



SOUL DELICACIES

心灵厨房

Halal Certified Tingkat Meals



FPCA20230001107

**July
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**



**Free Gift:
Stainless Steel Cutlery Set**



**10%
OFF**

**20 days
Tingkat
Package**

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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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

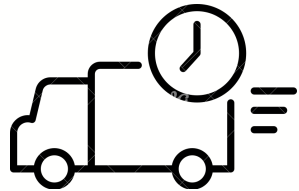


Add on
SongHe (80/20) Brown Rice Porridge
\$1.31(w/GST) per pax



SOUL DELICACIES

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
1/07/2024

Lunch / 午餐

Stir Fried Prawn with Tomato Baked Beans
番茄焗豆炒虾

Chicken with Ginger Honey Sauce
子姜蜜汁鸡

Seasonal Vegetables
时蔬

Option:

- A) Shredded Radish & Egg Soup
萝卜丝蛋汤
- B) Seaweed Egg Omelette
紫菜煎蛋

Dinner / 晚餐

Garlic Steamed Fish Fillet
蒜蓉蒸鱼片

Stir-Fried Kam Heong Sliced Beef
甘香牛肉片

Seasonal Vegetables
时蔬

Option:

- A) Arrowroot & Cordyceps Chicken Soup
虫草花粉葛鸡汤
- B) Buttered Cereal Egg Tofu
麦片蛋豆腐

Tuesday
2/07/2024

Lunch / 午餐

Fish Fillet with Korean Kimchi
韩式泡菜鱼片

Stir-Fried Beef with Onions Korean Style
韩式洋葱炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Wakame Tofu Soup
裙带菜豆腐汤
- B) Gyoza with Chinese Vinegar & Ginger Floss
醋姜饺子

Dinner / 晚餐

Curry Lemak Prawns Indonesian Style
印尼式咖喱虾

Nyonya Ayam Pongteh
(Braised Chicken & Potato Stew)
娘惹豆酱鸡

Seasonal Vegetables
时蔬

Option:

- A) Sichuan Vegetable Tofu Soup
四川菜豆腐汤
- B) Chinese Steamed 3 Colors Eggs
三色蛋

Wednesday
3/07/2024

Lunch / 午餐

Black Pepper Shrimps Malaysia Style
马来西亚式黑胡椒虾

Sweet & Sour Chicken Cubes
糖醋鸡肉丁

Seasonal Vegetables
时蔬

Option:

- A) Lotus Root Soup with Peanuts
花生莲藕汤
- B) Enoki Mushrooms with Sesame Sauce
芝麻酱金针菇

Dinner / 晚餐

Fillet of Fish in Gong Bao Sauce
宫保鱼片

Steamed Beef with Cordyceps Flowers
虫草花蒸牛肉

Seasonal Vegetables
时蔬

Option:

- A) Tomato Mushroom Soup
番茄菌菇汤
- B) Ampang Yong Tau Foo
安邦酿豆腐



SOUL DELICACIES

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Thursday
4/07/2024

Lunch / 午餐

Steamed Fish Fillet with Teochew Style
潮州蒸鱼片

Beef Stew with Radish
白蘿蔔炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Purple Potato Snow Fungus Soup
紫薯银耳汤
- B) Salted Egg Taro Stick
咸蛋芋头棒

Dinner / 晚餐

Buttered Cereal Prawns
牛油麦片虾

Signature Chinese Roasted Chicken
招牌中式烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Burdock Stewed Chicken Soup
牛蒡炖鸡汤
- B) Scramble Egg with Tomatoes & Mushrooms
番茄蘑菇炒蛋

Friday
5/07/2024

Lunch / 午餐

Creamy Truffles Oil Prawns
奶油松露油虾

Hawaiian Chicken with Grilled Pineapple Ring
夏威夷式鸡肉配烤菠萝圈

Seasonal Vegetables
时蔬

Option:

- A) Creamy Crab Meat Pumpkin Bisque
奶油蟹肉南瓜汤
- B) Butter Salted Corn
牛油玉米

Dinner / 晚餐

Fillet o Fish coated with Almond Flakes
西式杏仁鱼片

Italian Beef Balls Bolognese
意式肉酱牛肉丸

Seasonal Vegetables
时蔬

Option:

- A) Summer Corn Soup with Fresh Herbs
夏日香草玉米汤
- B) Creamy Baked Mac & Cheese
奶油烤通心粉和奶酪

Monday
8/07/2024

Lunch / 午餐

Peranakan Mackerel Fish Otah
娘惹乌达

Stir-fried Sliced Beef with Thai Basil
泰式罗勒炒牛肉片

Seasonal Vegetables
时蔬

Option:

- A) Carrot & Zucchini Soup
红萝卜节瓜汤
- B) Tahu Telur-Fluffy Eggs With Tofu
豆腐松软蛋

Dinner / 晚餐

Creamy Butter Prawns
奶皇虾

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

Seasonal Vegetables
时蔬

Option:

- A) Signature ABC Chicken Soup
招牌ABC鸡汤
- B) Silken Tofu with Soy Sauce, Onion & Garlic
酱油葱蒜滑豆腐



SOUL DELICACIES

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Wednesday
10/07/2024



Tuesday
9/07/2024

Lunch / 午餐

Shrimps with Pineapples & Black Fungus
凤梨黑木耳虾

Cantonese Style Scallion Oil Chicken
粤式葱油鸡

Seasonal Vegetables
时蔬

Option:

- A) **Healthy Tomato Egg Drop Soup**
健康番茄蛋花
- B) **Butter Nestum Cereal Fried Mushrooms**
雀巢麦片炒蘑菇

Dinner / 晚餐

Fish Fillet with Creamy Pumpkin Sauce
奶油南瓜酱鱼片

Stir-fried Beef with Scallions & Mushrooms
京葱杂菌炒牛片

Seasonal Vegetables
时蔬

Option:

- A) **Purple Yam & Corn Chicken Soup**
紫山药玉米鸡汤
- B) **Four Colours Roll**
四色卷

Baked Fish with Teriyaki Sauce
照烧鱼片

Braised Beef with Winter Melon
冬瓜红烧牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Fish Maw Scallop Soup**
鱼鳔干贝汤
- B) **Fried Omelette with Crispy Silver Fish**
脆香银鱼煎蛋

Dinner / 晚餐

Herbal Prawns with Red Dates & Goji
红枣枸杞药材虾

Gong Bao Chicken Cube with Cashew Nuts
腰果宫保鸡丁

Seasonal Vegetables
时蔬

Option:

- A) **Chicken Soup with Apple, Pears & Figs**
苹果水梨无花果鸡汤
- B) **Garlic Enoki Mushrooms**
蒜蓉金针菇

Thursday
11/07/2024

Lunch / 午餐

Dragon Fruit Salsa Prawn
火龙果莎莎虾

Braised Chicken with Mushrooms
冬菇焖鸡

Seasonal Vegetables
时蔬

Option:

- A) **Fuzhou Fish Ball Soup**
福州鱼丸汤
- B) **Crispy Corn Fritters**
香脆玉米饼

Dinner / 晚餐

Fish Fillet with Scallions & Ginger
葱姜鱼片

Sliced Beef in Satay Peanut Sauce
沙爹花生酱牛肉片

Seasonal Vegetables
时蔬

Option:

- A) **Cordyceps & American Ginseng Tonic Soup**
泡参虫草炖汤
- B) **Sweet & Sour Fish Balls**
糖醋鱼丸



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Monday
15/07/2024



Tuesday
16/07/2024

Friday
12/07/2024

Lunch / 午餐

Honey Garlic Glazed Salmon
西式蜂蜜蒜釉三文鱼

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

Seasonal Vegetables
时蔬

Option:

- A) **Potato Corn Chowder**
马铃薯玉米浓汤
- B) **Apricot Chicken Meatballs**
杏子酱鸡肉丸

Dinner / 晚餐

Italian Shrimp Aglio Olio
意式蒜油虾

Garlic Herb Butter Roast Chicken
蒜香草牛油烤鸡

Seasonal Vegetables
时蔬

Option:

- A) **Creamy Pumpkin Soup**
奶油南瓜汤
- B) **Cheesy Baked Potatoes**
芝士烤马铃薯

Lunch / 午餐

Udang Kicap Berempah
(Soy Sauce's Prawn)
马来式酱油虾

Cantonese Style Honey Roasted Char Siu Chicken
粤式蜜汁叉烧鸡

Seasonal Vegetables
时蔬

Option:

- A) **Spinach Tofu Soup**
菠菜豆腐汤
- B) **Salt & Pepper Fried King Oyster Mushrooms**
椒盐杏鲍菇

Dinner / 晚餐

Herbal Steamed Fish
药材蒸鱼

Beef Rendang Istimewa
特色牛肉忍当

Seasonal Vegetables
时蔬

Option:

- A) **Chicken Bone Four Herbs Soup**
鸡骨四神汤
- B) **Golden Fried Potato Begedil**
马铃薯饼

Lunch / 午餐

Salmon with Orange Juice & Soy Sauce
橙汁酱油烤三文鱼

Fried Beef with Burdock & Sesame Oil
麻油牛蒡炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Tofu and Tomato Soup**
豆腐番茄蘑菇汤
- B) **Steamed Egg with Wolfberries Sauce**
枸杞蒸蛋

Dinner / 晚餐

Typhoon Shelter Fried Prawns
避风塘炒虾

Golden Pear Braised Chicken
雪梨焖鸡

Seasonal Vegetables
时蔬

Option:

- A) **Huai Shan & Red Dates Chicken Soup**
淮山红枣鸡汤
- B) **Tofu Cucumber with Peanut Sauce**
豆腐黄瓜伴花生酱



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Wednesday
17/07/2024

Lunch / 午餐

Nyonya Assam Prawns
娘惹亚参虾

Ayam Masak Merah
马来式番茄鸡

Seasonal Vegetables
时蔬

Option:

- A) Enoki Mushroom Tofu Miso Soup
金针菇豆腐味噌汤
- B) Braised Aubergine & Tofu
红烧茄子豆腐

Dinner / 晚餐

Steamed Fish with Radish & Dried Shrimps
甜菜脯虾米蒸鱼

Sautéed Beef with Scallions
姜葱牛肉

Seasonal Vegetables
时蔬

Option:

- A) Winter Melon Soup With Dried Scallops
干贝冬瓜汤
- B) Spinach Steamed Egg
菠菜蒸蛋

Thursday
18/07/2024

Lunch / 午餐

Steamed Fish Fillet with Nyonya Sauce
娘惹酱蒸鱼片

Beef Stew with Chinese Yam & Carrots
山药胡萝卜炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Choy Sum Fish Balls Soup
菜心鱼丸汤
- 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

Cantonese Style Soy Sauce Chicken
粤式豉油鸡

Seasonal Vegetables
时蔬

Option:

- A) Beetroot Vegetable Soup
甜菜根蔬菜汤
- B) Chinese Chai Po Steamed Tofu
菜圃蒸豆腐

Friday
19/07/2024

Lunch / 午餐

Cajun Shrimp Boil with Corn
卡津虾

Chicken with Garlic Mushroom Sauce
蒜香蘑菇鸡

Seasonal Vegetables
时蔬

Option:

- A) Cream of Mushroom Soup
奶油蘑菇汤
- B) Sautéed Potato with Herbs
马铃薯炒香料

Dinner / 晚餐

Fish Fillets with Garlic & Thyme
西式大蒜百里香鱼片

Stir fried Teriyaki Beef with Leek
韭菜照烧牛肉

Seasonal Vegetables
时蔬

Option:

- A) Minestrone Soup
意式蔬菜汤
- B) Baked Tomatoes with Mozzarella Cheese
奶酪烤番茄



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Monday
22/07/2024

Lunch / 午餐

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) Cucumber, Tomato Egg Soup
黄瓜番茄鸡蛋汤
- B) Edamame Fish Ball with Yuzu Dressing
柚子毛豆鱼丸

Dinner / 晚餐

Indonesian Style Achar Prawn
🌶️ 印尼式阿查虾

Korean Style Fried Chicken
韩式炸鸡丁

Seasonal Vegetables
时蔬

Option:

- A) Goji, Red Dates & Mushroom Chicken Soup
红枣枸杞鸡汤
- B) Stuffed Tau Pok With Rojak Sauce
罗惹酱豆卜

Tuesday
23/07/2024

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) Chicken & Shiitake Mushroom Soup
冬菇鸡骨汤
- B) Osmanthus Honey Yam
桂花蜜芋

Dinner / 晚餐

Char Siew Style Salmon Fillet
叉烧酱三文鱼片

Tomato Beef Stew
番茄炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Scallop Tofu Fish Balls Soup
干贝豆腐鱼丸汤
- B) Minced Chicken Potatoes in Sweet Soy Sauce
甜酱马铃薯鸡肉碎

Wednesday
24/07/2024

Lunch / 午餐

Fish Fillet Lychee Sweet & Sour Sauce
荔枝鱼片

Stir-Fried Black Pepper Beef
黑胡椒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Egg Seaweed Soup
紫菜蛋花汤
- B) Sautéed Okra & Egg
秋葵炒蛋

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) Polygonatum Odoratum Old Cucumber Soup
玉竹老黄瓜汤
- B) Braised Egg & Tau Pok
卤蛋豆腐卜



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Friday
26/07/2024



Thursday
25/07/2024

Lunch / 午餐

Japanese Tempura Prawns
日式炸虾

Curry Chicken Japanese Style
🌶️ 日式鸡肉咖喱

Seasonal Vegetables
时蔬

Option:

- A) Fresh Corn w/ Snow Fungus & Carrot
玉米雪耳紅萝卜汤
- B) Teriyaki Quail Eggs
照烧鹌鹑蛋

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) Herbal Chicken Soup
药材鸡汤
- B) Hae Bee Hiang Fried Mushrooms
🌶️ 虾米香炒蘑菇

Lunch / 午餐

Salmon Pie with Stuffed Mushrooms
蘑菇鲑鱼派

Beef Meat Balls in Mushrooms Sauce
蘑菇酱牛肉丸

Seasonal Vegetables
时蔬

Option:

- A) Creamy Cauliflower Soup
椰花菜浓汤
- B) Baked Bean with Eggs
焗豆煎蛋

Dinner / 晚餐

Baked Cheesy Garlic Prawns
芝士大蒜烤虾

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

Seasonal Vegetables
时蔬

Option:

- A) Creamy Potato Soup
奶油马铃薯浓汤
- B) Garlic Roasted Pumpkin
蒜香烤南瓜

Monday
29/07/2024

Lunch / 午餐

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) Prince Ginseng Spleen & Lung Support Soup
太子参健脾润肺汤
- B) Hotplate tofu
铁板豆腐

Dinner / 晚餐

Golden Fried Fish Cube Salted Egg
咸蛋鱼块

"Roti John" Style Beef Meat Patties
"Roti John" 风格牛肉饼

Seasonal Vegetables
时蔬

Option:

- A) Chinese Pear Herbal Tonic Chicken Soup
川貝雪梨鸡汤
- B) Black Fungus Fried Egg
黑木耳煎蛋



SOUL DELICACIES

心灵厨房

Wednesday
31/07/2024



Tuesday
30/07/2024

Lunch / 午餐

Ginger & Scallion Fish Fillet
姜葱鱼片

Chinese Herbal Beef Stew
药膳焖牛肉

Seasonal Vegetables
时蔬

Option:

- A) American Ginseng Chicken Soup
西洋参炖鸡汤
- B) Egg Fu Rong with Meat Floss
鸡肉松芙蓉蛋

Dinner / 晚餐

Lemon Shrimps Thai Style
泰式柠檬虾

Cordyceps Flower Steamed Chicken
虫草花蒸鸡

Seasonal Vegetables
时蔬

Option:

- A) Winter Melon, Radish Seaweed Soup
冬瓜白萝卜海带汤
- B) Fried Omelette with Crispy Silver Fish
脆香银鱼煎蛋

Lunch / 午餐

Honey Walnut Shrimp
蜂蜜核桃虾

Steamed Chicken with Ginger Paste
姜蓉蒸鸡

Seasonal Vegetables
时蔬

Option:

- A) Szechuan Vegetable Tofu Chicken Balls Soup
四川菜豆腐鸡肉丸汤
- B) Sweet Potato Fries dusted with Plum Powder
甘梅地瓜薯條

Dinner / 晚餐

Japanese Miso Fish Fillet
日式味噌鱼片

Stir-fried Dry Beef Bak Kut Teh
干炒牛肉骨茶

Seasonal Vegetables
时蔬

Option:

- A) Fish Maw & Yellow Gold Ear Mushroom Soup
鱼肚金耳菇汤
- B) Tea Leaf Braised Quail Eggs
茶叶鹌鹑蛋

Best Seller

60 Days

Complimentary 12 x Side Dishes OR Freshly Brewed Healthy Soup

Complimentary 12 x Special Omakase Dessert

T&C Apply