



SOUL DELICACIES

心灵厨房

Halal Certified Tingkat Meals



FPCA20230001107

**April
2024**



8853 5087



6995 0998



Soul Delicacies



Souldelicaciessg



SOUL DELICACIES

心灵厨房

Achievement



"Excellence: Our Journey, Our Commitment!"



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SOUL DELICACIES

心灵厨房

Healthier Sources , Healthier Meal 更健康的食源，更健康的膳食



Healthier Choice certified Sauce
更健康的选择认证酱料



Using Low GI Sugar
使用低GI糖



Lower GI & Higher Fibre
for all rice & porridge served
所有供应的米饭和粥都添加
较低的 GI 和较高的纤维



**Low Sodium
Iodized Salt**
低钠碘盐



**HPB certified
Healthier Choice Cooking Oils**
HPB认证
更健康的选择食用油



Halal Certified
清真认证

FPCA20230001107



SOUL DELICACIES

心灵厨房



**5 days
Trial
Package**



**10 days
Tingkat
Package**



**20 days
Tingkat
Package**

**10%
OFF**



**Free Gift:
Stainless Steel Cutlery Set**

2 Pax \$155.54

3 Pax \$227.25

4 Pax \$277.74

5 Pax \$319.97

6 Pax \$344.41

2 Pax \$297.75

3 Pax \$433.30

4 Pax \$511.05

5 Pax \$608.82

6 Pax \$631.04

2 Pax \$542.71

3 Pax \$771.15

4 Pax \$984.34

5 Pax \$1,162.11

6 Pax \$1,208.76

The prices shown above are the final discounted prices, including GST and delivery charges

Additional Condo & CBD Charges may apply, subject to the actual delivery location provided.



SOUL DELICACIES

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Wholesome Add-On:



Add on
White Jasmine Rice with
Alchemy Fibre™
\$1.09(w/GST) per pax



Add on
SongHe (80/20) Brown Rice
\$1.31(w/GST) per pax



Add on
Freshly cut assorted Fruit Bowl
\$5.86 (w/GST) per pax



Add on
Sweet Potato Porridge
with Alchemy Fibre™
\$1.09(w/GST) per pax



Add on
SongHe (80/20) Brown Rice Porridge
\$1.31(w/GST) per pax



SOUL DELICACIES

心灵厨房

Meal Options:

3+1 Healthy Tingkat Meal



4D Healthy Tingkat Meal

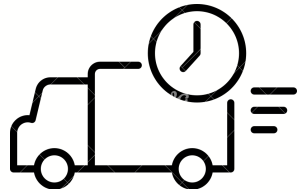


- **Special Daily Brewed Soup OR Special Curated 4th Dish**
- **Dish 1 (Chicken/ Beef/ Fish / Prawn)**
- **Dish 2 (Chicken/ Beef/ Fish / Prawn)**
- **Seasonal Vegetables of the Day**



SOUL DELICACIES

心灵厨房



Delivery Time Slots:

Monday to Friday

except Public Holidays

Lunch : 10.30am to 1.30pm

Dinner: 3.30pm to 6.30pm

Delivery will be strictly based on the timing stated above. Extra surcharge will be applied for any specific timing requests.

Terms and Conditions apply

我们将严格按照上述时间安排递送服务，如有任何特定时间要求，我们将会收取额外费用。

条款和条件适用

**Note: The CBD & Condominium surcharge is applied to residential areas as listed below:
Condominium, Service Apartments, Executive Condo, Hotel, Office Building & CBD Areas**

- **05 Days Trial \$1.63 (w/GST) per meal**
- **10 Days Subscription Plan \$1.29 (w/GST) per meal**
- **20 Days Subscription Plan \$1.08 (w/GST) per meal**



SOUL DELICACIES

心灵厨房



MONDAY

1/04/2024

Lunch / 午餐

Tamarind Fried Prawn
罗望子酸汁虾

Typhoon Shelter Chicken H.K Style
港式避风塘鸡

Seasonal Vegetables
时蔬

Option:

- A) Shredded Radish & Egg Soup
萝卜丝蛋汤
- B) Fried Omelette with Crispy Silver Fish
脆香银鱼煎蛋

Dinner / 晚餐

Japanese Agedashi Salmon Fillet
日式鲑鱼片

Beef & Pickled Mustard Greens
咸菜牛肉

Seasonal Vegetables
时蔬

Option:

- A) Wakame Tofu Soup
裙带菜豆腐汤
- B) Sweet & Sour Potato Cubes
糖醋薯块

TUESDAY

2/04/2024

Lunch / 午餐

Fried Fish with Taucheong Sauce
豆酱炸鱼片

Sautéed Beef with Oyster Sauce
蚝油牛肉

Seasonal Vegetables
时蔬

Option:

- A) Tomato Mushroom Soup
番茄菌菇汤
- B) Stir-Fried Pumpkin with Salted Egg
咸蛋黄炒南瓜

Dinner / 晚餐

Buttered Prawn with Egg Floss
蛋丝奶油虾

Spicy Chicken with Sichuan Pepper & Hot Chili
辣子鸡

Seasonal Vegetables
时蔬

Option:

- A) Arrowroot & Cordyceps Chicken Soup
虫草花粉葛鸡汤
- B) Chinese Steamed 3 Colors Eggs
三色蛋

WEDNESDAY

3/04/2024

Lunch / 午餐

Steamed Shrimps with Garlic
蒜蓉蒸虾

Claypot Style Ginger Chicken
砂锅姜丝鸡

Seasonal Vegetables
时蔬

Option:

- A) Purple Potato Snow Fungus Soup
紫薯银耳汤
- B) Braised Beancurd with Enoki Mushrooms
金针菇焖豆腐

Dinner / 晚餐

Fried Fish Fillet with Soy Sauce
香煎酱油鱼片

Black Pepper Honey Fillet Beef with Potato
蜜糖黑椒薯仔牛柳粒

Seasonal Vegetables
时蔬

Option:

- A) Burdock Stewed Chicken Soup
牛蒡炖鸡汤
- B) Crispy Corn Fritters
香脆玉米饼



SOUL DELICACIES

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THURSDAY
4/04/2024

Lunch / 午餐

Stir Fried Ginger & Scallions Fish Fillet
姜葱鱼片

Stir-Fried Curry Sliced Beef Fillet
咖喱牛柳片

Seasonal Vegetables
时蔬

Option:

A) Carrot & Zucchini Soup
红萝卜节瓜汤

B) Chinese Chai Po Steamed Tofu
菜圃蒸豆腐

Dinner / 晚餐

Korean Kimchi Prawn
韩式泡菜虾

Korean Style Fried Chicken
韩式炸鸡丁

Seasonal Vegetables
时蔬

Option:

A) Signature ABC Chicken Soup
招牌ABC鸡汤

B) Sesame Oil Ginger Egg Omelette
麻油姜丝蛋

FRIDAY
5/04/2024

Lunch / 午餐

Sauté Prawns with Garlic Butter & Rosemary
蒜香牛油迷迭香炒虾

Lemon Chicken Chop
柠檬炸鸡扒

Seasonal Vegetables
时蔬

Option:

A) Summer Corn Soup with Fresh Herbs
夏日香草玉米汤

B) Fried Enoki Mushrooms with Sesame Sauce
芝麻酱金针菇

Dinner / 晚餐

Classic Fish & Chips
经典炸鱼薯条

Truffles Oil Beef Shepherd's Pie
松露油牛肉牧羊人派

Seasonal Vegetables
时蔬

Option:

A) Creamy Crab Meat Pumpkin Bisque
奶油蟹肉南瓜汤

B) Cheesy Baked Mussel
芝士烤贻贝

MONDAY
8/04/2024

Lunch / 午餐

Lychee Sweet & Sour Fish Fillet
荔枝糖醋鱼片

Braised Beef with Beancurd Sheets
腐竹炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Szechuan Vegetable Chicken Soup
四川菜鸡汤

B) Garlic Roasted Pumpkin
蒜香烤南瓜

Dinner / 晚餐

Buttered Cereal Prawn
金黄麦片虾

Rojak Chicken
罗惹鸡

Seasonal Vegetables
时蔬

Option:

A) Healthy Tomato Egg Drop Soup
健康番茄蛋花

B) Tahu Telur-Fluffy Eggs With Tofu
豆腐松软蛋



SOUL DELICACIES

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WEDNESDAY

10/04/2024



TUESDAY
9/04/2024

Lunch / 午餐

Garlic Butter Prawns
蒜蓉牛油虾

Sesame Oil Chicken
麻油鸡

Seasonal Vegetables
时蔬

Option:

A) Mushroom Stewed Chicken Soup
菌菇炖鸡汤

B) Fried Beancurd with Thai Sweet Chili
泰式炸豆腐 

Dinner / 晚餐

Steamed Fish with Radish & Dried Shrimps
 甜菜脯蝦米蒸鱼

Braised Mince Beef with Taro
芋头焖牛肉碎

Seasonal Vegetables
时蔬

Option:

A) Fuzhou Fish Ball Soup
福州鱼丸汤

B) Tahu Goreng (Fried Tofu with Peanut Sauce)
马来式炸豆腐伴花生酱 

Hari Raya Closure
开斋节关闭



Selamat Hari Raya
Aidilfitri



THURSDAY
11/04/2024

Lunch / 午餐

Baked Tandoori Salmon Fillet
 印式唐杜里烤鱼

Braised Beef in Tomato Puree
番茄酱红烧牛肉

Seasonal Vegetables
时蔬

Option:

A) Apple, Chestnut, Lotus Seed & Lily Bulbs Soup
苹果栗子莲子百合汤

B) Osmanthus Honey Yam
桂花蜜芋

Dinner / 晚餐

Salt & Pepper Shrimp
 椒盐虾

Stir-Fried Chicken with Ginger & Scallion
姜葱炒鸡

Seasonal Vegetables
时蔬

Option:

A) Fish Maw & Yellow Gold Ear Mushroom Soup
鱼肚金耳菇汤

B) Steamed Egg with Sea Cucumber
海参蒸蛋



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MONDAY
15/04/2024



TUESDAY
16/04/2024

FRIDAY
12/04/2024

Lunch / 午餐

Baked Garlic & Herb Shrimp
香烤大蒜香草虾

Chicken Cordon Bleu
法式蓝带鸡

Seasonal Vegetables
时蔬

Option:

- A) **Minestrone Soup**
意式蔬菜汤
- B) **Mushroom Stuffed Pizza Paste**
蘑菇披萨酱

Lunch / 午餐

Stir Fried Kam Heong with Fish Fillet
甘香炒鱼片

Fried Sliced Beef with Garlic
蒜香炸牛肉片

Seasonal Vegetables
时蔬

Option:

- A) **Spinach Tofu Soup**
菠菜豆腐汤
- B) **Scramble Egg with Tomatoes & Mushrooms**
番茄蘑菇炒蛋

Lunch / 午餐

Maggie Chili Stir Fried Prawn
美极辣椒虾

White Cut Chicken with Ginger Scallion Sauce
白切鸡伴姜葱酱

Seasonal Vegetables
时蔬

Option:

- A) **Chicken Bone Four Herbs Soup**
鸡骨四神汤
- B) **Sweet & Sour Fish Balls**
糖醋鱼丸

Dinner / 晚餐

Salmon with Mango Salsa Dressing
三文鱼配芒果莎莎酱

Beef Meatballs in Tomato Sauce
意式番茄酱牛肉丸

Seasonal Vegetables
时蔬

Option:

- A) **Creamy Pumpkin Soup**
奶油南瓜汤
- B) **Bake Cheese Potato Au Gratin**
奶酪焗马铃薯

Dinner / 晚餐

Salted Egg Butter Prawns
金沙奶油虾

Honey BBQ Chicken Wings
蜂蜜烧烤鸡翅

Seasonal Vegetables
时蔬

Option:

- A) **Chinese White Radish Pepper Soup**
白萝卜胡椒汤
- B) **Mash Potato with Brown Sauce**
红酱马铃薯泥

Dinner / 晚餐

Japanese Style Miso Salmon
日式味噌鲑鱼

Japanese Beef Patties with Onions
日式洋葱牛肉饼

Seasonal Vegetables
时蔬

Option:

- A) **Choy Sum Fish Balls Soup**
菜心鱼丸汤
- B) **Seaweed Egg Omelette**
紫菜煎蛋



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WEDNESDAY
17/04/2024

Lunch / 午餐

Ikan Asam Pedas / Assam Fish Fillet
酸辣鱼

Bulgogi Ground Beef
韩式牛肉碎

Seasonal Vegetables
时蔬

Option:

- A) Polygonatum Odoratum Old Cucumber Soup
玉竹老黄瓜汤
- B) Vegetarian Spring Roll
素春卷

Dinner / 晚餐

Stir Fry Shrimps With Honey Lemon
蜜汁柠檬虾

Ayam Masak Paprik
Malay style spicy chicken
经典马来式香辣炒鸡

Seasonal Vegetables
时蔬

Option:

- A) Chinese Pear Herbal Tonic Chicken Soup
川贝雪梨鸡汤
- B) Sautéed Okra & Egg
秋葵炒蛋

THURSDAY
18/04/2024

Lunch / 午餐

Stir-Fried Prawn in Gong Bao Style
宫保虾

Japanese Style Chicken Karage
日式炸鸡块

Seasonal Vegetables
时蔬

Option:

- A) Winter Melon Soup With Dried Scallops
干贝冬瓜汤
- B) Teriyaki Quail Eggs
照烧鹌鹑蛋

Dinner / 晚餐

Steamed Fish Fillet H.K Style
港式蒸鱼片

Teriyaki Beef Meat Balls
照烧牛肉丸

Seasonal Vegetables
时蔬

Option:

- A) Pumpkin & kelp Miso Soup
南瓜海带味噌汤
- B) Braised Egg & Tau Pok
卤蛋豆腐卜

FRIDAY
19/04/2024

Lunch / 午餐

Pan-fried Salmon with Scallion Oil & Garlic
葱油蒜香煎三文鱼

Beef Patties with Onions
洋葱牛肉饼

Seasonal Vegetables
时蔬

Option:

- A) Cream of Mushroom Soup
奶油蘑菇汤
- B) Baked Bean with Eggs
焗豆煎蛋

Dinner / 晚餐

Truffle Oil Mushroom Stuffed Prawn
松露油蘑菇酿虾

Hawaiian Chicken Chop with Cheese & Tomato
夏威夷式鸡排

Seasonal Vegetables
时蔬

Option:

- A) Creamy Cauliflower Soup
椰花菜浓汤
- B) Breaded Scallop with Tartare Dip
扇贝配鞑靼酱



SOUL DELICACIES

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MONDAY
22/04/2024

Lunch / 午餐

Pineapple Curry Shrimps Indonesian Style
印尼式黄梨咖喱虾

Ayam Goreng Berempah
(Aromatic Fried Chicken)
香料炸鸡

Seasonal Vegetables
时蔬

Option:

- A) Beetroot, Carrot & Sweet Corn Soup
甜菜根, 胡萝卜甜玉米汤
- B) Black Fungus Fried Egg
黑木耳煎蛋

Dinner / 晚餐

Steamed Fish Fillet with Cordyceps Flower
虫草花蒸鱼片

Fried Beef with Burdock and Sesame Oil
牛蒡麻油炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chicken and Shiitake Mushroom Soup
冬菇鸡丝汤
- B) Yong Tau Foo in Black Bean Sauce
豉汁酿豆腐

TUESDAY
23/04/2024

Lunch / 午餐

Golden Fried Fish Cube with Salted Egg
咸蛋鱼块

Black Pepper Beef with Capsicums
黑胡椒炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Sea Cucumber Herbal Soup
海参药材汤
- B) Hotplate tofu
铁板豆腐

Dinner / 晚餐

Laksa Shrimps with Sliced Tau Pok
叻沙豆卜虾

Signature Roasted Chicken with Plum Powder
招牌烧鸡伴梅粉

Seasonal Vegetables
时蔬

Option:

- A) Pumpkin Snow Fungus Soup
南瓜雪耳汤
- B) Cabbage Pancake
高丽菜煎饼

WEDNESDAY
24/04/2024

Lunch / 午餐

Creamy Butter Prawns
奶皇虾

Kam Heong Chicken Cubes
甘香鸡丁

Seasonal Vegetables
时蔬

Option:

- A) Cordyceps Mushroom & Old Cucumber Soup
冬虫夏草老黄瓜汤
- B) Stuffed Tau Pok With Rojak Sauce
罗惹酱豆卜

Dinner / 晚餐

Herbal Steamed Fish
药材蒸鱼

Japanese Kabocha Beef
日式南瓜牛肉

Seasonal Vegetables
时蔬

Option:

- A) Prince Ginseng Spleen & Lung Support Soup
太子参健脾润肺汤
- B) Spinach Steamed Egg
菠菜蒸蛋



SOUL DELICACIES

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FRIDAY
26/04/2024



THURSDAY
25/04/2024

Lunch / 午餐

Malay style Turmeric Fish Curry
马来式姜黄咖喱鱼

Beef in Sweet Soybean Paste
京酱牛肉

Seasonal Vegetables
时蔬

Option:

- A) Apple, Pears & Snow Fungus Soup
苹果雪梨银耳汤
- B) Hae Bee Hiang Fried Mushrooms
虾米香炒蘑菇

Lunch / 午餐

Shrimp with Walnuts & Honeydew Melon
核桃蜜瓜虾

Chicken Francese with Lemon-Butter Sauce
法式鸡扒配柠檬牛油酱

Seasonal Vegetables
时蔬

Option:

- A) Clam Chowder
蛤蜊浓汤
- B) Grilled Cajun Corn
香烤玉米

MONDAY
29/04/2024

Lunch / 午餐

Stir-Fried Fish Fillet Salty Vegetables
咸菜炒鱼片

Beef Rendang Istimewa
特色牛肉忍当

Seasonal Vegetables
时蔬

Option:

- A) He Shou Wu Black Bean Chicken Bone Soup
何首乌黑豆鸡骨汤
- B) Salted Egg Steamed Tofu
咸蛋蒸豆腐

Dinner / 晚餐

Chinese Herbal Prawn
药材虾

Signature Char Siew Roasted Chicken
招牌叉烧鸡

Seasonal Vegetables
时蔬

Option:

- A) Enoki Mushroom Tofu Miso Soup
金针菇豆腐味噌汤
- B) Tau Pok with Cucumber Floss & Rojak Sauce
罗惹酱豆卜

Dinner / 晚餐

Italian Style Lemon Cream Salmon
义式柠檬奶油鲑鱼片

Classic Shepherd's Pie
经典牧羊人牛肉派

Seasonal Vegetables
时蔬

Option:

- A) Corn Chowder
玉米浓汤
- B) Mini Triangle Hashbrown
迷你三角薯饼

Dinner / 晚餐

Creamy White Pepper Shrimps
奶油白胡椒虾

Five-Spice Braised Chicken
五香卤鸡

Seasonal Vegetables
时蔬

Option:

- A) Egg Seaweed Soup
紫菜蛋花汤
- B) Braised Eggs & Tau Kwa with Dark Soy Sauce
老抽豆干卤蛋



SOUL DELICACIES

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TUESDAY
30/04/2024

Lunch / 午餐

Butter Prawns with Egg Floss
蛋丝奶油虾

Shrimps Paste Chicken
虾酱鸡

Seasonal Vegetables
时蔬

Option:

A) Cordyceps & American Ginseng Tonic Soup
泡参虫草炖汤

B) Four Colour Roll
四色卷

Dinner / 晚餐

Golden Fried Fish Fillet with Sliced Garlic
蒜片炸鱼片

Beef Stewed with Winter Melon
牛肉炖冬瓜

Seasonal Vegetables
时蔬

Option:

A) Mushroom & Minced Chicken Soup
香菇鸡肉碎汤

B) Egg Fu Rong with Meat Floss
鸡肉肉松芙蓉蛋

Healthier Sources , Healthier Meal
更健康的食源 , 更健康的膳食



Healthier Choice certified Sauce
更健康的选择认证酱料



Lower GI & Higher Fibre
for all rice & porridge served
所有供应的米饭和粥都添加
较低的 GI 和较高的纤维



HPB certified
Healthier Choice Cooking Oils
HPB 认证
更健康的选择食用油



Used Low GI Sugar
使用低GI 糖



Low Sodium
Iodized Salt
低钠碘盐



NO Pork 没有猪肉
NO Lard 没有猪油
NO Alcohol 无酒精




SOUL DELICACIES
心灵厨房

Trial Meal
Only at \$155.54 w/ GST
for 5 days 2 pax



- Special Daily Brewed Soup OR Special Curated 4th Dish
- Dishes 1 (Chicken/ Beef/ Fish / Prawn)
- Dishes 2 (Chicken/ Beef/ Fish / Prawn)
- Seasonal Vegetables of the day



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