



Product Catalogue

Mission

To provide wholesome and nutritious baked goods and foods for our customers.

www.adventistbakery.com



WHY SPROUTING MATTERS

Why choose sprouted grains?

Sprouting is a nature's way of unlocking valuable nutrients, making them readily available and easily digested while retaining all the nutrition and fibre.

The sprouted grain bread concept is not new. Adventist Bakery began sprouting grains over 20 years ago to use in breads. Eating grains and seeds are mentioned in the bible.

Adventist bakery has taken these recipes from the Bible and brought it to modern day health food by sprouting them to make them even more healthful. The sprouted grains provide the body with essential amino acids needed for healthy living.

SPROUTED VARITIES

7 GRAINS Sprouted Bread 450g



3 SEEDS Sprouted Bread 450g



Sprouted Red Bean Buns
(6 in 1)



**Sprouted
Sweet Baby**



**Sprouted
Fruit Loaf 230g**

RICH IN NUTRIENTS AND BURSTING WITH FLAVOUR

**Wholemeal
Red Bean Bun (6 in 1)**



Wholemeal Bread 450g



**Apricot, Honey & Sunflower seed
Loaf 430g**

WHOLEMEAL BREADS & BUNS



**100% Wholemeal
Sourdough**



**Walnut
Raisin
Sourdough**



Onion Sourdough



**Black sesame, Walnut &
Raisin Loaf**



**Sweet Potato &
Cranberries Loaf**



**Black Sugar &
Walnut Loaf**

CINNAMON ROLLS



Original (4 in 1)

Pandan Kaya (4 in 1)

Walnut (4 in 1)

Sprouted (4 in 1)

NUTRITIOUS DELICIOUS STEAMED PAO

Pao is a type of steamed & filled bun. Steam sprouted pao relatively are healthier than traditional white pao. It is very light, healthy & tasty steam pao with vegetarian fillings.



STEAM SPROUTED PAO



Mushroom & Vege Pao (6 in 1)



Yam Pao (6 in 1)



Spicy Soya Pao (6 in 1)



Flax Seed Mantao (6 in 1)



Red Bean Pao (6 in 1)



Pandan Coconut Pao (6 in 1)



BAKE WITH PURE AND PREMIUM QUALITY INGREDIENTS

WHOLEMEAL MUFFINS



Bran

Almond

Chocolate Chips

Orange Peels

Walnut carrot

EGG TART



Egg Tart (4 in 1)

Pandan Egg Tart (2 in 1)

HEALTHY SNACKS



Trail Mix 180g

Trail Mix 500g

Granola 150g

Pecan Nut 180g

COOKIES



Black Sesame 150g

Seed with Flax Seed & Chia Seed 150g

Sprouted Wheat 250g

Oat Crunchy Cookies 100g

Soft Chocolate Cookies 200g

INCREDIBLE NUTRITIOUS SOURCE

Just a handful packs a powerful punch of vitamins, minerals and fats, all of which work together to protect your heart, your brain and affect your waistline.



HEALTHY GRAINS



1. A-Oats Quick Oats 1kg

2. A-Oats Rolled Oats 1kg

3. A-Oats Oat Bran 1kg

SEEDS & DRIED FRUITS



Chia Seeds 250g

Flax Seeds 500g

Premium Dried Apricot 250g



ADVENTIST BAKERY

Operated by Adventist Health Services Malaysia Sdn. Bhd. (213982-P)

At the Adventist Bakery, we are dedicated to the task of providing delicious and above all, natural and wholesome foods that are just what we need to nurture good health.

It all started at Penang Adventist Hospital with the idea that nutritious and healthy food can also be tasty and stimulate the appetite. At the time, the ultimate aim was to help the patients of Penang Adventist Hospital heal through good nutrition.

Today, by continuing to use quality ingredients that are full of nutrients like sprouted grains, and a determination to maximise taste and flavour - the Adventist Bakery brand has become synonymous with the promise of Good Health in Every Recipe.

ADDRESS: 465, Jalan Burma, 10350 Penang, Malaysia

TEL: 04-222 7502

E-MAIL: commissary@pah.com.my