

Pulmuone

Food Service Catalogue 2026



For You. For the Planet.



Pulmuone

(Pull-Moo-One)

Established in May 1984, Pulmuone Foods positioned itself as a "wholesome foods" company by being the first company to sell packaged tofu/sprouts products in Korea. The company has made and sold more than 700 wholesome food products in a range of categories, such as tofu (from conventional water-packed tofu to ready-to-serve pre-marinated and pre-baked), bean sprouts, animal welfare-certified eggs, natto (fermented soybeans), and a wide variety of authentic and delicious Asian-inspired foods, including Asian-style dumplings, noodle bowls, low-carb noodles, wraps and more.

To respond to the growing consumer needs for convenient, accessible food products, Pulmuone's wholesome food offerings has recently expanded with the launch of diverse and nutritionally balanced ready-meal products.

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TOFU



What is Tofu?

Tofu is the ultimate culinary canvas—simple, nourishing, and packed with protein. Its neutral flavor and texture allow it to soak up marinades, sauces, and spices, seamlessly integrating into an array of delectable dishes. With unmatched versatility, tofu is the go-to staple for vibrant, plant-forward cooking in every kitchen.

Delicious & Authentic 



Water-Packed Tofu



Silken

For high-volume kitchens, this bulk silken tofu delivers the same velvety texture in an economical pack. It purées effortlessly into soups or dressings, giving you consistent quality and a cost-effective foundation for creamy, plant-based dishes.



Firm

For chefs who prefer a tender bite with structure, our firm tofu strikes a perfect balance. It maintains its shape in soups and stir-fries yet crumbles easily for scrambles or taco fillings. The neutral canvas soaks up sauces and spices, allowing endless menu creativity.



Extra Firm

Extra-firm tofu offers a dense, hearty bite that won't crumble. It requires no pressing and absorbs marinades like a sponge, saving prep time. Ideal for skewers, stir-fries or protein-packed bowls, this tofu provides a satisfying chew and consistent performance service after service.

Water-Packed Tofu

Soga Conventional (16 oz)



Designed for line cooks who need consistency under pressure. This extra-firm tofu delivers a dense bite that will not crumble and requires no pressing. It absorbs marinades efficiently and performs reliably service after service.

Nutrition Facts	Amount/Serving	% DV	Amount/Serving	% DV
	Total Fat 4.5g	6%	Total Carbohydrate 3g	1%
5 servings per container Serving size 3 oz (85g / about 1/5 piece)	Sat. Fat 0.5g	3%	Dietary Fiber 1g	4%
	Trans Fat 0g		Total Sugars 1g	
Calories per serving 130	Cholesterol 0mg	0%	Incl. 0g Added Sugar	0%
	Sodium 5mg	0%	Protein 9g	
Vitamin D 0% • Calcium 10% • Iron 8% • Potassium 2%				

INGREDIENTS: WATER, SOYBEANS, LESS THAN 2% OF CALCIUM SULFATE, MAGNESIUM CHLORIDE.

CONTAINS: SOY.



Nasoya Organic (14 oz)



America's #1 tofu, trusted by chefs and diners alike. Each serving delivers 9g of complete plant-based protein and comes ready to cook, with no pressing required. Its neutral flavor absorbs marinades easily, while the sturdy texture stands up to grilling, stir-frying, or roasting. A dependable staple for tapping into growing plant-based demand.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 4.5g	6%	Sodium 5mg	0%
About 4.5 servings per container Serving Size 3 oz (85g/about 1/5 piece)	Sat. Fat 0.5g	3%	Total Carb. 3g	1%
	Trans Fat 0g		Dietary Fiber 1g	4%
Calories per serving 90	Polyunsat. Fat 2.5g		Total Sugars 1g	
	Monounsatur. Fat 1g		Incl. 0g Added Sugars	0%
Cholesterol 0mg • Sodium 5mg • Protein 9g • Vitamin D 0% • Calcium 10% • Iron 8% • Potassium 2%				

INGREDIENTS: WATER, ORGANIC SOYBEANS, LESS THAN 2% OF CALCIUM SULFATE, MAGNESIUM CHLORIDE.

CONTAINS: SOY.



Bulk Silken Tofu (1 Gallon)



Designed for high-volume kitchens, this bulk silken tofu blends effortlessly into soups, sauces, desserts, and dressings. Its smooth, velvety texture and neutral flavor provide a reliable base for both savory and sweet applications while helping control food and labor costs.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 2.5g	3%	Total Carb. 2g	1%
Serving Size (100g)	Sat. Fat 0g	0%	Dietary Fiber 1g	4%
	Trans Fat 0g		Total Sugars 1g	
Calories per serving 50	Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 5mg	0%	Protein 5g	
Vitamin D 0% • Calcium 0% • Iron 4% • Potassium 4%				

INGREDIENTS: WATER, SOYBEANS, GLUCONO DELTA LACTONE, MAGNESIUM CHLORIDE.

CONTAINS: SOY.



Vacuum Packed Tofu

Super Firm



Super firm tofu is tofu at its best—densely packed, protein-rich, and ready to rock any recipe without the fuss. Pressed longer and crafted to remove more moisture than traditional varieties, it delivers a satisfyingly meaty bite that stands up to high-heat cooking, bold marinades, and busy kitchens.

Think of it as the "no-drain, no-crumble" tofu. Slice it, dice it, grill it, pan-sear it, toss it into a stir-fry, or cube it straight into a salad. No pressing. No prep headaches. Just clean, plant-powered nutrition with incredible versatility.

Why It Wins Hearts (and Menus)

- High-protein, clean-label plant powerhouse Firm, hearty texture that mimics animal protein
- Saves time—no pressing, squeezing, or extra steps
- Takes on flavor beautifully for global, modern, or comfort-food concepts
- Works across dayparts from bowls to sandwiches to snacks

Super firm tofu isn't just another plant-based option. It is the ingredient that makes plant-forward cooking easier, faster, and genuinely delicious.

Nasoya Organic Super Firm Tofu (16 oz)



Extra-dense and ready to use, this super-firm tofu requires no pressing and delivers a hearty, meat-like bite. It withstands high-heat cooking without breaking, making it ideal for grilling, braising, or pan-searing. Built for bold, plant-based entrées with minimal prep.

Nutrition Facts	Amount/Serving	% DV	Amount/Serving	% DV
	Total Fat 7g	9%	Total Carbohydrate 2g	1%
5 servings per container Serving size 1/5 piece (91g)	Sat. Fat 1.5g	8%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 0g	
Calories per serving	Cholesterol 0mg	0%	Incl. OgAddedSugars	0%
	Sodium 10mg	0%	Protein 14g	26%
Vitamin D 0% • Calcium 6% • Iron 10% • Potassium 2%				

INGREDIENTS: WATER, SOYBEANS, LESS THAN 2% OF FIRMING AGENTS.

CONTAINS: SOY.



Wildwood Bulk Super Firm Tofu (3LB + 3LB)



Extra dense, organic, and high in protein, this super-firm tofu delivers a hearty, meat-like chew with no pressing required. Packaged for foodservice efficiency, it is ideal for bold, center-of-plate plant-based entrées.

Nutrition Facts	Amount/Serving	% DV	Amount/Serving	% DV
	Total Fat 7g	9%	Total Carbohydrate 2g	1%
32 servings per container Serving size 3 oz (85g)	Sat. Fat 1.5g	8%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 0g	
Calories per serving	Cholesterol 0mg	0%	Incl. OgAddedSugars	0%
	Sodium 10mg	0%	Protein 13g	24%
Vitamin D 0% • Calcium 6% • Iron 8% • Potassium 2%				

INGREDIENTS: WATER, ORGANIC SOYBEANS, LESS THAN 2% OF MAGNESIUM CHLORIDE, CALCIUM SULFATE.

CONTAINS: SOY.



Value Added Tofu

Reduce prep and boost throughput with ready-to-use tofu solutions. From pre-breaded bites to marinated, baked blocks, these products deliver consistent results, meaty texture, and labor-saving convenience for fast-paced kitchens.

Wildwood Baked Tofu Savory (7 oz)

Marinated in an Asian-inspired sauce and oven-baked until golden. This savory tofu delivers bold flavor with no added prep. Its firm texture performs well hot or chilled across bowls, salads, and stir-fries.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 9g	12%	Total Carb. 3g	1%
2 servings per container	Sat. Fat 1.5g	8%	Dietary Fiber 1g	4%
	Trans Fat 0g		Total Sugars 1g	
Serving Size	Cholesterol 0mg	0%	Incl. 2g Added Sugars	2%
1 piece (99g)	Sodium 330mg	14%	Protein 14g	26%
Calories 150	Vitamin D 0% • Calcium 8% • Iron 15% • Potassium 4%			

INGREDIENTS: ORGANIC TOFU, ORGANIC TAMARI SOY SAUCE, ORGANIC APPLE JUICE, WATER, CONTAINS 2% OR LESS OF: ORGANIC VINEGAR, ORGANIC SESAME OIL, ORGANIC CRUSHED GARLIC, ORGANIC PREPARED MUSTARD, ORGANIC ONION POWDER, SEA SALT. CONTAINS: SOY, SESAME.

CONTAINS: SOY.



Nasoya Baked Teriyaki (7 oz)

A true menu workhorse, Nasoya Baked Tofu Teriyaki delivers the rich, savory-sweet flavor of classic teriyaki in a convenient, ready-to-use format. Pre-baked for consistency and coated in a flavorful teriyaki glaze, it provides authentic taste without the labor. Perfect for rice bowls, noodle dishes, wraps, stir-fries, and fusion-inspired creations, this versatile plant-based protein fits effortlessly into any daypart.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 9g	12%	Total Carbohydrate 7g	3%
2 servings per container	Sat. Fat 1.5g	8%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 4g	
Serving size	Cholesterol 0mg	0%	Incl. 3g Added Sugars	6%
1 piece (99g)	Sodium 420mg	18%	Protein 17g	32%
Calories 180	Vitamin D 0% • Calcium 8% • Iron 15% • Potassium 4%			

INGREDIENTS: ORGANIC TOFU, ORGANIC TAMARI SOY SAUCE, ORGANIC CANE SUGAR, WATER, CONTAINS 2% OR LESS OF: SEA SALT, ORGANIC GARLIC, ORGANIC AGAVE SYRUP, ORGANIC RICE VINEGAR, ORGANIC CARAMEL COLOR, ORGANIC NATURAL TERIYAKI TYPE FLAVOR, ORGANIC GINGER PUREE, ORGANIC TOASTED SESAME OIL, ORGANIC NATURAL TOASTED SESAME FLAVOR.

CONTAINS: SOY.



Nasoya Baked Tofu Sesame Ginger (7 oz)

Bold Asian-inspired flavor meets premium plant-based protein. Our Baked Tofu Sesame Ginger is pre-marinated and oven-baked for a savory-sweet sesame ginger taste with a firm, satisfying texture. Ready to heat and serve, it performs seamlessly across a variety of applications, from grain bowls and salads to wraps, entrées, and appetizers. Consistent, versatile, and packed with flavor, it's an easy way to elevate menus while reducing prep time.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 9g	12%	Total Carbohydrate 7g	3%
2 servings per container	Sat. Fat 1.5g	8%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 4g	
Serving size	Cholesterol 0mg	0%	Incl. 3g Added Sugars	6%
1 piece (99g)	Sodium 420mg	18%	Protein 17g	32%
Calories 180	Vitamin D 0% • Calcium 8% • Iron 15% • Potassium 4%			

INGREDIENTS: ORGANIC TOFU, ORGANIC TAMARI SOY SAUCE, LESS THAN 2% OF ORGANIC CANE SUGAR, ORGANIC TOASTED SESAME OIL, WATER, ORGANIC GINGER POWDER, ORGANIC APPLE CIDER VINEGAR, ORGANIC GARLIC POWDER, ORGANIC ONION POWDER, ORGANIC BLACK PEPPER, ORGANIC NATURAL FLAVOR, NATURAL FLAVORS, ORGANIC CAYENNE PEPPER.

CONTAINS: SOY.



Crispy Tofu Bites (2.2 LB)

Lightly breaded and par-fried, these tofu bites deliver a crispy exterior with a tender, protein-packed interior. With no pressing or marinating required, they're ideal for appetizers, salad toppers, or center-of-plate swaps—offering a high-margin, plant-based alternative to chicken nuggets.



Nutrition Facts

Servings per container
Serving Size 3 oz (85g/about 6 pieces)

Amount per serving

Calories **180**

% Daily Value*

Total Fat 11g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1mg 6%

Potassium 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: INGREDIENTS: TOFU, WHEAT FLOUR, WATER, CORN STARCH, POTATO POWDER, LESS THAN 2% OF RICE BRAN OIL, SALT, PARSLEY, SUGAR, WHEAT STARCH, YEAST, BLACK PEPPER, SOY SAUCE, GARLIC POWDER, CINNAMON POWDER, WHEAT GLUTEN, YEAST EXTRACT, SOYBEAN OIL, DEFATTED SOYBEANS, MALTODEXTRIN, TURMERIC OLEORESIN, KOJI.

CONTAINS: WHEAT, SOYBEAN.



Plant-Based Meat

Plantspired meats transform soy protein into savoury, satisfying alternatives that replicate the texture of beef or chicken. With one in four consumers reducing meat intake and 26% using meat substitutes, these plant-based proteins help operators appeal to flexitarians and meat-eaters alike. Ready to heat and serve, they allow chefs to create dishes that satisfy cravings while meeting sustainability goals.



Plant-Based Bulgogi Steak (2.2 LB)

This plant-based bulgogi delivers the sweet-savory depth of Korean BBQ with a tender, steak-like bite. Made from soy protein and fully seasoned, it's ready to heat and serve in bowls, tacos, wraps, or stir-fries, offering operators a bold, globally inspired protein with consistent performance and strong margin potential.

Nutrition Facts			
About 2.5 servings per container			
Serving size		3/4 Cup (85g)	
Calories	200	470	
	% DV*	% DV*	
Total Fat	10g	13%	24g 31%
Saturated Fat	1.5g	8%	4g 20%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	520mg	23%	1220mg 53%
Total Carb.	13g	5%	31g 11%
Dietary Fiber	5g	18%	11g 39%
Total Sugars	5g		12g
Incl. Added Sugars	5g	10%	12g 24%
Protein	14g	24%	33g 57%
Vitamin D	0mcg	0%	0mcg 0%
Calcium	50mg	4%	116mg 8%
Iron	5mg	30%	11mg 60%
Potassium	171mg	4%	399mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: HYDRATED TEXTURED VEGETABLE PROTEIN (WATER, SOY PROTEIN ISOLATE, RICE FLOUR, WHEAT GLUTEN, COCOA POWDER), SAUCE (SUGAR, WATER, SOY SAUCE [WATER, DEFATTED SOYBEANS, WHEAT, SALT], PEAR PUREE, ONION, GARLIC, APPLE PUREE, CARAMELIZED SUGAR SYRUP [SUGAR, WATER], MODIFIED CORN STARCH, GINGER, GREEN ONION EXTRACT [WATER, GREEN ONION, MALTODEXTRIN, SALT, PECTINASE], DEXTRIN, BLACK PEPPER, GUAR GUM, XANTHAN GUM), SOYBEAN OIL.

CONTAINS: WHEAT, SOY.

Plant-Based Chicken (2 LB)

Crafted to replicate the bite and juiciness of chicken, this plant-based protein is fully cooked and paired with craveable, globally inspired sauces. Ready to heat and serve, it fits seamlessly into stir-fries, rice bowls, wraps, and small plates, helping operators expand plant-based offerings without operational complexity.

Nutrition Facts			
2 servings per container			
Serving size		1/2 Packet of Each: Plant-Based Chick'n (85g), Sauce (28g) / makes about 3/4 cup prepared (113g)	
Calories	170	330	
	% DV*	% DV*	
Total Fat	0.5g	1%	1.5g 2%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	950mg	41%	1910mg 83%
Total Carb.	19g	7%	38g 14%
Dietary Fiber	2g	7%	3g 11%
Total Sugars	12g		24g
Incl. Added Sugars	11g	22%	23g 46%
Protein	22g	38%	44g 77%
Vitamin D	0mcg	0%	0mcg 0%
Calcium	110mg	8%	220mg 15%
Iron	4.2mg	25%	8.4mg 45%
Potassium	70mg	2%	140mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PLANT-BASED CHICK'N: HYDRATED TEXTURED VEGETABLE PROTEIN (WATER, TEXTURED VEGETABLE PROTEIN), ISOLATED SOY PROTEIN, CONTAINS 2% OR LESS OF: YEAST EXTRACT, NATURAL FLAVORS, SALT, PEA PROTEIN, ONION POWDER, SUGAR, ENZYME, GARLIC POWDER, SPICES, POTATO STARCH. BEE FREE HONEY* GARLIC SAUCE: GARLIC SAUCE (SUGAR, WATER, SOY SAUCE, GARLIC POWDER, AGAVE, RICE VINEGAR, SALT, MODIFIED CORN STARCH, CITRIC ACID, XANTHAN GUM), WATER, GARLIC, SPICES.

CONTAINS: WHEAT, SOY.

Potato & Mozzarella Corn Dog

(4 Count)

Inspired by the Korean street-food craze, these corn dogs feature a crispy, potato-studded batter with a gooey mozzarella center. Individually packed and easy to heat, they are ideal for grab-and-go programs, bar menus, or shareable plates that drive impulse sales.



Nutrition Facts

4 Servings per container
Serving Size 1 pack (90g)

Amount per serving	
Calories	280
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 340mg	15%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0mg	0%
Potassium 177mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: POTATO CUBES, CHEESE, WATER, WHEAT FLOUR, SOYBEAN OIL, SUGAR, CONTAINS 2% OR LESS OF: MODIFIED TAPIOCA STARCH, GLUCONO DELTA-LACTONE, POTATO POWDER, EGG WHITE POWDER, SALT, SODIUM BICARBONATE, SKIM MILK POWDER, WHEY POWDER, MODIFIED CORN STARCH, LACTOSE, DEXTRIN, TREHALOSE, MIXED TOCOPHEROLS, SAFFLOWER OIL, TRISODIUM CITRATE.

CONTAINS: WHEAT, SOYBEANS, MILK, EGGS.

Potstickers

Authentic Korean-inspired dumplings made for foodservice excellence. Crafted with delicate wrappers and generously filled with flavorful ingredients, Pulmuone Dumplings deliver the taste and quality guests crave with the convenience operators need. Cook straight from frozen by steaming, pan-frying, or boiling for consistent results and minimal preparation. Ideal as appetizers, shareable plates, entrée additions, or signature menu features, they're a versatile solution that brings global flavor to every table.

Nutrition Facts	
About 7 Servings per container Serving Size 3 Pieces (90g)	
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 150mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 202mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pork & Glass Noodle Potstickers (1.32 LB)

Inspired by traditional Korean dumplings, our Pork & Glass Noodle Potstickers are filled with savory seasoned pork, sweet potato glass noodles, and fresh vegetables, wrapped in a delicate wheat wrapper for the perfect balance of flavor and texture. Every bite delivers authentic Korean taste with the quality and consistency operators expect.



INGREDIENTS: PORK, WHITE WHEAT FLOUR, SWEET POTATO GLASS NOODLES, WATER, CABBAGE, LEEK, ONION, GREEN ONION, TEXTURED VEGETABLE PROTEIN, CONTAINS 2% OR LESS OF: SOY SAUCE, SALT, GARLIC, GLUTINOUS RICE FLOUR, SUGAR, SESAME OIL, BEEF POWDER, DISODIUM INOSINATE, DISODIUM GUANYLATE, SOYBEAN OIL, BLACK PEPPER.

CONTAINS: WHEAT, SOYBEANS, SESAME.

Nutrition Facts	
8 Servings per container Serving Size 3 Pieces (90g)	
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 195mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chive Sweet Potato Noodle Potstickers (1.6 LB)

Our Chive Sweet Potato Noodle Potstickers offer a delicious vegetable-forward take on a Korean favorite. Filled with aromatic garlic chives, sweet potato glass noodles, mushrooms, and savory vegetables, they deliver a satisfying blend of fresh flavors and rich umami in every bite.



INGREDIENTS: WATER, ENRICHED WHEAT FLOUR, GARLIC CHIVES, SWEET POTATO NOODLES, SOYBEAN OIL, SOY PROTEIN, CARROT, ONION, CABBAGE, SALTED NAPA CABBAGE, CONTAINS 2% OR LESS OF: SUGAR, SOY SAUCE, GARLIC, SEASONING BASE, SEASONING MIX, SALT, MODIFIED TAPIOCA STARCH, FLAVOR ENHANCER, SESAME SEED POWDER, EMULSIFIER BLEND, WHEAT FIBER, BLACK PEPPER POWDER, SHIITAKE MUSHROOM, MALTODEXTRIN.

CONTAINS: WHEAT, SOYBEANS, SESAME.

Authentic Korean Kimchi (49 oz)

Crafted with napa cabbage and time-honored seasonings, this kimchi is fermented for depth and complexity. It delivers bold flavor and a satisfying texture that bring authenticity and credibility to modern foodservice menus.

Nutrition Facts	
14 Servings per container	
Serving Size (100g)	
Amount per serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 740mg	32%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 280mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: SALTED NAPA CABBAGE, WATER, STARCH PASTE, ONION, RED PEPPER POWDER, GARLIC, CONTAINS 2% OR LESS OF: GREEN ONION, PEAR PUREE, FERMENTED SHRIMP SAUCE, SALTED ANCHOVY, SALTED SAND LANCE, JAPANESE PLUM CONCENTRATE, SUGAR, SALT, GINGER.

CONTAINS: WHEAT, SOYBEAN, FISH, CRUSTACEAN SHELLFISH.



Vegan Kimchi (26.5 oz)

Authentic Korean flavor, crafted for today's menu. Our Vegan Kimchi is traditionally fermented without fish sauce or shellfish, delivering the bold tang, savory depth, and signature heat that kimchi lovers expect. Rooted in Pulmuone's Korean heritage and produced with strict fermentation standards, it serves as a versatile ingredient or condiment that enhances everything from rice bowls and sandwiches to tacos, salads, and signature sides. Add vibrant flavor and authentic Korean character to your menu with ease.

Nutrition Facts	Amount/serving	% DV*	Amount/serving	% DV*
	Total Fat 0g	0%	Total Carbohydrate 2g	1%
14 servings per container	Sat. Fat 0g	0%	Dietary Fiber 1g	3%
	Trans Fat 0g		Total Sugars 1g	
Serving size 1 oz (28 g/2 Tbsp)	Cholesterol 0mg	0%	Includes <1g Added Sugars	0%
	Sodium 240mg	10%	Protein 1g	
Calories per serving 15	Vitamin D 0mcg	0%	Calcium 8mg	0%
	Potassium 75mg	2%	Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: SALTED NAPA CABBAGE, RADISH, RED PEPPER POWDER, PEAR, GARLIC. CONTAINS 2% OR LESS OF THE FOLLOWING: SUGAR, ONION, CARROT, GREEN ONION, GARLIC CHIVES, SALT, GINGER, HYDROLYZED WHEAT PROTEIN.

CONTAINS: WHEAT.



Kimchi Hot Sauce (4.4 LB)

Bold, fermented, and ready to use, this kimchi sauce delivers authentic Korean flavor with balanced heat and tang. Crafted from traditional kimchi ingredients, it adds depth and complexity to bowls, tacos, marinades, and dressings, bringing global appeal and operational ease to modern menus.

Nutrition Facts	
71 Servings per container	
Serving Size 1 Tbsp (14g)	
Amount per serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 33mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: NAPA CABBAGE KIMCHI, ONION, WATER, CORN SYRUP, SIRACHA SAUCE, VINEGAR, SUGAR, CONTAINS 2% OR LESS OF: TOMATOES, SALT, HABANERO FLAVORED POWDER, RED PEPPER POWDER, ONION POWDER, YEAST EXTRACT, MALTODEXTRIN, XANTHAN GUM, SEASONING BASE.



Mapo Sauce (3 LB)

Authentic Sichuan cuisine without the labour. Our mapo sauce combines fermented chili bean paste (doubanjiang) and Sichuan peppercorns to create a rich, spicy, savoury sauce with a tongue-tingling finish. Simply simmer with tofu, vegetables or your protein of choice for scratch-quality mapo tofu or drizzle over noodles for a bold flavour boost. Save prep time while delivering regional Chinese complexity.

Nutrition Facts	
About 14 servings per container	
Serving Size (100g)	
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1260mg	55%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0.6mcg	4%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 12.0mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: WATER, CHILI BEAN SAUCE, GARLIC PUREE, CANOLA OIL, GINGER PUREE, CHILI OIL, CANE SUGAR, CONTAINS 2% OR LESS OF: SICHUAN PEPPERCORN FLAVORED OIL, CORN STARCH, DISODIUM INOSINATE AND DISODIUM GUANYLATE.

CONTAINS: SOY, TREE NUTS (COCONUT), WHEAT.



Product Specs

CONVENTIONAL WATER PACK TOFU

DESCRIPTION	ITEM #	CS WT.	PK WT.	GTIN	TI X HI	CS PK	DIMENSION
SOGA EXTRA FIRM	140599	17 LB	16 OZ	1-07-53214-74134-0	8 x 12	12	15.8 x 9.8 x 4.9
SOGA SILKEN	140598	17 LB	16 OZ	1-07-53214-74132-9	8 x 12	12	15.8 x 9.8 x 4.9
PMO SILKEN TOFU BULK	110072	18.1 LB	1 GAL	1-07-53214-71072-8	4 x 12	2	15.38 x 9.38 x 4.75

ORGANIC WATER PACK TOFU

DESCRIPTION	ITEM #	CS WT.	PK WT.	GTIN	TI X HI	CS PK	DIMENSION
NSY EXTRA FIRM	100008	8.20 LB	14 OZ	1-00-25484-00012-1	10 x 21	6	12.75 x 6.50 x 4.50
NSY FIRM	100036	8.2 LB	14 OZ	1-00-25484-00010-7	10 x 21	6	12.75 x 6.50 x 4.50
NSY SILKEN	100031	6.70 LB	16 OZ	1-00-25484-00013-8	10 x 21	6	12.75 x 6.437 x 3.625

VACUUM PACKED TOFU

DESCRIPTION	ITEM #	CS WT.	PK WT.	GTIN	TI X HI	CS PK	DIMENSION
NSY SUPER FIRM	100489	6.5 LB	16 OZ	1-00-25484-00657-4	12 x 12	6	11.50 x 10.63 x 3.54
WW BULK SUPER FIRM (3 LB+3 LB)	141181	25 LB	6 LB	1-00-30871-71113-9	6 x 9	4	15.25 x 12.13 x 4.75

VALUE ADDED TOFU

DESCRIPTION	ITEM #	CS WT.	PK WT.	GTIN	TI X HI	CS PK	DIMENSION
TOFU BITES	140715	23.3 LB	2.2 LB	1-00-25484-00754-0	8 x 6	10	16.54 x 12.60 x 10.63
K-12 TOFU BITES	141226	31 LB	5 LB	1-07-53214-71144-2	6 x 8	6	18.5 x 11.5 x 10.5
WW BAKED SAVORY	110172	2.8 LB	7 OZ	1-00-30871-00450-7	50 x 8	6	7.3 x 4.7 x 6.3
NSY BAKED TOFU TERIYAKI	140610	2.8 LB	7 OZ	1-00-25484-00737-3	50 x 8	6	7.3 x 4.7 x 6.3
NSY BAKED TOFU SESAME GINGER	140611	2.8 LB	7 OZ	1-00-25484-00738-0	50 x 8	6	7.3 x 4.7 x 6.3

PLANT BASED MEAT

DESCRIPTION	ITEM #	CS WT.	PK WT.	GTIN	TI X HI	CS PK	DIMENSION
PLANTSPIRED STEAK BULGOGI	140730	23.3 LB	2.2 LB	1-00-25484-00758-8	5 x 10	10	16.54 x 12.60 x 11.81
PLANTSPIRED CHICKEN	140845	21.65 LB	2 LB	1-00-25484-00772-4	6 x 7	10	14.5 x 9 x 1.5

CORN DOGS

DESCRIPTION	ITEM #	CS WT.	PK WT.	GTIN	TI X HI	CS PK	DIMENSION
POTATO MOZZARELLA CORN DOG	140771	14.28 LB	12.7 OZ	1-88-01114-15374-8	6 X 6	18	19.29 x 15.35 x 12.99
BULK PANKO MOZZARELLA CORN DOG	141052	19.1 LB	28.2 OZ	0-88-01114-17291-9	6 X 6	10	19.69 x 13.78 x 10.04

KIMCHI

DESCRIPTION	ITEM #	CS WT.	PK WT.	GTIN	TI X HI	CS PK	DIMENSION
ESTHER CHOI KIMCHI (49 OZ)	141090	18.54 LB	49 OZ	1-88-01114-17208-4	10 x 8	6	15.56 x 10.83 x 7.09
VEGAN KIMCHI BULK	140550	19.92 LB	26.5 OZ	0-88-01114-14499-2	6 x 10	12	14.8 x 19 x 5.8
NSY MILD VEGAN KIMCHI (14 OZ)	140616	6.5 LB	14 OZ	1-00-25484-00739-7	28 x 6	6	10.6 x 7.1 x 6.3
NSY SPICY VEGAN KIMCHI (14 OZ)	140617	6.5 LB	14 OZ	1-00-25484-00740-3	28 x 6	6	10.6 x 7.1 x 6.3

Product Specs

FROZEN SAUCE

DESCRIPTION	ITEM #	CS WT.	PK WT.	GTIN	TI X HI	CS PK	DIMENSION
MAPO SAUCE	140898	18.5 LB	3 LB	1-07-53214-74261-3	20 x 6	120	11.5 x 7.5 x 6.88

SHELF STABLE SAUCE

DESCRIPTION	ITEM #	CS WT.	PK WT.	GTIN	TI X HI	CS PK	DIMENSION
KIMCHI HOT SAUCE	141299	19.6 LB	4.4 LB	1-88-01114-18457-5	9 x 10	90	15.35 x 12.8 x 5.91

POTSTICKERS

DESCRIPTION	ITEM #	CS WT.	PK WT.	GTIN	TI X HI	CS PK	DIMENSION
PORK AND GLASS NOODLE POTSTICKERS	140127	18.6 LB	21 OZ	0-07-53214-74127-5	7 x 10	12	15.5 x 11.38 x 8.75
VEGAN GLASS NOODLE POTSTICKERS	130054	19.05 LB	25 OZ	1-88-01114-30633-5	7 x 10	12	19.3 x 13 x 8.7

Pulmuone Foods USA Dot Foods Stocking Guide Vendor #628249 				
ITEM DESCRIPTION	Brand	DOT ITEM NUMBER	MFC #	Temp
Plant-Based Proteins				
Organic Extra Firm Tofu	Nasoya	765580	100008	Refrigerated
Organic Firm Tofu	Nasoya	770656	100036	Refrigerated
Organic Silken Tofu	Nasoya	770057	100031	Refrigerated
Soga Extra Firm Tofu	SOGA	765568	140599	Refrigerated
SYSCO Non-GMO Extra Firm Tofu	Sysco Simply	765575	140549	Refrigerated
Organic Super Firm Tofu	Nasoya	765572	100489	Refrigerated
Organic Bulk High Protein Super Firm Tofu	Wildwood	765570	141181	Refrigerated
Baked Tofu - Savory	Wildwood	770647	110172	Refrigerated
Baked Tofu - Teriyaki	Nasoya	770649	140610	Refrigerated
Baked Tofu - Sesame Ginger	Nasoya	770650	140611	Refrigerated
Bulk Silken Tofu	Pulmuone	770651	110072	Refrigerated
Crispy Tofu Bites	Nasoya	765578	140715	Frozen
K-12 Tofu Bites	Pulmuone	813111	141226	Frozen
Plantspired Chicken	Nasoya	770655	140845	Frozen
Plantspired Steak - Bulgogi	Nasoya	765594	140730	Frozen
Asian Category				
Potato Crusted Mozzarella Corndog	Pulmuone	765571	140771	Frozen
Kimchi Cheese Rice Balls	Pulmuone	786168	140823	Frozen
Korean Black Bean Sauce	Pulmuone	765579	140782	Frozen
Vegan Glass Noodle Potstickers	Pulmuone	787416	130054	Frozen
Pork and Glass Noodle Potstickers	Pulmuone	807009	140127	Frozen
Mapo Sauce	Pulmuone	770653	140898	Frozen
Kimchi Hot Sauce	Pulmuone	815839	141299	Shelf Stable
Bungeo-ppang Dessert Bread (Red Bean)	Pulmuone	807007	140788	Frozen
Bungeo-ppang Dessert Bread (Sweet Potato)	Pulmuone	807006	140789	Frozen
Authentic Korean Kimchi	Pulmuone	787417	141090	Refrigerated
Mild Vegan Kimchi	Nasoya	765574	140616	Refrigerated
Spicy Vegan Kimchi	Nasoya	765573	140617	Refrigerated
Plant-based Eggroll Wraps	Nasoya	765581	140551	Refrigerated
Plant-based Wonton Wraps	Nasoya	765813	140552	Refrigerated

For any questions, please contact foodservice@pulmuone.com



FOR YOU.
FOR THE PLANET.



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