient	Storage conditionAmbient	Storage conditionAmbient

Sliced Rice Cakes	Sliced Rice Cakes	Wheat Flour Cakes	Rice Cakes
Weight x EA of ctn650g x 16ea	Weight x EA of ctn1kg x 10ea	Weight x EA of ctn650g x 16ea	Weight x EA of ctn650g x 16ea
Shelf life210 days	Shelf life240 days	Shelf life240 days	Shelf life240 days
Storage conditionChilled	Storage conditionChilled	Storage conditionChilled	Storage conditionChilled





# Pulmuone Cold Noodles with Broth

is made with unique noodle technology, enjoy restaurant quality cold noodles at home!

## Our Cold Noodles with Spicy Sauce

has sweet & spicy sauce made with apple and pear. Pick cold noodles at your preference.

## NOODLES



Cold Noodles with Broth

Weight x EA of ctn	846g x 12ea
Shelf life	180 days
Storage condition	Chilled



Cold Noodles with Spicy Sauce

Weight x EA of ctn	384g x 12ea
Shelf life	270 days
Storage condition	Chilled



Teriyaki Stir-fry udon

Weight x EA of ctn	458g x 12ea
Shelf life	240 days
Storage condition	Chilled



Tempura Udon kit

Weight x EA of ctn	486g x 16ea
Shelf life	180 days
Storage condition	Chilled



Kimchi Hotpot udon

Weight x EA of ctn	566g x 16ea
Shelf life	180 days
Storage condition	Chilled



Katsuo Udon

Weight x EA of ctn	466g x 12ea
Shelf life	210 days
Storage condition	Chilled



Noodles with Savory Black Bean Sauce

Weight x EA of ctn	664g x 12ea
Shelf life	240 days
Storage condition	Chilled



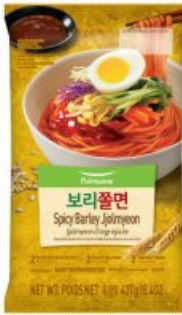
Jjamppong

Weight x EA of ctn	362g x 16ea
Shelf life	240 days
Storage condition	Chilled



Spicy Jjolmyeon

Weight x EA of ctn	460g x 15ea
Shelf life	270 days
Storage condition	Chilled



Spicy Barley Jjolmyeon

Weight x EA of ctn	437g x 12ea
Shelf life	270 days
Storage condition	Chilled



Seafood Hand-Torn Noodle Soup

Weight x EA of ctn	399g x 12ea
Shelf life	180 days
Storage condition	Chilled



Kimchi Hand-Torn Noodle Soup

Weight x EA of ctn	462g x 12ea
Shelf life	180 days
Storage condition	Chilled



Korean Style Noodles for Kalguksu

Weight x EA of ctn	1050g x 8ea
Shelf life	240 days
Storage condition	Chilled



Artisan Meat Ragu Pasta

Weight x EA of ctn	600g x 12ea
Shelf life	120 days
Storage condition	Chilled



Artisan Ricotta Rose Pasta

Weight x EA of ctn	600g x 12ea
Shelf life	120 days
Storage condition	Chilled



Artisan Mushroom Cream Pasta

Weight x EA of ctn	606g x 12ea
Shelf life	120 days
Storage condition	Chilled



Artisan Squid Ink Oil Pasta

Weight x EA of ctn	370g x 12ea
Shelf life	120 days
Storage condition	Chilled



Artisan Carbonara Pasta

Weight x EA of ctn	600g x 12ea
Shelf life	120 days
Storage condition	Chilled





No.1 Tofu Manufacturer  
in the Korea



*Praised for its versatility, tofu is neutral and subtle in  
flavor and takes on the flavor of any recipe.*

자연에 가까운 맛, 건강한 풀무원 두부



# Pulmuone Tofu

is made with 100% North American Non-GMO soybeans and packed with simple plant-based protein that has no defoamers, emulsifiers, and preservatives. Tofu also contains a wide range of nutrients and minerals which make it a great addition to your everyday diet.

- Dairy-Free
- Gluten-Free
- Cholesterol-Free

## TOFU



### Pulmuone Tofu— Soft

Weight x EA of ctn	290g x 18ea
Shelf life	120days
Storage condition	Chilled

### Pulmuone Tofu—Firm

Weight x EA of ctn	290g x 18ea
Shelf life	120days
Storage condition	Chilled

### High Protein Tofu

Weight x EA of ctn	200g x 18ea
Shelf life	120 days
Storage condition	Chilled

### Pulmuone Silken Tofu— Yuza (2ea)

Weight x EA of ctn	236g x 24ea
Shelf life	120days
Storage condition	Chilled

### Pulmuone Silken Tofu— Sesame (2ea)

Weight x EA of ctn	240g x 24ea
Shelf life	120 days
Storage condition	Chilled

### Pulmuone Soon Tofu

Weight x EA of ctn	350g x 16ea
Shelf life	90 days
Storage condition	Chilled



### Noodle Style Tofu Spaghetti Style

Weight x EA of ctn	100g x 12ea
Shelf life	120days
Storage condition	Chilled



### Noodle Style Tofu Fettuchine

Weight x EA of ctn	100g x 12ea
Shelf life	120 days
Storage condition	Chilled



YUBU



Sweet & Sour Fried Tofu Pouches 330g

Weight x EA of ctn	330g x 20ea
Shelf life	240 days
Storage condition	Chilled



Square Fried Tofu Pouches 330g

Weight x EA of ctn	330g x 20ea
Shelf life	240 days
Storage condition	Chilled



Fried Tofu Rolls

Weight x EA of ctn	265.5g x 20ea
Shelf life	240 days
Storage condition	Chilled



Big Square Fried Tofu Pouches

Weight x EA of ctn	369g x 20ea
Shelf life	240 days
Storage condition	Chilled

NATTO



Natto

Weight x EA of ctn	297g x 8ea
Shelf life	365days
Storage condition	Frozen



Black Soybean Natto

Weight x EA of ctn	297g x 8ea
Shelf life	365days
Storage condition	Frozen



Savory Natto

Weight x EA of ctn	261g x 8ea
Shelf life	365days
Storage condition	Frozen

KIMCHI



Kimchi Napa Cabbage Mild (Halal)

Weight x EA of ctn	397g x 6ea
Shelf life	180 days
Storage condition	Chilled



Kimchi Napa Cabbage Spicy (Halal)

Weight x EA of ctn	397g x 6ea
Shelf life	180 days
Storage condition	Chilled



Vegan Kimchi 397g

Weight x EA of ctn	397g x 6ea
Shelf life	180 days
Storage condition	Chilled



Vegan Kimchi 750g

Weight x EA of ctn	750g x 12ea
Shelf life	180 days
Storage condition	Chilled



Sliced Kimchi

Weight x EA of ctn	400g x 10ea
Shelf life	180 days
Storage condition	Chilled



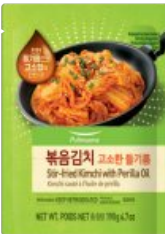
Radish Kimchi

Weight x EA of ctn	400g x 10ea
Shelf life	180 days
Storage condition	Chilled



Young Radish Kimchi

Weight x EA of ctn	400g x 10ea
Shelf life	180 days
Storage condition	Chilled



Stir-fried Kimchi with Perilla oil

Weight x EA of ctn	190g x 18ea
Shelf life	180 days
Storage condition	Chilled



# Pulmuone Corn Dogs

with crispy breading and abundant natural cheese\* is everyone's favorite snack. Enjoy our Corn Dogs with friends and family.

Natural  
Cheese

\*Standard according to Korea Food Additives Code  
\*한국 식품 첨가물 공전에 의거

## SNACKS



### Mozzarella & Fish- cake Corn Dogs

Weight x EA of ctn	400g x 20ea
Shelf life	365 days
Storage condition	Frozen



### Mozz, Cheddar & Fiscake Corn Dogs

Weight x EA of ctn	400g x 20ea
Shelf life	365 days
Storage condition	Frozen



### Potato and Moz- zarella Corn Dogs

Weight x EA of ctn	360g x 18ea
Shelf life	365 days
Storage condition	Frozen



### Potato Crusted Mozza on a Stick

Weight x EA of ctn	270g x 12ea
Shelf life	365 days
Storage condition	Frozen



### Sweet Cinnamon Hotteok

Weight x EA of ctn	360g x 16ea
Shelf life	365 days
Storage condition	Frozen



### Mozzarella & Cream Cheese Hotteok

Weight x EA of ctn	360g x 16ea
Shelf life	365 days
Storage condition	Frozen



### Red Bean Bungeo-ppang

Weight x EA of ctn	360g x 16ea
Shelf life	365 days
Storage condition	Frozen



### Sweet Potato Bungeo-ppang

Weight x EA of ctn	360g x 16ea
Shelf life	365 days
Storage condition	Frozen



### Red Bean Hodugwaja

Weight x EA of ctn	360g x 14ea
Shelf life	365 days
Storage condition	Frozen



### Custard Style Hodugwaja

Weight x EA of ctn	360g x 14ea
Shelf life	365 days
Storage condition	Frozen



### Mozzarella Cheese Balls

Weight x EA of ctn	360g x 14ea
Shelf life	365 days
Storage condition	Frozen



### Mozza Cheese Balls

Weight x EA of ctn	288g x 12ea
Shelf life	365 days
Storage condition	Frozen

## DUMPLINGS



### Thin Wrap Kimchi Dumplings

Weight x EA of ctn	600g x 16ea
Shelf life	730 days
Storage condition	Frozen



### Kimchi Dumplings

Weight x EA of ctn	720g x 12ea
Shelf life	730 days
Storage condition	Frozen



### Flat Dumplings

Weight x EA of ctn	700g x 12ea
Shelf life	730 days
Storage condition	Frozen



### Szechuan-Style Flat Dumplings

Weight x EA of ctn	700g x 12ea
Shelf life	730 days
Storage condition	Frozen



### Chive&Sweet Potato Noodles Potstickers

Weight x EA of ctn	720g x 12ea
Shelf life	730 days
Storage condition	Frozen



# KOREAN PANCAKE



Teppanyaki Crispy Potato Pancake

Weight x EA of ctn	300g x 20ea
Shelf life	365 days
Storage condition	Frozen



Pulmuone Kimchi & Cheese Pancake (JP)

Weight x EA of ctn	800g x 12ea
Shelf life	365 days
Storage condition	Frozen



Teppanyaki Squid and Chive Pancake

Weight x EA of ctn	300g x 20ea
Shelf life	365 days
Storage condition	Frozen

# RICE



Plant-based Bulgogi Rice Balls

Weight x EA of ctn	500g x 12ea
Shelf life	365 days
Storage condition	Frozen



Kimchi & Cheese Rice Balls

Weight x EA of ctn	500g x 12ea
Shelf life	365 days
Storage condition	Frozen



Plant-based Bulgogi Style Fried Rice

Weight x EA of ctn	424g x 10ea
Shelf life	365 days
Storage condition	Frozen



Plant-based Spic Pork Style Fried Rice

Weight x EA of ctn	420g x 10ea
Shelf life	365 days
Storage condition	Frozen



Shrimp Fried Rice

Weight x EA of ctn	450g x 10ea
Shelf life	270 days
Storage condition	Frozen



Radish Kimchi Fried Rice

Weight x EA of ctn	400g x 10ea
Shelf life	270 days
Storage condition	Frozen



Bulgogi Style Rice Balls

Weight x EA of ctn	300g x 12ea
Shelf life	365 days
Storage condition	Frozen



Veggie Kimbap

Weight x EA of ctn	230g x 12ea
Shelf life	365 days
Storage condition	Frozen



# Ramen

Made with air-dried, non-fried noodles. Perfect for pairing with Pulmuone kimchi and dumplings or enhancing with your favorite ingredients to suit your taste.



RAMEN (4PACK VER.)



Roasting Seoul Ramen (Halal)		Roasting Seoul Jjajang (Halal)		Mild Ramen		Spicy Ramen		Jjamppong Ramen		Jjajang Ramen	
Weight x EA of ctn	388g x 8ea	Weight x EA of ctn	396g x 8ea	Weight x EA of ctn	385.6g x 8ea	Weight x EA of ctn	383.6g x 8ea	Weight x EA of ctn	402.8g x 8ea	Weight x EA of ctn	468g x 8ea
Shelf life	365 days	Shelf life	365 days	Shelf life	365 days	Shelf life	365 days	Shelf life	365 days	Shelf life	365 days
Storage condition	Ambient	Storage condition	Ambient	Storage condition	Ambient	Storage condition	Ambient	Storage condition	Ambient	Storage condition	Ambient



Crab Ramen		Spicy Beef Flavored Ramen Noodle Soup		Kimchi Stew Ramen		Doenjang Stew Ramen		Oyster Jjamppong Ramen	
Weight x EA of ctn	389.6g x 8ea	Weight x EA of ctn	484g x 8ea	Weight x EA of ctn	395.2g x 8ea	Weight x EA of ctn	452g x 8ea	Weight x EA of ctn	394g x 8ea
Shelf life	365 days	Shelf life	365 days	Shelf life	365 days	Shelf life	365 days	Shelf life	365 days
Storage condition	Ambient	Storage condition	Ambient	Storage condition	Ambient	Storage condition	Ambient	Storage condition	Ambient

CONDIMENTS



Soon Tofu Sauce		Soybean Paste Stew Sauce		Cheonggukjang		Topokki Sauce		Mild Ssamjang		Spicy Ssamjang	
Weight x EA of ctn	140g x 20ea	Weight x EA of ctn	130g x 20ea	Weight x EA of ctn	130g x 20ea	Weight x EA of ctn	150g x 20ea	Weight x EA of ctn	360g x 12ea	Weight x EA of ctn	360g x 12ea
Shelf life	270 days	Shelf life	270 days	Shelf life	270 days	Shelf life	270 days	Shelf life	365 days	Shelf life	365 days
Storage condition	Chilled	Storage condition	Chilled	Storage condition	Chilled	Storage condition	Chilled	Storage condition	Chilled	Storage condition	Chilled



Bouillon Tablet – Anchovy & Sardine		Bouillon Tablet – Crab & Shrimp	
Weight x EA of ctn	88g x 15ea	Weight x EA of ctn	88g x 15ea
Shelf life	365 days	Shelf life	365 days
Storage condition	Ambient	Storage condition	Ambient

READY MEALS



Dry Miso Soup Mix		Pollack Sea–weed Soup Mix		Pollack Egg Soup Mix		Grilled Mackerel		Grilled Cutlassfish		Grilled flounder	
Weight x EA of ctn	40g x 6ea	Weight x EA of ctn	30g x 12ea	Weight x EA of ctn	30g x 12ea	Weight x EA of ctn	85g x 20ea	Weight x EA of ctn	80g x 20ea	Weight x EA of ctn	90g x 20ea
Shelf life	365 days	Shelf life	365 days	Shelf life	365 days	Shelf life	365 days	Shelf life	365 days	Shelf life	365 days
Storage condition	Ambient	Storage condition	Ambient	Storage condition	Ambient	Storage condition	Frozen	Storage condition	Frozen	Storage condition	Frozen

FROZEN FISH



SEAWEED



Crispy Seaweed with Sesame Oil

Weight x EA of ctn	64g x 6ea
Shelf life	365 days
Storage condition	Ambient



Dried Seaweed For Kimbap

Weight x EA of ctn	20g x 50ea
Shelf life	365 days
Storage condition	Ambient



Black Seaweed Snack Original

Weight x EA of ctn	75g x 16ea
Shelf life	365 days
Storage condition	Ambient



Black Seaweed Snack Wasabi

Weight x EA of ctn	75g x 16ea
Shelf life	365 days
Storage condition	Ambient



Black Seaweed Sandwich Brown Rice

Weight x EA of ctn	20g x 20ea
Shelf life	270 days
Storage condition	Ambient



Black Seaweed Sandwich Almond

Weight x EA of ctn	20g x 20ea
Shelf life	270 days
Storage condition	Ambient

OTHERS



Soya Snack(Tofu) Multigrain

Weight x EA of ctn	50g x 24ea
Shelf life	180 days
Storage condition	Ambient



Soya Snack(Tofu) Potato

Weight x EA of ctn	35g x 24ea
Shelf life	180 days
Storage condition	Ambient



Soya Snack (Natto) Onion

Weight x EA of ctn	40g x 24ea
Shelf life	180 days
Storage condition	Ambient



I'm Real 100 Blueberry

Weight x EA of ctn	120ml*6pack x 4ea
Shelf life	270 days
Storage condition	Ambient



I'm Real 100 Tomato

Weight x EA of ctn	120ml*6pack x 4ea
Shelf life	270 days
Storage condition	Ambient



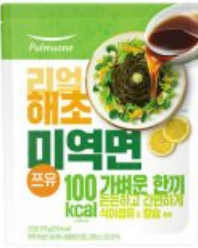
I'm Real 100 Lemon

Weight x EA of ctn	140ml*6pack x 4ea
Shelf life	270 days
Storage condition	Ambient



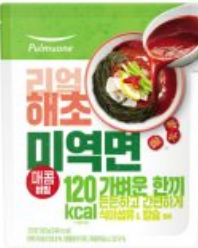
Seaweed Noodle

Weight x EA of ctn	150g x 24ea
Shelf life	120 days
Storage condition	Chilled



Seaweed Noodle with Tsuyu Sauce

Weight x EA of ctn	379g x 14ea
Shelf life	120 days
Storage condition	Chilled



Seaweed Noodle with Spicy Sauce

Weight x EA of ctn	393g x 14ea
Shelf life	120 days
Storage condition	Chilled



Bottled Water 500ml

Weight x EA of ctn	1pack (500ml*20ea)
Shelf life	540 days from Manufacture Date
Storage condition	Ambient



Bottled Water 2L

Weight x EA of ctn	1pack (2L*6ea)
Shelf life	540 days from Manufac—ture Date
Storage condition	Ambient





[www.pulmuone.co.kr](http://www.pulmuone.co.kr)