



SOUL DELICACIES

心灵厨房

Halal Certified Tingkat Meals



FPCA20230001107

**May
2024**



8853 5087



6995 0998



Soul Delicacies



Souldelicaciessg



SOUL DELICACIES

心灵厨房

Achievement



"Excellence: Our Journey, Our Commitment!"



8853 5087



6995 0998



Soul Delicacies



Souldelicaciessg



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
更健康的選擇認證醬料



Using Low GI Sugar
使用低GI糖



Lower GI & Higher Fibre
for all rice & porridge served
所有供應的米飯和粥都添加
較低的 GI 和較高的纖維



Low Sodium
Iodized Salt
低鈉碘鹽



HPB certified
Healthier Choice Cooking Oils
HPB認證
更健康的選擇食用油



Halal Certified
清真認證

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

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

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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

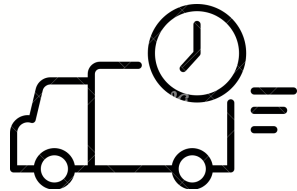


Add on
SongHe (80/20) Brown Rice Porridge
\$1.31(w/GST) per pax



SOUL DELICACIES

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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



Wednesday
1/05/2024

Thursday
2/05/2024

Friday
3/05/2024

Lunch / 午餐

Lunch / 午餐

Chinese Poached Fish Fillet with Garlic Paste
蒜香生鱼片

Sautéed Shrimps Aglio-Olio Style
西班牙蒜油虾

Sautéed Beef with King Oyster Mushroom
牛肉炒杏鲍菇

Tomato Chicken Stew
番茄焗鸡

Seasonal Vegetables
时蔬

Seasonal Vegetables
时蔬

Option:

Option:

- A) Vegetable Soup with Chicken & Silken Tofu
鸡肉丝豆腐蔬菜汤
- B) Cabbage Pancake
高丽菜煎饼

- A) Creamy Mushroom Soup
奶油蘑菇汤
- B) Cheese Stuffed Mashed Potato Balls
奶酪马铃薯泥球

Dinner / 晚餐

Dinner / 晚餐

Fried Shrimp with Onion & Sesame
洋葱芝麻爆虾

Grilled Salmon Fillets with Thyme Herbs
百里香烤三文鱼片

Steamed Chicken with Garlic & Enoki Mushrooms
蒜蓉金针菇蒸鸡

Beef Patty with Black Pepper Sauce
黑椒牛肉饼

Seasonal Vegetables
时蔬

Seasonal Vegetables
时蔬

Option:

Option:

- A) Sichuan Vegetable Tofu Soup
四川菜豆腐汤
- B) Hay Bee Hiam Sliced Lotus Root
虾米香莲藕片

- A) Cream of Tomato Basil Soup
奶油番茄罗勒汤
- B) Baked Tomatoes with Mozzarella Cheese
奶酪烤番茄

Labour Day Closure
劳动节休假

— HAPPY —

LABOUR DAY

MAY 1ST





SOUL DELICACIES

心灵厨房



Monday
6/05/2024

Lunch / 午餐

Sweet & Sour Fish Fillet
糖醋鱼片

Stir-Fried Sliced Beef Fillet with Kimchi
🌶️ 泡菜炒牛肉片

Seasonal Vegetables
时蔬

Option:

- A) Pumpkin & kelp Miso Soup
南瓜海带味噌汤
- B) Tofu with Preserved Eggs
皮蛋豆腐

Dinner / 晚餐

Dry-Braised Prawn with Sweet & Sour Thai Sauce
🌶️ 泰式酸辣酱虾

Steamed Chicken with Mushrooms
香菇蒸滑鸡

Seasonal Vegetables
时蔬

Option:

- A) Fish Maw & Yellow Gold Ear Mushroom Soup
鱼肚金耳菇汤
- B) Osmanthus Honey Yam
桂花蜜芋

Tuesday
7/05/2024

Lunch / 午餐

Butter Cereal Prawn
牛油油麦片虾

Cordyceps Flower Steamed Chicken
虫草花蒸鸡

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

Steamed Fish Fillet with Chrysanthemum & Goji
菊花枸杞蒸鱼片

Chinese Herbal Beef Stew
药膳牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chinese White Radish Pepper Soup
白萝卜胡椒汤
- B) Steamed Egg with Wolfberries Sauce
枸杞蒸蛋

Wednesday
8/05/2024

Lunch / 午餐

Malay Curry Assam Fish Fillet
🌶️ 马来式咖喱阿萨姆鱼片

Sautéed Beef with Scallions & Ginger
葱姜牛肉

Seasonal Vegetables
时蔬

Option:

- A) Tomato Mushroom Soup
番茄菌菇汤
- B) Sweet & Sour Potato Cubes
糖醋薯块

Dinner / 晚餐

Tamarind Prawns
罗望子虾

Typhoon Shelter-Style Fried Chicken
避风塘式炸鸡

Seasonal Vegetables
时蔬

Option:

- A) Wakame Tofu Soup
裙带菜豆腐汤
- B) Stir-Fried Pumpkin with Salted Egg
咸蛋黄炒南瓜



SOUL DELICACIES

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Friday
10/05/2024



Monday
13/05/2024

Thursday
9/05/2024

Lunch / 午餐

Stir-fried Prawn with Salted Eggs
咸蛋虾

Oven Roasted Ayam Percik
马来式烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Carrot & Zucchini Soup
红萝卜节瓜汤
- B) Fried Enoki Mushrooms with Sesame Sauce
芝麻酱金针菇

Lunch / 午餐

Yuzu Truffle Oil Grilled Fish Fillet
柚子松露油烤鱼片

Classic Italian Meatballs
经典意大利牛肉丸

Seasonal Vegetables
时蔬

Option:

- A) Healthy Tomato Soup
健康番茄汤
- B) Sautéed Potato with Herbs
马铃薯炒香料

Lunch / 午餐

Fried Prawn with Oyster Sauce
干煎蚝油虾

Roasted Chicken with Plum Sauce
梅酱烧鸡

Seasonal Vegetables
时蔬

Option:

- A) Arrowroot & Cordyceps Chicken Soup
虫草花粉葛鸡汤
- B) Crispy Corn Fritters
香脆玉米饼

Dinner / 晚餐

Stir-fried Fish Fillet with Hae Bee Hiam
🌶️ 虾米香炒鱼片

Beef Curry with Pumpkin
🌶️ 南瓜咖喱牛肉

Seasonal Vegetables
时蔬

Option:

- A) Signature ABC Chicken Soup
招牌ABC鸡汤
- B) Tahu Telur-Fluffy Eggs With Tofu
豆腐松软蛋

Dinner / 晚餐

Baked Shrimps with Mozzarella Cheese
马苏里拉奶酪烤虾

Classic Roast Chicken with Thyme
经典百里香烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Creamy Crab Meat Pumpkin Bisque
奶油蟹肉金瓜汤
- B) Cheesy Baked Mussel
芝士烤贻贝

Dinner / 晚餐

Dry Fried Fish Fillets in Tomato Sauce
干烧茄汁鱼片

Japanese Style Miso Beef Stew
日式味噌炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Purple Potato Snow Fungus Soup
紫薯银耳汤
- B) Chinese Steamed 3 Colors Eggs
三色蛋



SOUL DELICACIES

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Wednesday
15/05/2024



Thursday
16/05/2024

Tuesday
14/05/2024

Lunch / 午餐

Char Siew Style Salmon Fillet
叉烧酱三文鱼片

Gong Bao Beef Cubes
宫保牛肉丁

Seasonal Vegetables
时蔬

Option:

- A) Mushroom Stewed Chicken Soup
菌菇炖鸡汤
- B) Seaweed Egg Omelette
紫菜煎蛋

Lunch / 午餐

Onion Sambal Prawn
洋葱叁芭虾

Stir Fried Scallion Chicken
葱油鸡

Seasonal Vegetables
时蔬

Option:

- A) Spinach Tofu Soup
菠菜豆腐汤
- B) Braised Egg & Tau Pok
卤蛋豆腐卜

Lunch / 午餐

Steam Fish Fillet Hong Kong Style
港式蒸鱼片

Stir-Fried Thai Basil Beef
泰式罗勒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Polygonatum Odoratum Old Cucumber Soup
玉竹老黄瓜汤
- B) Gong Bao King Oyster Mushroom
宫保杏鲍菇

Dinner / 晚餐

Stir-Fried Prawn with Winter Melon & Red Dates
冬瓜红枣炒大虾

Shredded Ginger Sesame Oil Chicken
姜丝麻油鸡

Seasonal Vegetables
时蔬

Option:

- A) Burdock Stewed Chicken Soup
牛蒡炖鸡汤
- B) Chinese Chai Po Steamed Tofu
菜圃蒸豆腐

Dinner / 晚餐

Baked Fish Fillet with Dragon Fruit Salsa Sauce
火龙果莎莎酱烤鱼片

Fried Sliced Beef with Garlic
蒜香炸牛肉片

Seasonal Vegetables
时蔬

Option:

- A) Cordyceps & American Ginseng Tonic Soup
泡参虫草炖汤
- B) Tea Leaf Braised Quail Eggs
茶叶鹌鹑蛋

Dinner / 晚餐

Hong Kong Typhoon Shelter Prawn
避风塘炒虾

Cantonese Style Soy Sauce Chicken
粤式豉油鸡

Seasonal Vegetables
时蔬

Option:

- A) Chicken Bone Four Herbs Soup
鸡骨四神汤
- B) Vegetarian Spring Roll
素春卷



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Friday
17/05/2024

Lunch / 午餐

Cilantro Lime Garlic Butter Shrimp
香菜酸柑大蒜牛油虾

Pan-Fried Honey & Lemon Chicken
香煎蜂蜜柠檬鸡

Seasonal Vegetables
时蔬

Option:

A) Minestrone Soup
意式蔬菜汤

B) Mushroom Stuffed Pizza Paste
蘑菇披萨酱

Dinner / 晚餐

Salmon Pie with Stuffed Mushrooms
三文鱼馅饼配蘑菇

Stir-Fried Black Pepper Beef
黑胡椒牛肉

Seasonal Vegetables
时蔬

Option:

A) Corn Chowder
玉米浓汤

B) Bake Cheese Potato Au Gratin
奶酪焗马铃薯

Monday
20/05/2024

Lunch / 午餐

Peranakan Assam Curry Fish
娘惹啊叁咖喱鱼

Tomato Beef Stew
番茄炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Fuzhou Fish Ball Soup
福州鱼丸汤

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

Dinner / 晚餐

Stir Fried Buttered Egg Floss Prawn
蛋丝奶油虾

Thai Green Curry Chicken
泰式绿咖喱鸡

Seasonal Vegetables
时蔬

Option:

A) Beetroot, Carrot & Sweet Corn Soup
甜菜根, 胡萝卜甜玉米汤

B) Gyoza with Garlic Paste
蒜蓉饺子

Tuesday
21/05/2024

Lunch / 午餐

Buttered Cereal Prawn
奶油麦片虾

Curry Chicken with Potatoes Nyonya Style
传统娘惹咖喱鸡

Seasonal Vegetables
时蔬

Option:

A) Winter Melon Soup With Dried Scallops
干贝冬瓜汤

B) Meatball with Honey Citron Yuzu
蜜柚肉丸

Dinner / 晚餐

Fish Fillet Lychee Sweet & Sour Sauce
荔枝鱼片

Sautéed Beef in "Gan Heong" Style
甘香牛肉片

Seasonal Vegetables
时蔬

Option:

A) Chicken and Shiitake Mushroom Soup
冬菇鸡丝汤

B) Truffle Oil Fried Omelet Egg
松露油煎蛋



SOUL DELICACIES

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Wednesday
22/05/2024

Vesak Day Closure
卫塞节休假



Thursday
23/05/2024

Lunch / 午餐

Prawn in Creamy White Pepper Sauce
奶油白胡椒虾

Teriyaki Chicken Meatballs
照烧鸡肉丸

Seasonal Vegetables
时蔬

Option:

- A) Pumpkin Snow Fungus Soup
南瓜雪耳汤
- B) Roasted Mushroom with Cumin
孜然烤蘑菇

Dinner / 晚餐

Japanese Style Miso Salmon
日式味噌三文鱼

Stir- Fried Beef with Green Capsicums
青椒炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Cordyceps Mushroom & Old Cucumber Soup
冬虫夏草老黄瓜汤
- B) Sweet Potato Fries dusted with Plum Powder
甘梅地瓜薯條

Friday
24/05/2024

Lunch / 午餐

Fish Fillet Coated with Parmesan Cheese
帕玛森芝士鱼片

Classic Beef Stroganoff
经典蘑菇奶油酱牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chicken & Corn Cream Soup
鸡肉玉米奶油汤
- B) Butter Garlic Mushrooms
牛油大蒜蘑菇

Dinner / 晚餐

Garden Apple Salad Prawn
田园苹果沙拉虾

Roasted Chicken with Thyme
百里香烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Cream of Pumpkin Soup
奶油南瓜汤
- B) Sautéed Mushrooms with Truffle Oil
松露油炒蘑菇



SOUL DELICACIES

心灵厨房

Tuesday
28/05/2024



Monday
27/05/2024

Lunch / 午餐

Stir-Fried Shrimps in Satay Sauce
沙爹酱炒虾

Dark Soy Sauce Chicken with Mushrooms
黑酱油香菇鸡

Seasonal Vegetables
时蔬

Option:

- A) Egg Seaweed Soup
紫菜蛋花汤
- B) Hotplate tofu
铁板豆腐

Lunch / 午餐

Nyonya Azhar Fish Fillet
娘惹啊杂鱼片

Nyonya Beef Rendang Istimewa
娘惹牛肉忍当

Seasonal Vegetables
时蔬

Option:

- A) Sea Cucumber Herbal Soup
海参药材汤
- B) Four Colours Roll
四色卷

Wednesday
29/05/2024

Lunch / 午餐

Thai Red Curry Prawn
泰式红咖喱虾

Thai Lemongrass Chicken Wing
泰式香茅鸡翅

Seasonal Vegetables
时蔬

Option:

- A) Mushroom & Minced Chicken Soup
香菇鸡肉碎汤
- B) Steamed Eggs with Dried Scallops
干贝蒸蛋

Dinner / 晚餐

Steamed Fish Fillet with Cordyceps Flower
虫草花清蒸鱼片

Braised Beef with Shimeji Mushrooms
金菇菇红烧牛肉

Seasonal Vegetables
时蔬

Option:

- A) He Shou Wu Black Bean Chicken Bone Soup
何首乌黑豆鸡骨汤
- B) Stuffed Tau Kwa with Cucumber & Peanut Sauce
黄瓜花生酱豆干

Dinner / 晚餐

Vermicelli Prawn with Minced Garlic
蒜蓉粉丝虾

Dang Gui Emperor Chicken
当归帝皇鸡

Seasonal Vegetables
时蔬

Option:

- A) Chinese Pear Herbal Tonic Chicken Soup
川贝雪梨鸡汤
- B) Dried Scallop Steamed Egg
干贝蒸蛋

Dinner / 晚餐

Pan-Fried Fish with Scallion Oil & Garlic
葱油蒜香煎鱼片

Beef Stew with Radish
白萝卜炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Apple, Pears & Snow Fungus Soup
苹果雪梨银耳汤
- B) Yong Tau Foo in Black Bean Sauce
豉汁酿豆腐



SOUL DELICACIES

心灵厨房

Friday
31/05/2024



Thursday
30/05/2024

Lunch / 午餐

Steamed Fish with Preserved Radish
菜脯蒸鱼

Steamed Beef Patties with Tangerine Peel
陈皮马蹄蒸牛肉饼

Seasonal Vegetables
时蔬

Option:

- A) Bayam Soup with Fish Balls
苋菜鱼丸汤
- B) Hay Bee Hiam Tofu
虾米香豆腐 

Lunch / 午餐

Baked Cheesy Garlic Prawns
芝士大蒜烤虾

Chicken Pizza Hawaiian Style
夏威夷式鸡肉披萨馅

Seasonal Vegetables
时蔬

Option:

- A) Clam Chowder
蛤蜊浓汤
- B) Garlic Parmesan Cheese Potatoes Wedges
蒜香奶酪薯饼角



Dinner / 晚餐

Nyonya Lemak Nenas Udang
(Nyonya Pineapple Prawn)
 娘惹椰奶黄梨虾

Shrimps Paste Chicken
虾酱鸡

Seasonal Vegetables
时蔬

Option:

- A) Burdock & Chestnut Soup
牛蒡栗子素汤
- B) Salt & Pepper Enoki Mushrooms
椒盐金针菇 

Dinner / 晚餐

Lemon Butter Baked Salmon
柠檬牛油烤三文鱼片

Beef Meat Balls in Mushrooms Sauce
蘑菇酱牛肉丸

Seasonal Vegetables
时蔬

Option:

- A) Corn Chowder
玉米浓汤
- B) Breaded Scallop with Tartare Dip
扇贝配鞑靼酱

