

Deeply Soulful

SOUL DELICACIES

心灵厨房

Halal Certified Tingkat Meals



**Oct
2024**



FPCA20230001107



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



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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



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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

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

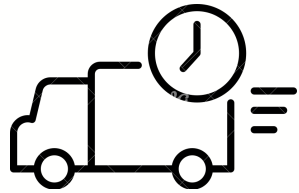


Add on
SongHe (80/20) Brown Rice Porridge
\$1.31(w/GST) per pax



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



Tuesday
1/10/2024

Lunch / 午餐

Korean Kimchi Fish Stew
韩式泡菜炖鱼

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

Seasonal Vegetables
时蔬

Option:

- A) Stewed Chicken Soup with Cordyceps Flower
虫草花炖鸡汤
- B) Quail Egg with Teriyaki Sauce
照烧鹌鹑蛋

Dinner / 晚餐

Salted Egg Butter Prawns
金沙奶油虾

Steamed Chicken with Goji & Black Fungus
枸杞子黑木耳蒸鸡

Seasonal Vegetables
时蔬

Option:

- A) Chinese Style Borscht
中式罗宋汤
- B) Potato & Ikan Bilis Dry Sambal
江鱼仔叁崙马铃薯丁

Wednesday
2/10/2024

Lunch / 午餐

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

Roasted Chicken with Sour Plum Sauce
梅酱烧鸡

Seasonal Vegetables
时蔬

Option:

- A) Angelica Longan Black Bean Soup
当归桂圆黑豆汤
- B) Tau Pok with Cucumber Floss & Rojak Sauce
罗惹酱豆卜

Dinner / 晚餐

Steamed Fish Fillet with Teochew Style
潮州蒸鱼片

Sauteed Dry Curry Sliced Beefs
干炒咖喱牛肉片

Seasonal Vegetables
时蔬

Option:

- A) Chicken "ABC" Soup
ABC鸡汤
- B) Hae Bee Hiang Fried Mushrooms
虾米香炒蘑菇

Thursday
3/10/2024

Lunch / 午餐

Herbal Steamed Fish
药材蒸鱼

Minced Beef with Tangerine Peel & Waterchestnut
陈皮马蹄蒸牛肉饼

Seasonal Vegetables
时蔬

Option:

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

Dinner / 晚餐

Sweet & Sour Shrimp
咕咾虾

Stir-Fried Chicken with Basil
九层塔炒鸡

Seasonal Vegetables
时蔬

Option:

- A) Old Cucumber Chicken Soup
老黄瓜鸡骨汤
- B) Chinese "Osmanthus" Eggs
桂花蛋

Mild Spicy . 微辣



SOUL DELICACIES

心灵厨房



Friday
4/10/2024

Lunch / 午餐

Truffle Oil Mushroom Prawns
松露油蘑菇虾

Garlic Herb Butter Roast Chicken
蒜香草牛油烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Creamy Cauliflower & Broccoli Soup
奶油花椰菜西兰花汤
- B) Sautéed Garlic Button Mushrooms
西式蒜炒蘑菇

Dinner / 晚餐

Salmon Pie with Stuffed Mushrooms
蘑菇鲑鱼派

Stir fried Teriyaki Beef with Leek
韭菜照烧牛肉

Seasonal Vegetables
时蔬

Option:

- A) Corn Chowder
玉米浓汤
- B) Cabbage Pancake
高丽菜煎饼

Monday
7/10/2024

Lunch / 午餐

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

Beef Stew with Potatoes
马铃薯焖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chinese Spinach Soup with Goji & Garlic
枸杞蒜菠菜汤
- B) Golden Fried Chicken Ngo Hiang Roll
香炸鸡肉五香卷

Dinner / 晚餐

Stir Fry Prawns in "Har Lok" Style
干煎虾碌

Hainanese White Cut Chicken
海南白切鸡

Seasonal Vegetables
时蔬

Option:

- A) Scallop Tofu Fish Balls Soup
干贝豆腐鱼丸汤
- B) Fried Beancurd with Thai Sweet Chili
泰式炸豆腐

Tuesday
8/10/2024

Lunch / 午餐

Steamed Shrimps with Garlic
蒜蓉蒸虾

Lemon Chicken Chop
柠檬鸡排

Seasonal Vegetables
时蔬

Option:

- A) Fish Maw Scallop Soup
鱼鳔干贝汤
- B) Breaded Scallop with Tartare Dip
扇贝配鞑靼酱

Dinner / 晚餐

Steamed Fish Fillet with Osmanthus & Goji
桂花枸杞蒸鱼片

Malay Style Beef Curry
马来式咖喱牛肉

Seasonal Vegetables
时蔬

Option:

- A) Spinach & Mushroom Egg Drop Soup
菠菜香菇蛋花汤
- B) Chinese Steamed 3 Colors Eggs
三色蛋



SOUL DELICACIES

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Thursday
10/10/2024



Wednesday
9/10/2024

Lunch / 午餐

Ikan Tiga Rasa
Malay Fired Fish Fillet in 3 Flavour Sauce

 **马来式三味鱼片**

Braised Beef Peranakan Style
娘惹式焖牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Mushroom & Minced Chicken Soup**
香菇鸡肉碎汤
- B) **Golden Fried Begedil**
炸马铃薯饼

Lunch / 午餐

Black Pepper Shrimp
 **黑胡椒虾**

Classic Chinese Braised Chicken
经典中式卤鸡

Seasonal Vegetables
时蔬

Option:

- A) **Chicken Bone Four Herbs Soup**
鸡骨四神汤
- B) **Ampang Yong Tau Foo**
安邦酿豆腐

Friday
11/10/2024

Lunch / 午餐

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

Classic Tomato Beef Stew
经典番茄炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Minestrone Soup**
意式蔬菜浓汤
- B) **Mash Potato with Brown Sauce**
红酱马铃薯泥

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) **Burdock & Chestnut Soup**
牛蒡栗子素汤
- B) **Deep Fried Tofu with Sesame Dipping Sauce**
麻酱炸豆腐

Dinner / 晚餐

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

Beef Stew with Radish
白蘿蔔炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Vegetable Soup with Chicken & Silken Tofu**
鸡肉豆腐蔬菜汤
- B) **Butter Nestum Cereal Fried Mushrooms**
雀巢麦片炒蘑菇

Dinner / 晚餐

Garlic Buttered Cheese Bake Shrimps
大蒜牛油奶酪烤虾

Honey BBQ Chicken Wings
蜂蜜烧烤鸡翅

Seasonal Vegetables
时蔬

Option:

- A) **Creamy Shrimp Bisque**
奶油浓虾汤
- B) **Pizza Mushrooms**
披萨蘑菇



SOUL DELICACIES

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Tuesday
15/10/2024



Wednesday
16/10/2024

Monday
14/10/2024

Lunch / 午餐

Stir-Fried Prawns with Ginger & Spring Onion
姜葱炒虾

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

Seasonal Vegetables
时蔬

Option:

- A) Herbal Chicken Soup
药材鸡汤
- B) Seaweed Egg Omelette
紫菜煎蛋

Lunch / 午餐

Salmon with Scallion Oil & Garlic
葱油蒜香煎三文鱼片

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

Seasonal Vegetables
时蔬

Option:

- A) Choy Sum Fish Balls Soup
菜心鱼丸汤
- B) Steamed Silken Tofu with Preserved Eggs
皮蛋豆腐

Lunch / 午餐

Stir Fried Buttered Corn Shrimps
牛油玉米虾

Curry Chicken Japanese Style
日式鸡肉咖喱

Seasonal Vegetables
时蔬

Option:

- A) Beetroot Vegetable Soup
甜菜根蔬菜汤
- B) Chicken Yakitori Stick
照烧鸡肉串

Dinner / 晚餐

Baked Fish with Teriyaki Sauce
照烧鱼片

Stir-fried Beef with Korean kimchi
韩式泡菜炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Fish Maw & Yellow Gold Ear Mushroom Soup
鱼肚金耳菇汤
- B) Sweet & Sour Fish Balls
糖醋鱼丸

Dinner / 晚餐

Stir-Fried Shrimp with Seaweed
海苔焗虾

Buttered Egg Floss Chicken
牛油蛋松鸡

Seasonal Vegetables
时蔬

Option:

- A) Fresh Corn w/ Snow Fungus & Carrot
玉米雪耳红萝卜汤
- B) Sautéed Okra & Egg
秋葵炒蛋

Dinner / 晚餐

Spicy Garlic Fish Fillet
香辣蒜香鱼片

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

Seasonal Vegetables
时蔬

Option:

- A) American Ginseng Chicken Soup
西洋参炖鸡汤
- B) Silken Tofu with Soy Sauce, Onion & Garlic
酱油葱蒜滑豆腐



SOUL DELICACIES

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Thursday
17/10/2024

Lunch / 午餐

Steamed Fish Fillets with Garlic
蒜蓉蒸鱼片

Beef in Teriyaki Sauce Japanese Style
日式照烧牛肉

Seasonal Vegetables
时蔬

Option:

- A) Six Herbs Tonic Chicken Soup
莲子六味鸡汤
- B) Braised Eggs & Tau Kwa with Dark Soy Sauce
老抽豆干卤蛋

Dinner / 晚餐

Laksa Shrimps with Dried Sliced Tau Pok
叻沙虾伴豆卜

Braised Chicken with Dark Soy Sauce
黑酱油卤鸡

Seasonal Vegetables
时蔬

Option:

- A) Winter Melon Seaweed Soup
冬瓜海带汤
- B) Kabocha Tempura with Roasted Sesame Sauce
南瓜天妇罗伴芝麻酱

Friday
18/10/2024

Lunch / 午餐

Cajun Shrimp Boil with Corn
卡津虾

Garlic Mushroom Chicken
蒜香蘑菇鸡肉

Seasonal Vegetables
时蔬

Option:

- A) Cream of Tomato Basil Soup
奶油番茄罗勒汤
- B) Baked Potato wedges Parmesan Cheese
烤薯角配帕马森奶酪

Dinner / 晚餐

Baked Fish Fillet with Cream Sauce
西式白汁鱼柳

Tomato Beef Stew
西式蕃茄嫩牛肉

Seasonal Vegetables
时蔬

Option:

- A) Creamy Mushroom Soup
奶油蘑菇汤
- B) Fried Mushrooms with Nacho Cheese Dip
香炸蘑菇配纳乔奶酪酱

Monday
21/10/2024

Lunch / 午餐

Fillet of Fish in Tomato Sauce
番茄酱鱼片

Sautéed Satay Sliced Beef
沙爹牛肉片

Seasonal Vegetables
时蔬

Option:

- A) Chicken Soup with Apple, Pears & Figs
苹果水梨无花果鸡汤
- B) Steamed Egg with Wolfberries Sauce
枸杞蒸蛋

Dinner / 晚餐

Buttered Cereal Prawn
奶油麦片虾

Stir-fried Chicken with Onions
洋葱鸡柳

Seasonal Vegetables
时蔬

Option:

- A) Black Bean & Peanut Chicken Feet Soup
黑豆花生鸡脚汤
- B) Four Colours Roll with Mayo Dip
蛋黄酱四色卷



SOUL DELICACIES

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Tuesday
22/10/2024

Lunch / 午餐

Indonesian Style Achar Prawn
印尼式阿查虾

Ayam Masak Kunyit
(Malaysian Turmeric Chicken)
马来黄姜鸡

Seasonal Vegetables
时蔬

Option:

- A) **Chicken Soup with Red Dates & Goji**
红枣枸杞鸡汤
- B) **Tempura Vegetables**
蔬菜天妇罗

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) **Spinach Century Egg Soup**
皮蛋苋菜汤
- B) **Tahu Telur-Fluffy Eggs With Tofu**
豆腐松软蛋

Wednesday
23/10/2024

Lunch / 午餐

Sweet & Sour Fish Fillet
酸甜鱼片

Sliced Beef with Black Bean Sauce
豉汁牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Purple Potato Snow Fungus Soup**
紫薯银耳汤
- B) **Scramble Egg with Tomatoes & Mushrooms**
番茄蘑菇炒蛋

Dinner / 晚餐

Thai Green Mango Salad Prawn
泰式青芒果沙拉虾

Thai Basil Chicken with Cashew Nuts
泰式罗勒腰果鸡

Seasonal Vegetables
时蔬

Option:

- A) **Sichuan Vegetable Tofu Soup**
四川菜豆腐汤
- B) **Shrimps Har Kau**
虾饺

Thursday
24/10/2024

Lunch / 午餐

Maggie Chili Prawns
美极辣酱虾

Cantonese Style Soy Sauce Chicken
粤式豉油鸡

Seasonal Vegetables
时蔬

Option:

- A) **Winter Melon Seaweed Soup**
冬瓜海带汤
- B) **Braised Taro in Soy Sauce**
酱焖芋头

Dinner / 晚餐

Steamed Fish Fillet with Nyonya Sauce
娘惹酱蒸鱼片

Chinese Yam Beef Stew
山药炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) **Foo Chow Fish Balls Soup**
福州鱼丸汤
- B) **Braised Beancurd with Enoki Mushrooms**
金针菇焖豆腐



SOUL DELICACIES

心灵厨房

Monday
28/10/2024



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Tuesday
29/10/2024

Friday
25/10/2024

Lunch / 午餐

Baked Salmon with Pineapple Salsa Sauce
三文鱼配凤梨莎莎酱

Roast Beef with Black Pepper Sauce
黑椒汁烤牛肉

Seasonal Vegetables
时蔬

Option:

- A) Crab Meat & Corn Egg Drop Soup
蟹肉玉米蛋花汤
- B) Buttered Herbs Corn
牛油香草玉米

Dinner / 晚餐

Sautéed Prawns Alio-Olio Style
意式蒜油炒虾

Creamy Garlic Chicken
西式奶油蒜蓉鸡

Seasonal Vegetables
时蔬

Option:

- A) Kabocha Pumpkin Soup
日式南瓜汤
- B) Omelette Egg with Baked Beans
焗豆煎蛋

Lunch / 午餐

Assam Prawns
亚参虾

Oriental Five Spices Roast Chicken
五香烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Chicken Soup
山药玉竹炖鸡汤
- B) Golden Fried Prawn Dates with Sweet Sauce
甜酱虾枣

Dinner / 晚餐

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

Sautéed Beef with Scallions
姜葱牛肉

Seasonal Vegetables
时蔬

Option:

- A) Burdock Gingko Chicken Soup
牛蒡白果鸡汤
- B) Crispy Lotus Root Cake
香煎藕饼

Lunch / 午餐

Buttered Fish With Egg Floss
蛋丝奶油鱼片

Stir-Fried Beef with Cumin
孜然炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Cordyceps & American Ginseng Tonic Soup
泡参虫草炖汤
- B) Salted Egg Green Beans
咸蛋四季豆

Dinner / 晚餐

Golden Pumpkin Shrimps with Red Dates
红枣南瓜炒虾

Spicy Sweet & Sour Kam Heong Chicken
甘香鸡块

Seasonal Vegetables
时蔬

Option:

- A) Healthy Tomato Soup
健康番茄汤
- B) Braised Beancurd with Enoki Mushrooms
金针菇焖豆腐



SOUL DELICACIES

心灵厨房

Thursday
31/10/2024



Wednesday
30/10/2024

Lunch / 午餐

Braised Shrimps in Sesame Oil
麻油红烧虾

Chinese Claypot Chicken
鸡公煲

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

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

PUBLIC HOLIDAY
CLOSURE



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



Trial Meal
Only at \$154 w/ GST
for 5 days 2 pax

- Special Daily Braised Soup OR Special Curried 4th Dish
- Dishes 1 (Chicken/ Beef/ Fish / Prawns)
- Dishes 2 (Chicken/ Beef/ Fish / Prawns)
- Seasonal Vegetables of the day

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