



Early Bird

PRODUCT LIST

2023



FLATBREAD

We offer a range of versatile, delicious, and healthy flatbreads, made fresh daily without any preservatives. Packed with fiber, nutrition, and an abundance of vitamins and minerals, our flatbreads make for a healthy and tasty addition to any meal.



Pita Pocket White Flatbread

Nutritional Facts Per 100g

Energy	285kcal	Fat	3.5g
Carbohydrate	55.1g	Sodium	242mg
Total Sugar	4.0g	Calcium	109mg
Protein	8.2g	Iron	0.2mg

8 pcs • 240g



White Flatbread

Nutritional Facts Per 100g

Energy	293kcal	Sodium	132mg
Carbohydrate	61.6g	Calcium	36.1mg
Protein	10.1g	Iron	0.3mg
Fat	0.6g		

5 pcs • 280g



Wholemeal Flatbread

Nutritional Facts Per 100g

Energy	290kcal	Sodium	121g
Carbohydrate	58.9g	Calcium	75mg
Protein	11.1g	Iron	0.9mg
Fat	1.1g		

5 pcs • 250g



Saj Flatbread

Nutritional Facts Per 100g

Energy	382kcal	Fat	5.9g
Carbohydrate	70.1g	Sodium	127mg
Total Sugar	4.0g	Calcium	92mg
Protein	9.6g	Iron	4mg

10 pcs • 600g

Custom packing available. Contact sales for more info.

+6014 363 6100

info@earlybirdbakery.my

WRAP

Indulge in our bakery's freshly baked wraps, packed with fiber and made without any preservatives. Enjoy a healthier alternative to traditional wraps for the ultimate taste and quality.



Tortilla Wrap

Nutritional Facts Per 100g

Energy	382kcal	Fat	5.9g
Carbohydrate	70.1g	Sodium	127mg
Total Sugar	4.0g	Calcium	92mg
Protein	9.6g	Iron	4mg

5 pcs · 280g

Custom packing available. Contact sales for more info.

YOGURT

Invest in your gut health through our creamy and fresh yogurts, packed with proteins and essential nutrients. With a smooth and creamy texture, our yogurts can be enjoyed as a standalone snack or incorporated into your favourite recipes. Plus, they have a longer shelf life for your convenience.



Cream Yogurt Spread

Nutritional Facts Per 100g

Energy	132kcal
Fat	8.3g
Sodium	319mg
Carbohydrate	15.3g
Total Sugar	2.4g
Protein	8.4g

6 units / carton



Plain Yogurt Greek Style

Nutritional Facts Per 100g

Energy	63kcal
Fat	3.2g
Sodium	48.1mg
Carbohydrate	5.2g
Total Sugar	5.1g
Protein	3.2g

6 units / carton

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YOGURT DRINK

Introducing our nutritious and preservative-free yogurt drink, great for aiding digestion and high in vitamin B. Our refreshing yogurt drinks are a delicious and healthy snack. Try it today and feel good about what you're putting into your body!



Original Yogurt Drink

Nutritional Facts Per 100g

Energy	34kcal
Fat	1.6g
Sodium	113mg
Carbohydrate	3.7g
Total Sugar	1.3g
Protein	1.2g

250ml*

500ml



Mango Yogurt Drink

Nutritional Facts Per 100g

Energy	71kcal	Carbohydrate	14.0g
Fat	1.0g	Total Sugar	8.0g
Sodium	14.5mg	Protein	1.3g

250ml*



Mix Berry Yogurt Drink

Nutritional Facts Per 100g

Energy	74kcal	Carbohydrate	15.3g
Fat	0.9g	Total Sugar	9.3g
Sodium	14.8mg	Protein	1.0g

250ml*



Strawberry Yogurt Drink

Nutritional Facts Per 100g


Energy	68kcal	Carbohydrate	13.5g
Fat	1.1g	Total Sugar	7.2g
Sodium	15.1mg	Protein	1.0g

250ml*

* Also sold in a carton (12 bottles)

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Early Bird Bakery bread and dairy products are made to the highest standards to provide healthy nourishment for our customers globally.

www.earlybirdbakery.my

