



SOUL DELICACIES

心灵厨房

Halal Certified Tingkat Meals

一块月饼，
合家团圆

一轮明月，
思念无限



Made with
ALCHEMY
FIBRE

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ALCHEMY
FIBRE



FPCA20230001107

**September
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

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**5 days
Trial
Package**



**10 days
Tingkat
Package**



**Free Gift:
Stainless Steel Cutlery Set**



**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.



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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**



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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

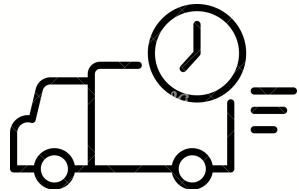


Add on
SongHe (80/20) Brown Rice Porridge
\$1.31(w/GST) per pax



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

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Monday
2/09/2024

Lunch / 午餐

Sweet & Sour Shrimp
咕啫虾

Shredded Ginger Sesame Oil Chicken
姜丝麻油鸡

Seasonal Vegetables
时蔬

Option:

- A) Winter Melon Seaweed Soup
冬瓜海带汤
- B) Seaweed Egg Omelette
紫菜煎蛋

Dinner / 晚餐

Salmon Fillet in Teriyaki Sauce
照烧三文鱼柳

Beef with Black Pepper Sauce
黑胡椒酱炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chestnut Chicken Soup
栗子煲鸡汤
- B) Sweet & Sour Lotus Root
糖醋莲藕

Tuesday
3/09/2024

Lunch / 午餐

Ikan Tiga Rasa
(Fish With Three-Flavored Sauce)
三味鱼片

Japanese Miso Braised Beef
日式味噌红烧牛肉

Seasonal Vegetables
时蔬

Option:

- A) Sichuan Vegetable Tofu Soup
四川菜豆腐汤
- B) Steam Silken Tofu with Chai Poh
菜脯豆腐

Dinner / 晚餐

Prawn in Spicy Chili Crab Sauce
香辣蟹酱虾

Chinese Supreme Soy Sauce Chicken
上等豉油鸡

Seasonal Vegetables
时蔬

Option:

- A) Astragalus Codonopsis Soup
北芪党参汤
- B) Salty Eggs Fried Corn Bits
金沙玉米

Wednesday
4/09/2024

Lunch / 午餐

Stir Fried Buttered Egg Floss Prawn
蛋丝奶油虾

Stir Fried Chicken with Onion Rings
洋葱鸡柳

Seasonal Vegetables
时蔬

Option:

- A) Immunity Boosting Chicken Soup
蒜香胡椒鸡汤
- B) Gyoza with Chinese Vinegar & Ginger Floss
醋姜饺子

Dinner / 晚餐

Steamed Fish in Teochew Style
潮州式蒸鱼

Sautéed Sliced Beef with Dry Curry
干咖喱炒牛肉片

Seasonal Vegetables
时蔬

Option:

- A) Vegetable Detox Soup with Chicken
蔬菜排毒鸡汤
- B) Long Beans Fried Egg
长豆煎蛋



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Thursday
5/09/2024

Lunch / 午餐

Korean Kimchi Fish Fillet
韩式泡菜鱼片

Beef Stew with Radish
白蘿蔔炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Chicken Soup with Apple, Pears & Figs**
苹果水梨无花果鸡汤
- B) **Chicken Yakitori Stick**
照烧鸡肉串

Dinner / 晚餐

Chinese Herbal Prawn
药材虾

Chicken w/ Ginger & Spring Onion
姜葱鸡

Seasonal Vegetables
时蔬

Option:

- A) **ABC Chicken Soup**
ABC 鸡骨汤
- B) **Silken Tofu with Soy Sauce, Onion & Garlic**
酱油葱蒜滑豆腐

Friday
6/09/2024

Lunch / 午餐

Mango Salsa Prawn
芒果莎莎虾

Oven Roasted Chicken with Rosemary Herbs
迷迭香烤鸡

Seasonal Vegetables
时蔬

Option:

- A) **Creamy Cauliflower Soup**
椰花菜浓汤
- B) **Potato-Mayo Croquettes**
马铃薯饼伴蛋黄酱

Dinner / 晚餐

Garlic Parmesan Crusted Salmon
大蒜帕尔马三文鱼

Beef & Mixed Bean Shepherd's Pie
牛肉牧羊人馅饼

Seasonal Vegetables
时蔬

Option:

- A) **Creamy Potato Soup**
奶油马铃薯浓汤
- B) **Breaded Scallop with Tartare Dip**
面包糠扇贝配鞑靼酱

Monday
9/09/2024

Lunch / 午餐

Achar Fish Nyonya Style
娘惹啊查鱼片

Korean BBQ-Style Beef (Bulgogi)
韩式烧烤牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Healthy Tomato Soup**
健康番茄汤
- B) **Fried Omelette with Crispy Silver Fish**
脆香银鱼煎蛋

Dinner / 晚餐

Garlic Steamed Shrimp
蒜蓉蒸虾

Sweet & Spicy Thai Chicken
酸辣泰式鸡

Seasonal Vegetables
时蔬

Option:

- A) **Purple Potato Snow Fungus Soup**
紫薯银耳汤
- B) **Stuffed Tau Pok With Rojak Sauce**
罗惹酱豆卜



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Wednesday
11/09/2024



Thursday
12/09/2024

Tuesday
10/09/2024

Lunch / 午餐

Braised Shrimps in Sesame Oil
麻油红烧虾

Braised Chicken in Dark Soy Sauce
招牌酱油鸡

Seasonal Vegetables
时蔬

Option:

- A) **Fresh Corn w/ Snow Fungus & Carrot**
玉米雪耳红萝卜汤
- B) **Salt & Pepper Enoki Mushrooms**
椒盐金针菇

Dinner / 晚餐

Fish Fillet Lychee Sweet & Sour Sauce
荔枝鱼片

Beef Rendang Istimewa
咖哩牛肉忍当

Seasonal Vegetables
时蔬

Option:

- A) **Beetroot Vegetable Soup**
甜菜根蔬菜汤
- B) **Golden Fried Potato Begedil**
马铃薯饼

Lunch / 午餐

Pineapple Curry Fish Indonesian Style
印尼式黄梨咖喱鱼片

Stir fried Teriyaki Beef with Leek
韭菜照烧牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Burdock & Chestnut Soup**
牛蒡栗子素汤
- B) **Four Colours Roll**
四色卷

Dinner / 晚餐

Stir -fry Prawns in "Har Lok" Style
干煎虾碌

Singapore Chicken Curry
新加坡式咖喱鸡

Seasonal Vegetables
时蔬

Option:

- A) **Apple, Chestnut, Lotus Seed & Lily Bulbs Soup**
苹果栗子莲子百合汤
- B) **Fish Paste Ngo Hiang**
鱼肉五香

Lunch / 午餐

Mango Curry Prawns
香芒咖喱虾

Imperial Herbal Chicken
帝皇鸡

Seasonal Vegetables
时蔬

Option:

- A) **Chinese Pear Herbal Tonic Soup**
黑豆, 栗子, 腰果素汤
- B) **Edamame Fish Balls with Yuzu Dressing**
柚子毛豆鱼丸

Dinner / 晚餐

Kam Heong Fish Fillets
甘香鱼片

Beef with Potatoes & Cumin Herbs
马铃薯孜然牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Mushroom & Minced Chicken Soup**
香菇鸡肉碎汤
- B) **Chinese Steamed 3 Colors Eggs**
三色蛋



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Monday
16/09/2024



Friday
13/09/2024

Lunch / 午餐

Salmon Pie with Stuffed Mushrooms
蘑菇鲑鱼派

Ground Beef & Potato Casserole
芝士马铃薯牛肉碎饼

Seasonal Vegetables
时蔬

Option:

A) Chicken & Corn Cream Soup
鸡肉玉米奶油汤

B) Scramble Egg with Tomatoes & Mushrooms
番茄蘑菇炒蛋

Dinner / 晚餐

Truffle Oil Mushroom Shrimps
松露油蘑菇虾

Chicken Cordon Bleu
蓝带鸡卷

Seasonal Vegetables
时蔬

Option:

A) Cream of Tomato Basil Soup
奶油番茄罗勒汤

B) Baked Potato with Sour Cream & Scallions
香葱酸奶焗马铃薯

Lunch / 午餐

White Pepper Creamy Shrimp
白胡椒奶油虾

Hainanese White Cut Chicken
海南白切鸡

Seasonal Vegetables
时蔬

Option:

A) Chinese Yam & Polygonatum Root Soup
山药玉竹炖汤

B) Golden Fried Prawn Dates
炸虾枣

Dinner / 晚餐

Steamed Fish Fillet with Garlic Paste
蒜泥蒸鱼片

Sautéed Beef with Thai Basil
泰式罗勒炒牛肉

Seasonal Vegetables
时蔬

Option:

A) Spinach & Mushroom Egg Drop Soup
菠菜香菇蛋花汤

B) Tofu with Thai Sweet Chili
泰式豆腐

Tuesday
17/09/2024

Lunch / 午餐

Steamed Fish Fillet with Black Bean Sauce
豉汁蒸鱼片

Sweet & Sour Pineapple Beef Meat Balls
糖醋凤梨牛肉丸

Seasonal Vegetables
时蔬

Option:

A) Choy Sum Fish Balls Soup
菜心鱼丸汤

B) Fu Rong Egg Omelets
芙蓉煎蛋蛋

Dinner / 晚餐

Tea-flavored Shrimp
茶香虾

Nyonya Chicken and Potato Stew
(Ayam Pongteh)
娘惹马铃薯炖鸡肉

Seasonal Vegetables
时蔬

Option:

A) Fish Maw Scallop Soup
鱼鳔干贝汤

B) Teriyaki Lotus Roots
照烧莲藕



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Wednesday
18/09/2024

Lunch / 午餐

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

Chicken Rendang with Potatoes
忍当鸡配马铃薯

Seasonal Vegetables
时蔬

Option:

- A) American Ginseng Chicken Soup
西洋参炖鸡汤
- B) Salted Egg Taro Stick
咸蛋芋头棒

Dinner / 晚餐

Salmon with Ginger & Spring Onions
姜葱炒三文鱼

Steamed Minced Beef with Tangerine Peel
陈皮丝蒸牛肉

Seasonal Vegetables
时蔬

Option:

- A) Pumpkin & kelp Miso Soup
南瓜海带味噌汤
- B) Vegetarian Spring Roll
素春卷

Thursday
19/09/2024

Lunch / 午餐

Thai Steamed fish with Ginger & Lemongrass
泰式香茅蒸鱼

Sautéed Beef with Scallion
葱爆牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chinese Style Borscht
中式罗宋汤
- B) Sautéed Trio Mushrooms
炒三菇

Dinner / 晚餐

Buttered Cereal Prawn
奶油麦片虾

Spicy Sweet & Sour Kam Heong Chicken
甘香鸡块

Seasonal Vegetables
时蔬

Option:

- A) Scallop Tofu Fish Balls Soup
干贝豆腐鱼丸汤
- B) Chinese "Osmanthus" Eggs
桂花蛋

Friday
20/09/2024

Lunch / 午餐

Aglio e Olio Prawns
牛油大蒜虾

Roast Chicken with Thyme Butter Sauce
百里香牛油烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Minestrone Soup
意式蔬菜汤
- B) Baked Potato with Nacho Cheese
香烤马铃薯伴奶酪

Dinner / 晚餐

Baked Salmon with Honey Garlic
蜜汁蒜香烤三文鱼

Beef Stew with Carrots & Potatoes
萝卜马铃薯炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Corn Chowder
玉米浓汤
- B) Buffalo's Chicken Winglets
布法罗鸡翅



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Monday
23/09/2024

Lunch / 午餐

Steam Salmon with Black Bean Garlic Sauce
豆豉蒜蓉蒸三文鱼

Stir-Fried Black Pepper Beef
黑椒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Napa Cabbage Tofu Soup
白菜豆腐汤
- B) Sweet Potato Fries dusted with Plum Powder
甘梅地瓜薯條

Dinner / 晚餐

Crispy Salt and Pepper Shrimp
椒盐虾

Steamed Chicken with Mushrooms
冬菇蒸鸡

Seasonal Vegetables
时蔬

Option:

- A) Vegetable Soup with Chicken & Silken Tofu
鸡肉豆腐蔬菜汤
- B) Tea Leaf Braised Quail Eggs
茶叶鹌鹑蛋

Tuesday
24/09/2024

Lunch / 午餐

Nyonya Asam Paste Prawn
娘惹亚参虾

Roasted Chicken with Sour Plum Sauce
梅酱烧鸡

Seasonal Vegetables
时蔬

Option:

- A) Old Cucumber Chicken Soup
老黄瓜鸡骨汤
- B) Buttered Cereal Fried King Oyster Mushrooms
牛油麦片炒杏鲍菇

Dinner / 晚餐

Golden Salted Egg Crispy Fish Fillet
黄金咸蛋鱼片

Beef with Shimeji Mushroom in Satay Sauce
沙爹金菇牛肉片

Seasonal Vegetables
时蔬

Option:

- A) Herbal Chicken Soup
药材鸡汤
- B) Osmanthus Honey Yam
桂花蜂蜜山药

Wednesday
25/09/2024

Lunch / 午餐

Spicy Gong Bao Fish Fillet
香辣宫保鱼片

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

Seasonal Vegetables
时蔬

Option:

- A) Chinese Pear Herbal Tonic Chicken Soup
川貝雪梨鸡汤
- B) Home-style Steamed Tofu with Preserved Radish
家常菜脯豆腐

Dinner / 晚餐

Golden Pumpkin Shrimps with Red Dates
红枣金瓜虾

Thai Pandan Leaf Chicken
泰国香兰叶鸡

Seasonal Vegetables
时蔬

Option:

- A) Foo Chow Fish Balls Soup
福州魚丸汤
- B) Cabbage Egg Pancake
高丽菜蛋煎饼



SOUL DELICACIES

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Friday
27/09/2024



Thursday
26/09/2024

Lunch / 午餐

Lemon Shrimps Thai Style
泰式柠檬虾

Roasted BBQ Chicken Char Siu Style
叉烧鸡扒

Seasonal Vegetables
时蔬

Option:

- A) **Chicken Feet Cordyceps Flower Soup**
虫草花鸡脚汤
- B) **Baked Bean with Eggs**
焗豆煎蛋

Dinner / 晚餐

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

Stir-Fried Beef with Cumin
孜然炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Chicken Soup with Chinese Yam**
山药炖鸡汤
- B) **Golden Fried Cauliflower Salted Eggs**
咸蛋花椰菜

Lunch / 午餐

Salmon with Lemon Garlic Sauce
三文鱼配柠檬蒜酱

Beef Patties with Cheese in Tomato Pasta Sauce
番茄奶酪意酱牛肉饼

Seasonal Vegetables
时蔬

Option:

- A) **Creamy Crab Meat Pumpkin Bisque**
奶油蟹肉金瓜汤
- B) **Garlic Roasted Pumpkin**
蒜香烤南瓜

Dinner / 晚餐

Olive Oil & Garlic Shrimps
橄榄油和大蒜虾

Garlic Herb Butter Roast Chicken
蒜香草牛油烤鸡

Seasonal Vegetables
时蔬

Option:

- A) **Creamy Mushroom Soup**
奶油蘑菇汤
- B) **Sautéed Potatoes with Herbs**
香草马铃薯

Monday
30/09/2024

Lunch / 午餐

Creamy Butter Prawns
奶皇虾

Chicken Stew with Mushrooms
花菇焖鸡

Seasonal Vegetables
时蔬

Option:

- A) **Burdock & Arrowroot Chicken Soup**
牛蒡粉葛鸡骨汤
- B) **Scramble Egg with Tomato Dices**
番茄炒蛋

Dinner / 晚餐

Nonya Steam Mackerel Fish Otah
娘惹鲭鱼乌达

Steamed Beef Patties with Chinese Yam
山药牛肉饼

Seasonal Vegetables
时蔬

Option:

- A) **Fish Maw Soup with Lily and Cabbage**
百合白菜鱼漂汤
- B) **Steamed Tofu with Chicken Minced Meat**
鸡肉碎蒸豆腐