



**SOUL DELICACIES**

心灵厨房

# Halal Certified Tingkat Meals



FPCA20230001107

**Jan  
2025**



8853 5087



6995 0998



Soul Delicacies



Souldelicaciessg



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## Achievement



**"Excellence: Our Journey, Our Commitment!"**



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## 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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**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.**



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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**

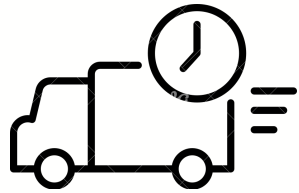


**Add on**  
**SongHe (80/20) Brown Rice Porridge**  
**\$1.31(w/GST) per pax**



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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

## Delivery Fees:

- **HDB: \$5 per trip**
- **Condominiums, Apartments, Office Buildings, Service Apartments, Executive Condos, Hotels, and CBD Areas: \$6 per trip**



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**Wednesday**  
**01/01/2025**

# Public Holiday Closure

**Thursday**  
**02/01/2025**

## Lunch / 午餐

**Sambal Grilled Fish**  
参巴烤鱼

**Korean BBQ Sliced Beef**  
韩式烤牛肉片

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Mushroom Minced Chicken Soup  
香菇肉碎汤
- B) Fu Rong Egg  
芙蓉蛋

## Dinner / 晚餐

**Thai Style Lemon Prawn**  
泰式柠檬虾

**Butter Cereal Chicken Cube**  
牛油麦片鸡丁

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Pumpkin Snow Fungus Soup  
南瓜雪耳汤
- B) Sauteed Trio Mushroom  
炒三菇

**Friday**  
**03/01/2025**

## Lunch / 午餐

**Baked Prawn w Tomato Salsa Salsa**  
番茄莎莎酱烤虾

**Creamy Butter Chicken**  
奶油酱烤鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Potato Corn Chowder  
马铃薯玉米浓汤
- B) Potato Wedges w Cheese Sauce  
马铃薯角

## Dinner / 晚餐

**Baked Fish w Italian Lemon Sauce**  
意大利柠檬酱烤鱼

**Western Beef Cube Stew**  
西式炖牛肉块

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Creamy Cauliflower Soup  
野花菜浓汤
- B) Kabocha Tempura  
南瓜天妇罗







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**Monday**  
**06/01/2025**

**Lunch / 午餐**

**Steamed Fish w Chai Po**  
菜圃蒸鱼片

**Teriyaki Beef**  
照烧牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Sea Cucumber Herbal Soup  
海参药材汤
- B) Baked Bean w Egg  
焗豆煎蛋

**Dinner / 晚餐**

**Chinese Herbal Goji Shrimp**  
药膳枸杞虾

**Ayam Masak Merah**  
 马来式红鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Huai San Red Date Chicken Soup  
淮山红枣鸡汤
- B) Sweet & Sour Potato Cube  
糖醋薯块

**Tuesday**  
**07/01/2025**

**Lunch / 午餐**

**Garden Apple Salad Prawn**  
苹果沙拉虾

**Braised Chicken w Mushroom**  
香菇焖鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Egg Seaweed Soup  
紫菜蛋花汤
- B) Steamed Tofu w Chicken Minced Sauce  
鸡碎蒸豆腐

**Dinner / 晚餐**

**Chinese Style Garlic Fish Fillet**  
中式蒜香鱼片

**Gongbao Sliced Beef**  
 宫保牛肉片

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Enoki Mushroom Tofu Miso Soup  
金针菇豆腐味噌汤
- B) Salt & Pepper Fried Oyster Mushroom  
椒盐杏鲍菇 

**Wednesday**  
**08/01/2025**

**Lunch / 午餐**

**Golden Salted Egg Fried Fish**  
黄金咸蛋炸鱼片

**Stir-Fried Beef w Ginger & Scallion**  
姜葱牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Apple, Pear Snow Fungus Soup  
苹果雪梨银耳汤
- B) Scrambled Egg w Diced Tomato  
番茄炒鸡蛋

**Dinner / 晚餐**

**Passionfruit Prawn**  
百香果虾

**Curry Chicken**  
 咖喱鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Polygonatum Odoratum Old Cucumber Soup  
玉竹老黄瓜汤
- B) Salted Egg French Bean  
咸蛋四季豆



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**Friday**  
**10/01/2025**



**Thursday**  
**09/01/2025**

**Lunch / 午餐**

**Prawns w Creamy White Pepper Sauce**

奶油白胡椒酱大虾

**Honey Lemon Garlic Chicken**

蜂蜜柠檬蒜香鸡

**Seasonal Vegetables**

时蔬

**Option:**

**A) Watercress w Goji Berry Soup**

西洋菜枸杞汤

**B) Four Color Roll**

四色卷

**Dinner / 晚餐**

**Steamed Fish Fillet w the Hong Kong Style**

港式蒸鱼片

**Mongolian Beef**

蒙古牛肉

**Seasonal Vegetables**

时蔬

**Option:**

**A) Fuzhou Fishball Soup**

福州鱼丸汤

**B) Steamed Egg w Chai Po**

菜圃蒸蛋

**Lunch / 午餐**

**Garlic Parmesan Crusted Salmon**

蒜香帕尔马三文鱼

**Beef Patty w Mushroom Cream Sauce**

牛肉饼配蘑菇奶油酱

**Seasonal Vegetables**

时蔬

**Option:**

**A) Creamy Tomato Soup**

番茄奶油浓汤

**B) Tempura Vegetable**

蔬菜天妇罗

**Dinner / 晚餐**

**Apple Waldorf Salad Prawn**

苹果华尔道夫沙拉虾

**Garlic Herb Butter Roast Chicken**

蒜香牛油香烤鸡

**Seasonal Vegetables**

时蔬

**Option:**

**A) Cream of Mushroom Soup**

蘑菇奶油汤

**B) Sweet Potato Fries w Cheese Powder**

红薯条

**Monday**  
**13/01/2025**

**Lunch / 午餐**

**Thai Tom Yum Prawn**

泰式冬荫虾

**Nyonya Chicken & Potato Stew**

(Ayam Pongteh)

娘惹马铃薯炖鸡肉

**Seasonal Vegetables**

时蔬

**Option:**

**A) Salted Vegetable Tofu Soup**

咸菜豆腐汤

**B) Crispy Corn Fritters**

香脆玉米饼

**Dinner / 晚餐**

**Fried Fish Fillet w Bean Paste Sauce**

炸鱼片配豆瓣酱

**Japanese Style Miso Beef Stew**

日式味噌炖牛肉

**Seasonal Vegetables**

时蔬

**Option:**

**A) Cordyceps Flower Chicken Soup**

虫草花鸡汤

**B) Mapo Tofu**

麻婆豆腐



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**Wednesday**  
**15/01/2025**



**Tuesday**  
**14/01/2025**

**Lunch / 午餐**

**Chicken Essence Fish Fillet**  
鸡精鱼片

**Stir-Fried Beef w Scallions & Mushroom**  
京葱杂菌炒牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Fishmaw w Scallop Soup  
鱼鳔干贝汤
- B) Chinese Steamed 3 Color Egg  
三色蛋

**Dinner / 晚餐**

**Black Pepper Shrimp w Capsicum**  
黑椒虾配甜椒

**Chicken Stew w Shiitake Mushroom**  
香菇焖鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) ABC Soup  
ABC 汤
- B) Egg w Long Bean  
长豆炒蛋

**Lunch / 午餐**

**Kam Hiong Prawn**  
甘香虾

**Chinese Braised Chicken w Quail Egg**  
鹌鹑蛋焖鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) He Shou Wu Black Bean Soup  
何首乌黑豆汤
- B) Ngo Hiong Roll  
五香卷

**Dinner / 晚餐**

**Peranakan Style Mackerel Fish Otah**  
娘惹式马鲛乌达

**Beef Stew w Radish**  
白萝卜炖牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Stewed Winter melon w Barley & Corn Soup  
薏仁玉米炖冬瓜汤
- B) Spring Roll  
春卷

**Thursday**  
**16/01/2025**

**Lunch / 午餐**

**Fish Fillet w Chrysanthemum & Wolfberry**  
菊花枸杞蒸鱼

**Dry Curry Sliced Beef**  
干炒咖喱牛肉片

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Pumpkin Snow Fungus Soup  
南瓜雪耳汤
- B) Popcorn Chicken  
爆米花鸡

**Dinner / 晚餐**

**Nyonya Assam Prawn**  
娘惹亚参虾

**Braised Chicken w Pumpkin & Red Dates**  
南瓜红枣焖鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Mushroom Minced Chicken Soup  
香菇肉碎汤
- B) Yong Tau Foo w Black Bean Sauce  
黑汁酿豆腐



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**Friday**  
**17/01/2025**

**Lunch / 午餐**

Lemon Cream Prawns  
奶油柠檬虾

Roasted Chicken w Thymes  
百里香烤鸡

Seasonal Vegetables  
时蔬

**Option:**

- A) Creamy Cauliflower Soup  
野花菜浓汤
- B) Hashbrown  
薯饼

**Monday**  
**20/01/2025**

**Lunch / 午餐**

Butter Cereal Fish Fillet  
麦片奶油鱼

Beef Meat Ball w Tomato Paste  
意大利番茄酱牛肉丸

Seasonal Vegetables  
时蔬

**Option:**

- A) Huai San Red Date Chicken Soup  
淮山红枣鸡汤
- B) Beancurd w Thai Mango Chilli Sauce  
泰式芒果辣椒酱豆腐 

**Tuesday**  
**21/01/2025**

**Lunch / 午餐**

Har Lok Prawn w Sesame  
 干煎虾

Hainanese Chicken  
白切鸡

Seasonal Vegetables  
时蔬

**Option:**

- A) Enoki Mushroom Tofu Miso Soup  
金针菇豆腐味噌汤
- B) Steamed Egg w Goji Berry Sauce  
枸杞酱蒸蛋

**Dinner / 晚餐**

Herb-Roasted Salmon Fillet  
香草烤三文鱼片

Black Pepper Beef Shepherd Pie  
 黑胡椒牛肉牧羊人派

Seasonal Vegetables  
时蔬

**Option:**

- A) Potato Corn Chowder  
马铃薯玉米浓汤
- B) Breaded Scallop w Tartar Sauce  
炸扇贝配塔塔酱

**Dinner / 晚餐**

Tea-Flavored Shrimp  
茶香虾

Ayam Masak Paprik  
Malay Style Spicy Chicken  
 马来式香辣炒鸡

Seasonal Vegetables  
时蔬

**Option:**

- A) Sea Cucumber Herbal Soup  
海参药材汤
- B) Stir Fried Egg w Onion  
洋葱炒蛋

**Dinner / 晚餐**

Steamed Herbal Fish Fillet  
药材蒸鱼片

Stir Fried Beef w Onion  
洋葱炒牛肉

Seasonal Vegetables  
时蔬

**Option:**

- A) Egg Seaweed Soup  
紫菜蛋花汤
- B) Steamed Tofu w Shallot Oil  
葱油蒸豆腐



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**Wednesday**  
**22/01/2025**

**Lunch / 午餐**

**Fish Fillet w Tangy Mongolian Sauce**  
🌶️ 蒙古酱鱼片

**Stir-Fried Dry Beef Kut Teh**  
干炒牛肉骨茶

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Polygonatum Odoratum Old Cucumber Soup  
玉竹老黄瓜汤
- B) Ampang Yong Tau Foo  
安邦酿豆腐

**Dinner / 晚餐**

**Sambal Pineapple Prawn**  
🌶️ 参巴菠萝虾

**Chicken Chrysanthemum w Wolfberry**  
菊花枸杞鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Apple, Pear Snow Fungus Soup  
苹果雪梨银耳汤
- B) Fried Tofu w Sesame Sauce  
芝麻酱炸豆腐

**Thursday**  
**23/01/2025**

**Lunch / 午餐**

**Indonesia Style Pineapple Curry Prawn**  
🌶️ 印尼式菠萝咖喱虾

**Braised Chicken w Garlic & Black Bean**  
蒜蓉豆豉鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Fuzhou Fishball Soup  
福州鱼丸汤
- B) Sweet & Sour Fishball  
糖醋鱼丸

**Dinner / 晚餐**

**Tiga Rasa Fish Fillet**  
🌶️ 三味鱼片

**Stir-Fried Beef w Oyster Sauce**  
蚝油牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Watercress w Goji Berry Soup  
西洋菜枸杞汤
- B) Seaweed Egg  
紫菜煎蛋

**Friday**  
**24/01/2025**

**Lunch / 午餐**

**Salmon w Garlic Butter Sauce**  
蒜蓉奶油三文鱼

**Classic Beef Stroganoff**  
经典白酱牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Cream of Mushroom Soup  
蘑菇奶油汤
- B) Sausage Bread Roll  
香肠面包卷

**Dinner / 晚餐**

**Shrimp w Creamy Cajun Sauce**  
奶油卡真香料虾

**Honey Wing**  
蜜汁鸡翅

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Creamy Tomato Soup  
番茄奶油浓汤
- B) Cheese Roll w Mayo  
奶酪卷配蛋黄酱



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**Tuesday**  
**28/01/2025**



**Wednesday**  
**29/01/2025**

**Monday**  
**27/01/2025**

**Lunch / 午餐**

Steamed Prawn w Garlic Sauce  
蒜蓉蒸虾

Chicken in Sesame Soya Sauce  
麻油鸡

Seasonal Vegetables  
时蔬

**Option:**

- A) Cordyceps Flower Chicken Soup  
虫草花鸡汤
- B) Prawn Date w Sweet Sauce  
虾枣

**Dinner / 晚餐**

Seabass w Ginger Soya Sauce  
姜汁鲈鱼

Chinese Herbal Beef Stew  
药膳炖牛肉

Seasonal Vegetables  
时蔬

**Option:**

- A) Salted Vegetable Tofu Soup  
咸菜豆腐汤
- B) Sotong Youtiao  
鱿鱼油条

**Eve of CNY  
Closure**



**Public Holiday  
Closure**





**SOUL DELICACIES**

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**Friday**  
**31/01/2025**



**Thursday**  
**30/01/2025**

# Public Holiday Closure

## Lunch / 午餐

Japanese Style Teriyaki Fish Fillet  
日式照烧鱼片

Steamed Beef w Cordyceps Flower  
虫草花蒸牛肉

Seasonal Vegetables  
时蔬

**Option:**

- A) Minestrone Soup  
意式素菜汤
- B) Honey Osmanthus Yam  
蜜汁桂花芋

## Dinner / 晚餐

Golden Salted Egg Fried Prawn  
黄金咸蛋炒虾

Herbal Chicken  
帝王鸡

Seasonal Vegetables  
时蔬

**Option:**

- A) Creamy Chicken Soup  
奶油鸡汤
- B) Fried Omelet w Crispy Silver Fish  
脆皮银鱼煎蛋



HAPPY CHINESE NEW YEAR

