



**SOUL DELICACIES**

心灵厨房

# Halal Certified Tingkat Meals



**Feb  
2025**



FPCA20230001107



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**

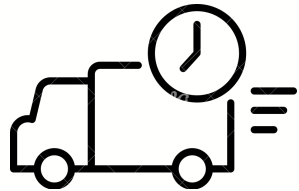


**Add on**  
**SongHe (80/20) Brown Rice Porridge**  
**\$1.31(w/GST) per pax**



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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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**Monday**  
**03/02/2025**

**Lunch / 午餐**

**Thai Style Lemongrass Fried Prawn**  
泰式香茅炒虾

**Braised Chicken in Soya Sauce**  
红烧鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Wintermelon Seaweed Soup  
冬瓜海带汤
- B) Stir Fried Egg w Long Bean  
长豆炒蛋

**Dinner / 晚餐**

**Fish Fillet w Lychee Sauce**  
荔枝鱼片

**Sliced Beef w Oyster Sauce**  
蚝油牛肉片

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Scallop Tofu Fishball Soup  
干贝豆腐鱼丸汤
- B) Sweet & Sour Meat Ball  
糖醋鸡肉丸

**Tuesday**  
**04/02/2025**

**Lunch / 午餐**

**Sambal Onion Fish Fillet**  
参巴鱼片

**Chinese Herbal Beef Stew**  
药膳炖牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Sichuan Vegetable Tofu Soup  
四川菜豆腐汤
- B) Tofu w Century Egg  
皮蛋豆腐

**Dinner / 晚餐**

**Stir Fried Pumpkin Prawn w Red Dates**  
红枣金瓜虾

**Steamed Ginger Chicken w Black Fungus**  
黑木耳姜丝蒸鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Arrowroot & Cordyceps Chicken Soup  
虫草花粉葛鸡汤
- B) Fried Omelette w Crispy Silver Fish  
银鱼煎蛋

**Wednesday**  
**05/02/2025**

**Lunch / 午餐**

**Mango Salsa Salsa Prawn**  
芒果莎莎酱虾

**Cajun Chicken**  
卡津烤鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Peanut Lotus Root w Chicken Feet Soup  
花生莲藕鸡脚汤
- B) Salt & Pepper Shimeji Mushroom  
椒盐白玉菇

**Dinner / 晚餐**

**Fish Fillet w Orange Juice**  
橙汁鱼片

**Teppanyaki Beef**  
铁板牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Seaweed Tomato Egg Soup  
紫菜番茄蛋花汤
- B) Bege dil  
马铃薯饼





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**Thursday**  
**06/02/2025**

**Lunch / 午餐**

**Korean Kimchi Fish Fillet**  
韩式泡菜鱼片

**Beef Stew w Radish**  
白萝卜炖牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

A) ABC Chicken Soup  
ABC 鸡汤

B) Chicken Quail Egg Ball  
鸡肉鹌鹑蛋球

**Friday**  
**07/02/2025**

**Lunch / 午餐**

**Lemon Garlic Prawn**  
柠檬蒜蓉虾

**Hawaii Chicken w Mozzarella Cheese**  
夏威夷奶酪鸡

**Seasonal Vegetables**  
时蔬

**Option:**

A) Creamy Minestrone Tomato Soup  
意式蔬菜番茄汤

B) Baked Cheese Scallop  
芝士焗扇贝

**Monday**  
**10/02/2025**

**Lunch / 午餐**

**Dry Fried Fish Fillet in Tomato Sauce**  
干烧茄汁鱼片

**Sauteed Beef w Leek**  
大蒜炒牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

A) Minced Chicken Soup w Mushroom  
蘑菇鸡肉碎汤

B) Scrambled Egg w Diced Tomato  
番茄炒鸡蛋

**Dinner / 晚餐**

**Stir Fried Shrimp w Seaweed**  
海带炒虾

**Spicy Chicken Cube**  
辣子鸡

**Seasonal Vegetables**  
时蔬

**Option:**

A) Beetroot Carrot Sweet Corn Soup  
甜菜萝卜玉米汤

B) Osmanthus Honey Yam  
桂花蜜芋

**Dinner / 晚餐**

**Salmon w Lemon White Sauce**  
柠檬白汁三文鱼

**Paprika Beef Stew**  
甜椒炖牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

A) Creamy Pumpkin Bonito Soup  
奶油南瓜柴鱼汤

B) Crispy Garlic Cheese Potato  
香脆大蒜芝士马铃薯

**Dinner / 晚餐**

**Fried Shrimp w Onion Sesame Sauce**  
洋葱芝麻酱炒虾

**Chicken Stew w Mushroom**  
蘑菇炖鸡

**Seasonal Vegetables**  
时蔬

**Option:**

A) Spinach Soup  
菠菜汤

B) Hotplate Egg Tofu  
铁板蛋豆腐



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**Wednesday**  
**12/02/2025**



**Tuesday**  
**11/02/2025**

**Lunch / 午餐**

Cereal Prawn  
麦片虾

Thai Green Curry Chicken  
泰国绿咖喱鸡

Seasonal Vegetables  
时蔬

**Option:**

- A) Chicken Soup w Chinese Yam & Danggui  
山药当归鸡汤
- B) Gyoza w Garlic Paste  
蒜蓉饺子

**Dinner / 晚餐**

Sweet & Sour Fish  
酸甜鱼片

Fried Beef Sliced w Garlic  
蒜蓉炸牛肉片

Seasonal Vegetables  
时蔬

**Option:**

- A) Immunity Boosting Chicken Soup  
蒜香胡椒鸡汤
- B) Tea Leaf Egg  
茶叶蛋

**Lunch / 午餐**

H.K Style Steamed Fish Fillet  
港式蒸鱼片

Thai Basil Beef  
泰式罗勒牛肉

Seasonal Vegetables  
时蔬

**Option:**

- A) Cabbage Tofu Soup  
白菜豆腐汤
- B) Steamed Tofu w Mixed Vegetable Egg White Sauce  
蒸蛋杂豆蛋丝酱

**Dinner / 晚餐**

H.K Typhoon Sheltered Prawns  
避风糖虾

Baked Honey Chicken Wing  
蜜汁烤鸡翅

Seasonal Vegetables  
时蔬

**Option:**

- A) Cordyceps Mushroom Old Cucumber Soup  
虫草蘑菇老黄瓜汤
- B) Crispy Corn Fritters  
酥脆玉米饼

**Thursday**  
**13/02/2025**

**Lunch / 午餐**

Prawn w Chili Crab Sauce  
辣椒蟹酱虾

Five Spice Braised Chicken  
五香卤鸡

Seasonal Vegetables  
时蔬

**Option:**

- A) Fuzhou Fish ball Soup  
福州鱼丸汤
- B) Salted Egg French Bean  
咸蛋四季豆

**Dinner / 晚餐**

Peranakan Assam Fish Fillet  
娘惹亚参鱼片

Gongbao Beef  
宫保牛肉

Seasonal Vegetables  
时蔬

**Option:**

- A) Mushroom Stewed Chicken Soup  
蘑菇炖鸡汤
- B) Fried Beancurd w Thai Chili Sauce  
泰式辣酱炒豆腐



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**Monday**  
**17/02/2025**



**Friday**  
**14/02/2025**

**Lunch / 午餐**

Golden Fried Fish w Cheese Sauce  
炸鱼芝士酱

Beef Meatball w Italy Tomato Sauce  
意大利番茄酱牛肉丸

Seasonal Vegetables  
时蔬

**Option:**

- A) Creamy Potato Soup  
马铃薯浓汤
- B) Mashed Potato  
马铃薯泥

**Dinner / 晚餐**

Aglio Olio Prawn  
蒜油虾

Roasted Chicken w Rosemary  
迷迭香烤鸡

Seasonal Vegetables  
时蔬

**Option:**

- A) Cream Of Mushroom Soup  
奶油蘑菇汤
- B) Potato Wedges w Mayo Cheese  
薯角

**Lunch / 午餐**

Hong Shao Braised Prawn  
红烧虾

Ayam Pongteh  
娘儿焖鸡

Seasonal Vegetables  
时蔬

**Option:**

- A) Scallop Tofu Fishball Soup  
干贝豆腐鱼丸汤
- B) Egg Tofu w Mala Chicken Minced Sauce  
麻辣鸡碎蛋豆腐

**Dinner / 晚餐**

Fried Fish w Light Soya Sauce  
香煎酱油鱼

Stir Fried Beef w Dried Chili  
干椒牛肉

Seasonal Vegetables  
时蔬

**Option:**

- A) Wintermelon Seaweed Soup  
冬瓜海带汤
- B) Tahu Telur  
炸蛋豆腐

**Tuesday**  
**18/02/2025**

**Lunch / 午餐**

Tom Yum Fish Fillet w Lime Leaf  
冬阴功鱼片

Salted Egg Beef Patty  
咸蛋牛肉饼

Seasonal Vegetables  
时蔬

**Option:**

- A) Arrowroot & Cordyceps Chicken Soup  
虫草花粉葛鸡汤
- B) Potato Cube w Sambal Ikan Bilis  
参巴江鱼仔土豆丁

**Dinner / 晚餐**

Orange Passionfruit Prawn  
橙子百香果虾

Belachan Chicken Wing  
峇拉煎鸡翅

Seasonal Vegetables  
时蔬

**Option:**

- A) Sichuan Vegetable Tofu Soup  
四川菜豆腐汤
- B) Tempura Vegetable  
天妇罗蔬菜



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**Wednesday**  
**19/02/2025**

**Lunch / 午餐**

**Stir Fried Butter Shrimp**  
爆炒奶油虾

**Sesame Chicken**  
麻油鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Seaweed Tomato Egg Soup**  
紫菜番茄蛋花汤

**B) Spring Roll**  
春卷

**Dinner / 晚餐**

**Chinese Poached Fish Fillet w Garlic Paste**  
蒜香鱼片

**Beef Cube w Winter melon**  
冬瓜牛肉粒

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Peanut Lotus Root w Chicken Feet Soup**  
花生莲藕鸡脚汤

**B) Braised Egg w Tau Kee**  
豆枝卤蛋

**Thursday**  
**20/02/2025**

**Lunch / 午餐**

**Tamarind Fish Fillet**  
罗望子鱼片

**Beef w Salted Vegetable**  
咸菜牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Beetroot Carrot Sweet Corn Soup**  
甜菜萝卜玉米汤

**B) Chinese Steamed 3 Color Egg**  
三色蛋

**Dinner / 晚餐**

**Butter Prawn w Egg Floss**  
蛋丝奶油虾

**Rendang Chicken**  
仁当鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) ABC Chicken Soup**  
ABC 鸡汤

**B) Breaded Scallop**  
面包扇贝

**Friday**  
**21/02/2025**

**Lunch / 午餐**

**Breaded Prawn w Tartar Sauce**  
日式炸虾

**Teriyaki Chicken**  
照烧鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Creamy Pumpkin Bonito Soup**  
奶油南瓜柴鱼汤

**B) Sliced Potato w Herbs**  
香草土豆片

**Dinner / 晚餐**

**Garlic Parmesan Crusted Salmon**  
大蒜帕尔马三文鱼

**Beef Meat Ball w Cream Cheese Sauce**  
奶油芝士牛肉丸

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Creamy Minestrone Tomato Soup**  
意式蔬菜番茄汤

**B) Hashbrown**  
薯饼



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**Monday**  
**24/02/2025**

**Lunch / 午餐**

**Malay Curry Fish w Tomato**  
马来式番茄咖喱鱼片

**Bulgogi Beef**  
韩式烧烤牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Spinach Soup  
菠菜汤
- B) Cheese Roll  
奶酪卷

**Dinner / 晚餐**

**White Pepper Creamy Prawn**  
奶油白胡椒虾

**Chicken Stew w Potato**  
土豆焖鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Minced Chicken Soup w Mushroom  
蘑菇鸡肉碎汤
- B) Braised Bean Curd w Enoki Mushroom  
金针菇焖豆腐

**Tuesday**  
**25/02/2025**

**Lunch / 午餐**

**Stir Fried Tomato Prawn**  
番茄炒虾

**Golden Pear Braised Chicken**  
雪梨焖鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Immunity Boosting Chicken Soup  
蒜香胡椒鸡汤
- B) Ngoh Hiong  
五香

**Dinner / 晚餐**

**Fish Fillet w Thai Chili Sauce**  
泰式辣酱鱼片

**Stir Fried Beef w Garlic**  
蒜香炸牛肉片

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Chicken Soup w Chinese Yam & Danggui  
山药当归鸡汤
- B) Curry Yong Tau Fu  
咖喱酿豆腐

**Wednesday**  
**26/02/2025**

**Lunch / 午餐**

**Steamed Fish w Osmanthus & Goji Berry**  
桂花枸杞蒸鱼片

**Braised Beef Peranakan Style**  
娘惹焖牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Cordyceps Mushroom Old Cucumber Soup  
虫草蘑菇老黄瓜汤
- B) Steamed Tofu w Salted Egg  
咸蛋蒸豆腐

**Dinner / 晚餐**

**Stir Fried Butter Corn Shrimp**  
奶油玉米虾

**Steamed Chicken w Mala Sauce**  
麻辣酱鸡

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Cabbage Tofu Soup  
白菜豆腐汤
- B) Okra Egg  
秋葵蛋





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**Friday**  
**28/02/2025**



**Thursday**  
**27/02/2025**

**Lunch / 午餐**

**Korean Style Prawn**  
韩式炒虾

**Signature Roasted Chicken w Plum Powder**  
招牌烧鸡拌梅粉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Mushroom Stewed Chicken Soup  
蘑菇炖鸡汤
- B) Four Color Roll  
四色卷

**Dinner / 晚餐**

**Fried Fish w Garlic**  
蒜香炸鱼片

**Dry Curry Beef**  
干炒咖牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Fuzhou Fish ball Soup  
福州鱼丸汤
- B) Fried Tauhu w Peanut Sauce  
花生酱炒豆腐

**Lunch / 午餐**

**Teriyaki Salmon**  
照烧三文鱼

**Beef Shepherd Pie**  
牛肉牧羊人派

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Cream Of Mushroom Soup  
奶油蘑菇汤
- B) Baked Cheese Potato w Au Gratin  
芝士焗土豆配焗烤

**Dinner / 晚餐**

**Baked Prawn w Cheese**  
芝士焗虾

**Cordon Bleu Chicken**  
蓝带鸡排

**Seasonal Vegetables**  
时蔬

**Option:**

- A) Creamy Potato Soup  
马铃薯浓汤
- B) Sotong Youtiao  
鱿鱼油条