



SOUL DELICACIES

心灵厨房

Halal Certified Tingkat Meals



FPCA20230001107

**August
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**



**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

心灵厨房



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

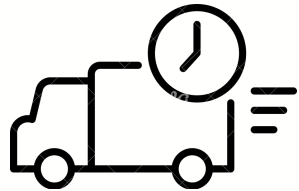


Add on
SongHe (80/20) Brown Rice Porridge
\$1.31(w/GST) per pax



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

Friday

2/08/2024



Thursday

1/08/2024

Lunch / 午餐

Japanese Style Teriyaki Fish Fillet
日式照烧鱼片

Stir-fried Scallions Sliced Beef
姜葱炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chinese Yam & Chicken Soup
山药鸡汤
- B) Seaweed Egg Omelette
紫菜煎蛋

Dinner / 晚餐

Steamed Shrimp with Ginger & Herbs
药膳姜丝蒸虾

Stir-Fried Lemongrass Chicken
香茅鸡

Seasonal Vegetables
时蔬

Option:

- A) Arrowroot & Cordyceps Chicken Soup
虫草花粉葛鸡汤
- B) Golden Fried Prawn Dates
香炸虾枣

Lunch / 午餐

Lemon Garlic Shrimp
柠檬蒜虾

Chicken with Creamy Mushroom Sauce
奶油蘑菇酱鸡

Seasonal Vegetables
时蔬

Option:

- A) Cream of Pumpkin Soup
西式南瓜汤
- B) Garlic Parmesan Cheese Potatoes Wedges
蒜香奶酪薯饼角

Dinner / 晚餐

Baked Fish Fillet with Cream Corn
奶油玉米鱼片

Cheesy Italian Meatball
芝士意大利牛肉丸

Seasonal Vegetables
时蔬

Option:

- A) Cream of Potato Soup
奶油马铃薯浓汤
- B) Sauteed Mushrooms with Herbs
香草炒蘑菇

Monday

5/08/2024

Lunch / 午餐

Malaysia Style Black Pepper Fish Fillet
马来西亚式黑胡椒鱼片

Pickle Vegetables Beef Patties
咸菜牛肉饼

Seasonal Vegetables
时蔬

Option:

- A) Chicken Soup with Longan, Red Dates & Goji
桂圆红枣枸杞鸡汤
- B) Spinach Steamed Egg
菠菜蒸蛋

Dinner / 晚餐

Creamy White Pepper Shrimps
奶油白胡椒虾

Claypot Style Ginger Chicken
砂锅式姜丝鸡

Seasonal Vegetables
时蔬

Option:

- A) Chinese Dang Gui Herbal Chicken Soup
当归药材鸡汤
- B) Butter Nestum Cereal Fried Mushrooms
麦片炸平菇



SOUL DELICACIES

心灵厨房



Tuesday
6/08/2024

Lunch / 午餐

Wolfberry Sesame Shrimp
枸杞芝麻虾

Sweet & Sour Thai Chicken
🌶️ 酸甜泰式鸡

Seasonal Vegetables
时蔬

Option:

A) Chinese Pear Herbal Tonic Chicken Soup
川貝雪梨鸡汤

B) Dried Scallop Steamed Egg
干贝蒸蛋

Wednesday
7/08/2024

Lunch / 午餐

Garlic Truffles Oil Steam Fish
蒜蓉松露油蒸鱼

Steamed minced Beef with Salted Egg
咸蛋蒸牛肉碎

Seasonal Vegetables
时蔬

Option:

A) Burdock & Chestnut Soup
牛蒡栗子素湯

B) Salt & Pepper Enoki Mushrooms
椒盐金针菇 🌶️

Thursday
8/08/2024

Lunch / 午餐

Sweet & Sour Lychee Prawns
糖醋荔枝虾

Singapore Style Hainanese Poached Chicken
新加坡式海南白斩鸡

Seasonal Vegetables
时蔬

Option:

A) Bayam Soup with Fish Balls
苋菜鱼丸汤

B) Scramble Egg with Tomato Dices
番茄炒蛋

Dinner / 晚餐

Chinese Style Garlic Fish Fillet
中式蒜香鱼片

Stir-fried Gong Pao Sliced Beef
🌶️ 宫保牛肉片

Seasonal Vegetables
时蔬

Option:

A) Sea Cucumber Herbal Soup
海参药材汤

B) Four Colours Roll
四色卷

Dinner / 晚餐

Nyonya Assam Prawn
🌶️ 娘惹亚参虾

Braised Chicken with Pumpkin & Red Dates
南瓜红枣焖鸡

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

Dinner / 晚餐

Ikan Masak Kicap Manis
(Malay Style Fish in Sweet Soy Sauce)
马来式甜酱鱼

Singapore Style Beef Rendang Istimewa
🌶️ 新加坡式特色牛肉忍当

Seasonal Vegetables
时蔬

Option:

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

B) Mapo Tofu
麻婆豆腐 🌶️



SOUL DELICACIES

心灵厨房

Monday
12/08/2024

Lunch / 午餐

Baked Fish with Laksa Creamy Sauce
奶油叻沙焗鱼片

Braised Beef Recipe with Daikon
白萝卜焖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Pumpkin Snow Fungus Soup
南瓜雪耳汤
- B) Truffles Button Mushroom
松露油烤 蘑菇

Dinner / 晚餐

Shrimps in Singapore Chilli Crab Sauce
新加坡式辣椒蟹酱虾

Signature Roast Chicken Char Siu
招牌鸡肉叉烧

Seasonal Vegetables
时蔬

Option:

- A) Cordyceps Mushroom & Old Cucumber Soup
冬虫夏草老黄瓜汤
- B) Rojak Stuffed Tao Pok
罗惹豆扑

 Mild Spicy . 微辣



Tuesday
13/08/2024

Lunch / 午餐

Supreme Soy Sauce Shrimp
干煎虾碌

Creamy Buttermilk Chicken
奶油鸡

Seasonal Vegetables
时蔬

Option:

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

Dinner / 晚餐

Steamed Fish w/ Garlic Black Bean Sauce
蒜蓉黑豆酱蒸鱼

Steamed Beef with Cordyceps Flowers
虫草花蒸牛肉

Seasonal Vegetables
时蔬

Option:

- A) He Shou Wu Black Bean Chicken Bone Soup
何首乌黑豆鸡骨汤
- B) Sautéed Okra & Egg
秋葵炒蛋

Friday
9/08/2024

National Day
Closure
国庆日休业



TOGETHER
AS ONE UNITED PEOPLE



SOUL DELICACIES

心灵厨房

Thursday
15/08/2024



Wednesday
14/08/2024

Lunch / 午餐

Gan Xiang Fragrant Salmon Fillet
甘香三文鱼片

Tomato Beef Stew with Shimeiji Mushrooms
番茄蘑菇炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Winter Melon Soup With Dried Scallops
干贝冬瓜汤
- B) Sweet & Sour Chicken Meatballs
糖醋鸡肉丸

Dinner / 晚餐

Thai Spicy Lemongrass Shrimps
泰式香茅虾

Thai Style Lemon Chicken Chop
泰式柠檬鸡排

Seasonal Vegetables
时蔬

Option:

- A) Chicken & Shiitake Mushroom Soup
冬菇鸡丝汤
- B) Fried Egg Omelets with Chicken Floss
鸡肉松煎蛋

Lunch / 午餐

Malaysian Style Salted Egg Yolk Prawns
马来西亚式咸蛋虾

Steamed Chicken with Ginger Sauce
粤式姜汁蒸鸡

Seasonal Vegetables
时蔬

Option:

- A) Fuzhou Fish Ball Soup
福州鱼丸汤
- B) Tofu Goreng with Peanut Sauce
花生酱炸豆腐

Dinner / 晚餐

Chinese Ginger Scallion Steamed Fish
姜葱蒸鱼片

Minced Beef with Mixed Beans in Dark Soy Sauce
特色酱油牛肉碎拌杂豆

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

Friday
16/08/2024

Lunch / 午餐

Salmon Shepherd's Pie
三文鱼牧羊人馅饼

Sliced Beef with Mushroom Sauce
西式蘑菇酱炒牛肉片

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

Italian Style Aglio e olio Shrimps
意式蒜蓉橄榄油煎虾

Garlic Herb Butter Roast Chicken
蒜香牛油香烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Corn Chowder
玉米浓汤
- B) Buttered Sweet Corn with Cheese
奶酪焗玉米粒



SOUL DELICACIES

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Monday
19/08/2024

Lunch / 午餐

Onion Sambal Prawn
洋葱叁芭虾

Stir Fried Chicken with Onion Rings
洋葱鸡柳

Seasonal Vegetables
时蔬

Option:

- A) Mushroom Stewed Chicken Soup
菌菇炖鸡汤
- B) Chinese Chai Po Steamed Tofu
菜圃蒸豆腐

Dinner / 晚餐

Nyonya Steam Mackerel Fish Otah
娘惹鲭鱼乌达

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

Seasonal Vegetables
时蔬

Option:

- A) Burdock Stewed Chicken Soup
牛蒡炖鸡汤
- B) Steamed Eggs with Chicken Minced Meat
鸡肉碎蒸蛋

Tuesday
20/08/2024

Lunch / 午餐

Thai Steamed Fish with Lemongrass & Coriander
泰式柠檬香菜蒸鱼

Thai Style Basil Stir-fried Beef
泰式罗勒炒牛肉

Seasonal Vegetables
时蔬

Option:

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

Dinner / 晚餐

Stir Fried Shrimp with Tea Leaf
茶香虾

Steamed Chicken with Black Fungus & Dang Gui
当归黑木耳蒸鸡

Seasonal Vegetables
时蔬

Option:

- A) Cordyceps & American Ginseng Tonic Soup
泡参虫草炖汤
- B) Vegetarian Spring Roll
素春卷

Wednesday
21/08/2024

Lunch / 午餐

Oyster Sauce Braised Shrimps
蚝油焖虾

Egg Shredded Butter Chicken
蛋丝奶油鸡

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

Korean Kimchi Fish Fillet
韩式泡菜鱼片

Japanese Beef Miso Stew
日式味噌炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chicken Bone Four Herbs Soup
鸡骨四神汤
- B) Tea Leaf Braised Quail Eggs
茶叶鹌鹑蛋



SOUL DELICACIES

心灵厨房

Friday

23/08/2024



bizSAFE₃

Thursday
22/08/2024

Lunch / 午餐

Thai Tom Yam Fish Fillet
泰式东炎鱼片

Stir Fried Beef with Pineapple
凤梨炒牛肉

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

Dinner / 晚餐

Indonesian Style Achar Prawn
印尼式阿查虾

Roasted Chicken with Plum Sauce
梅酱烧鸡

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

Lunch / 午餐

Summer Salad Prawn with Tangerine
夏季柑橘沙拉虾

Cheesy Hawaiian Chicken Chop
芝士夏威夷鸡排

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

Dinner / 晚餐

Herb Lemon Baked Salmon
香草柠檬焗三文鱼

Cheesy Potatoes & Ground Beef Au Gratin
奶酪马铃薯焗牛肉碎

Seasonal Vegetables
时蔬

Option:

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

B) Cheesy Baked Half Shell Scallops
芝士焗半壳扇贝

Monday
26/08/2024

Lunch / 午餐

Ikan Tiga Rasa
Malay Fried Fish Fillet in 3 Flavour Sauce
马来式三味鱼片

Sautéed Beef Cubes in Dry Bak Kut Teh Style
干炒肉骨茶牛肉丁

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

Gong Bao Prawn with Cashew Nuts
宫保腰果虾

Chinese Five Spices Roast Chicken
中式五香烤鸡

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

心灵厨房

Wednesday
28/08/2024



Tuesday
27/08/2024

Lunch / 午餐

Thai Mango Salad Prawn
泰式芒果沙拉虾

Pumpkin Stew with Chicken
南瓜炖鸡

Seasonal Vegetables
时蔬

Option:

- A) **Vegetable Soup with Chicken & Silken Tofu**
鸡肉丝豆腐蔬菜汤
- B) **Purple Cabbage Eggs Pancake**
紫甘蓝煎饼

Lunch / 午餐

Steamed Fish Fillet Teochew Style
潮式蒸鱼片

Sautéed Teriyaki Sliced Beef
照烧牛肉片

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

Thursday
29/08/2024

Lunch / 午餐

Honey Walnut Shrimp
蜂蜜核桃虾

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

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

Nonya Style Steamed Fish
娘惹蒸鱼片

Chinese Herbal Beef Stew
药膳牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Sichuan Vegetable Tofu Soup**
四川菜豆腐汤
- B) **Salt & Pepper Sliced Lotus Root**
椒盐炸藕片

Dinner / 晚餐

Kabocha Prawn with Sliced Red Dates
红枣南瓜虾

Ayam Masak Merah
(Tomato Paste Chicken)
马来式番茄鸡

Seasonal Vegetables
时蔬

Option:

- A) **Fish Maw & Yellow Gold Ear Mushroom Soup**
鱼肚金耳菇汤
- B) **Sambal Onions Begedil**
叁崙洋葱薯块

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) **Wakame Tofu Soup**
裙带菜豆腐汤
- B) **Osmanthus Honey Yam**
桂花蜜芋



SOUL DELICACIES

心灵厨房



Friday
30/08/2024

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) Creamy Mushroom Soup
奶油蘑菇汤

B) Cheese Stuffed Mashed Potato Balls
奶酪马铃薯泥球

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



Healther 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
软低的 GI 和较高的纤维



HPB certified
Healther 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



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



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 Tomato Basil Soup
奶油番茄罗勒汤

B) Baked Tomatoes with Mozzarella Cheese
奶酪烤番茄

