



SOUL DELICACIES

心灵厨房

Halal Certified Tingkat Meals



**APR
2025**



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



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**



The prices shown above are the final discounted prices, including GST.



SOUL DELICACIES

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Pricing for HDB / Landed Addresses

Pax/Days	5 Days	10 Days	20 Days	60 Days	120 Days
1 Pax	\$100.00	\$180.00	\$340.00	\$1,000.00	\$2,020.00
2 Pax	\$180.54	\$347.75	\$642.71	\$1,928.17	\$3,856.34
3 Pax	\$252.25	\$483.30	\$871.15	\$2,613.44	\$5,226.87
4 Pax	\$302.74	\$561.05	\$1,084.34	\$3,253.04	\$6,506.08
5 Pax	\$344.97	\$658.82	\$1,262.11	\$3,786.32	\$7,572.64
6 Pax	\$369.41	\$681.04	\$1,308.76	\$3,926.30	\$7,852.61

Pricing for Condo / Apartment / Hotel / Office Addresses

Pax/Days	5 Days	10 Days	20 Days	60 Days	120 Days
1 Pax	\$105.00	\$190.00	\$360.00	\$1,060.00	\$2,140.00
2 Pax	\$185.54	\$357.75	\$662.71	\$1,988.17	\$3,976.34
3 Pax	\$257.25	\$493.30	\$891.15	\$2,673.44	\$5,346.87
4 Pax	\$307.74	\$571.05	\$1,104.34	\$3,313.04	\$6,626.08
5 Pax	\$349.97	\$668.82	\$1,282.11	\$3,846.32	\$7,692.64
6 Pax	\$374.41	\$691.04	\$1,328.76	\$3,986.30	\$7,972.61



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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

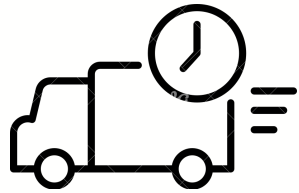


Add on
SongHe (80/20) Brown Rice Porridge
\$1.31(w/GST) per pax



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



SOUL DELICACIES

心灵厨房



Tuesday
01/04/2025

Lunch / 午餐

Sweet & Sour Prawn
酸甜虾

White Pepper Chicken Cube
白胡椒鸡块

Seasonal Vegetables
时蔬

Option:

- A) Apple Pear Chicken Soup
雪梨苹果鸡汤
- B) Onion w Egg
洋葱蛋

Dinner / 晚餐

Gong Bao Fish
宫保鱼片

Fried Beef w Garlic
蒜蓉牛肉

Seasonal Vegetables
时蔬

Option:

- A) Mushroom Minced Chicken Soup
蘑菇鸡碎汤
- B) Prawn Date
虾枣

Wednesday
02/04/2025

Lunch / 午餐

Steamed Fish w Sichuan Vegetable
川菜蒸鱼

Stir-Fried Beef w Leek
葱炒牛肉

Seasonal Vegetables
时蔬

Option:

- A) Old Cucumber Chicken Soup
老黄瓜鸡汤
- B) Steamed Tofu w Chicken Minced Sauce
鸡碎蒸豆腐

Dinner / 晚餐

Teriyaki Prawn
照烧虾

Stew Chicken w Potato
土豆炖鸡

Seasonal Vegetables
时蔬

Option:

- A) Burdock Ginkgo Chicken Soup
牛蒡白果鸡汤
- B) Long Bean Egg
长豆蛋

Thursday
03/04/2025

Lunch / 午餐

Steamed Prawn w Garlic & Ginger
蒜姜蒸虾

Salted Egg Chicken
咸蛋鸡

Seasonal Vegetables
时蔬

Option:

- A) Seaweed Tofu Soup
紫菜豆腐汤
- B) Spring Roll
春卷

Dinner / 晚餐

Laksa Fish Fillet
叻沙鱼片

Stir-Fried Beef w Oyster Sauce
蚝油牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chinese Black Bean Herbal Soup
黑豆药材汤
- B) Salt & Pepper Shiitake Mushroom
椒盐香菇



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Friday
04/04/2025

Lunch / 午餐

Garlic Parmesan Crusted Salmon
蒜香帕尔玛烤三文鱼

Beef Ball w Tomato Paste
番茄酱牛肉丸

Seasonal Vegetables
时蔬

Option:

- A) Cream of Mushroom Soup
奶油蘑菇汤
- B) Tomato Egg
番茄蛋

Dinner / 晚餐

Baked Prawn w Mozzarella Cheese
芝士焗虾

Hawaii Chicken
夏威夷鸡

Seasonal Vegetables
时蔬

Option:

- A) Cream of Chicken Soup
奶油鸡汤
- B) Mashed Potato
薯泥

Monday
07/04/2025

Lunch / 午餐

Hong Shao Prawn
红烧虾

Assam Chicken
亚参鸡

Seasonal Vegetables
时蔬

Option:

- A) Fish Maw & Dried Scallop Soup
鱼鳔干贝汤
- B) Lotus w Minced Chicken
莲蓉鸡碎

Dinner / 晚餐

Stir Fried Fish w Ginger & Spring Onion
姜葱炒鱼

Black Pepper Beef
黑胡椒牛肉

Seasonal Vegetables
时蔬

Option:

- A) White Radish Soup
白萝卜汤
- B) Yong Tau Fu
酿豆腐

Tuesday
08/04/2025

Lunch / 午餐

Fish Fillet w Lychee Sauce
荔枝鱼片

Beef Stew w Winter melon
冬瓜炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Sishen chicken Soup
四神鸡汤
- B) Tofu w Hae Bee Hiam
虾米豆腐

Dinner / 晚餐

Chinese Herbal Goji Prawn
药材枸杞虾

Curry Chicken
咖喱鸡

Seasonal Vegetables
时蔬

Option:

- A) ABC Soup
ABC 汤
- B) Fu Rong Egg
芙蓉蛋



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Thursday
10/04/2025



Wednesday
09/04/2025

Lunch / 午餐

Pumpkin Prawn
南瓜虾

Salt & Pepper Chicken
椒盐鸡

Seasonal Vegetables
时蔬

Option:

A) Fuzhou Fish ball Soup
福州鱼丸汤

B) Butter Garlic Sauteed Mushroom
奶油蒜蓉炒蘑菇

Dinner / 晚餐

Steamed Fish Fillet w Garlic & Ginger in Light Sauce
蒜姜蒸鱼片

Fried Sliced Beef w Salted Egg Sauce
咸蛋炒牛肉

Seasonal Vegetables
时蔬

Option:

A) Chicken Soup w Red Date, Goji Berry & Mushroom
红枣枸杞香菇鸡汤

B) Tau Pok w Rojak Sauce
罗惹酱豆腐

Lunch / 午餐

Steamed Herbal Fish Fillet
药材蒸鱼片

Capsicum Beef
甜椒牛肉

Seasonal Vegetables
时蔬

Option:

A) Beetroot Vegetable Soup
甜菜蔬菜汤

B) Seaweed Egg
紫菜蛋

Dinner / 晚餐

Assam Pineapple Prawn
亚参鸡菠萝虾

Braised Taro Chicken
芋头焖鸡

Seasonal Vegetables
时蔬

Option:

A) Spinach & Mushroom Egg Drop Soup
菠菜蘑菇蛋花汤

B) Hotplate Egg Tofu
铁板蛋豆腐

Friday
11/04/2025

Lunch / 午餐

Aglie Olio Prawn w Mushroom
蒜香虾配蘑菇

Pumpkin Chicken
南瓜鸡

Seasonal Vegetables
时蔬

Option:

A) Cream of Broccoli Soup
奶油西兰花汤

B) Fried Potato w Sausage
香肠炒土豆

Dinner / 晚餐

Baked Fish w Fruit Salsa
烤鱼配水果沙拉

Beef w Butter Garlic Sauce
牛油蒜蓉牛肉

Seasonal Vegetables
时蔬

Option:

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

B) Potato Wedges
薯角



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Tuesday
15/04/2025



Wednesday
16/04/2025

Monday
14/04/2025

Lunch / 午餐

Pan Fried Fish Fillet
煎鱼片

Miso Beef
味噌牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chinese Pear Herbal Tonic Soup
梨子滋补汤
- B) Wanton w Mayo
云吞

Dinner / 晚餐

Steamed Prawn w Garlic & Vermicelli
蒜蓉冬粉蒸大虾

Creamy Butter Chicken
奶油鸡

Seasonal Vegetables
时蔬

Option:

- A) Egg Seaweed Soup
鸡蛋海带汤
- B) Thai Chilli Mango Tofu
泰式辣椒芒果豆腐 

Lunch / 午餐

Dark Soya Sauce Prawn
黑酱油虾

Honey Rock Sugar Roasted Chicken
蜂蜜冰糖烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Peanut Lotus Root Chicken Soup
花生莲藕鸡汤
- B) 3 Color Egg
三色蛋

Dinner / 晚餐

Japanese Miso Grilled Fish
日式味噌烤鱼

Beef Pongteh
娘惹马铃薯顿牛肉

Seasonal Vegetables
时蔬

Option:

- A) Cordyceps Flower Soup
虫草花汤
- B) Honey Osmanthus Yam
蜜汁桂花芋

Lunch / 午餐

Tom Yum Fish Fillet
 冬荫鱼片

Ginger & Onion Beef
姜葱牛肉

Seasonal Vegetables
时蔬

Option:

- A) Mushroom Minced Chicken Soup
蘑菇鸡碎汤
- B) Steamed Tofu w Shallot Oil
葱油蒸豆腐

Dinner / 晚餐

Salted Egg Prawn
咸蛋虾

Kam Heong Chicken
 甘香鸡

Seasonal Vegetables
时蔬

Option:

- A) Apple Pear Chicken Soup
雪梨苹果鸡汤
- B) Ngoh Hiong
五香



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Thursday
17/04/2025

Lunch / 午餐

Typhoon Shelter Prawn
避风塘虾

Chinese Herbal Steamed Chicken
药材鸡

Seasonal Vegetables
时蔬

Option:

- A) Burdock Ginkgo Chicken Soup
牛蒡白果鸡汤
- B) Quail Egg Chicken Meat Ball
鹌鹑蛋鸡肉丸

Dinner / 晚餐

Buttered Cereal Fish
麦片鱼

Teriyaki Beef
照烧牛肉

Seasonal Vegetables
时蔬

Option:

- A) Old Cucumber Chicken Soup
老黄瓜鸡汤
- B) Sambal Potato w Ikan Bilis
参巴土豆配江鱼仔 

Friday
18/04/2025

Public
Holiday



Good Friday

Monday
21/04/2025

Lunch / 午餐

Peranakan Style Mackerel Fish Otah
 娘惹马饺乌达

Stew Beef w Vegetable
蔬菜炖牛肉

Seasonal Vegetables
时蔬

Option:

- A) Chinese Black Bean Herbal Soup
黑豆药材汤
- B) Gyoza w Vinegar & Ginger Floss
姜丝醋饺子

Dinner / 晚餐

Har Lok Prawn
干煎虾

Honey Roasted Chicken
蜜汁烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Seaweed Tofu Soup
紫菜豆腐汤
- B) Steamed Egg w Goji Berry Sauce
枸杞酱蒸蛋



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Tuesday
22/04/2025

Lunch / 午餐

Prawn w Creamy Cajun Sauce
奶油卡津酱虾

Char Siu Chicken
叉烧鸡

Seasonal Vegetables
时蔬

Option:

A) White Radish Soup
白萝卜汤

B) Roasted Pumpkin w Garlic
蒜蓉烤南瓜

Dinner / 晚餐

Golden Salted Egg Fish Fillet
黄金咸蛋鱼片

Pumpkin Beef Stew
南瓜炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Fish Maw & Dried Scallop Soup
鱼鳔干贝汤

B) Tofu w Century Egg
皮蛋豆腐

Wednesday
23/04/2025

Lunch / 午餐

Fish Fillet w Pineapple Sauce
凤梨鱼片

Sliced Beef w Sesame
芝麻牛肉片

Seasonal Vegetables
时蔬

Option:

A) ABC Soup
ABC 汤

B) Braised Potato w Minced Chicken
土豆炖鸡肉碎

Dinner / 晚餐

Lychee Prawn
荔枝虾

Black Pepper Chicken
黑胡椒鸡

Seasonal Vegetables
时蔬

Option:

A) Sishen chicken Soup
四神鸡汤

B) Tempura Vegetable
天妇罗蔬菜

Thursday
24/04/2025

Lunch / 午餐

Butter Cereal Prawn
奶油麦片虾

Rendang Chicken
仁当鸡

Seasonal Vegetables
时蔬

Option:

A) Chicken Soup w Red Date, Goji Berry & Mushroom
红枣枸杞香菇鸡汤

B) Egg w Baked Bean
焗豆蛋

Dinner / 晚餐

Assam Fish
亚参鱼片

Stew Beef w Radish
白萝卜焖牛肉

Seasonal Vegetables
时蔬

Option:

A) Fuzhou Fish ball Soup
福州鱼丸汤

B) Four Color Roll
四色卷



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Friday
25/04/2025

Lunch / 午餐

Butter Garlic Lemon Salmon
奶油蒜香柠檬三文鱼

Beef w Mushroom Sauce
蘑菇酱牛肉

Seasonal Vegetables
时蔬

Option:

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

B) Cheese Roll
起司卷

Dinner / 晚餐

Prawn w Creamy White Pepper Sauce
奶油白胡椒酱虾

Western Roasted Chicken
西式烧鸡

Seasonal Vegetables
时蔬

Option:

A) Cream of Broccoli Soup
奶油西兰花汤

B) Baked Scallop w Cheese
芝士焗带子

Monday
28/04/2025

Lunch / 午餐

Sambal Prawn
参巴虾

Ginger Spring Onion Chicken
姜葱鸡

Seasonal Vegetables
时蔬

Option:

A) Egg Seaweed Soup
鸡蛋海带汤

B) Braised Taro in Soy Sauce
红烧芋头

Dinner / 晚餐

Fish Fillet w Wasabi Mayo
鱼片芥末蛋黄酱

Hong Shao Beef Cube
红烧牛肉块

Seasonal Vegetables
时蔬

Option:

A) Chinese Pear Herbal Tonic Soup
梨子滋补汤

B) Pan Fried Sesame Garlic Tofu
芝麻蒜蓉豆腐

Tuesday
29/04/2025

Lunch / 午餐

Typhoon Sheltered Fish Fillet
避风塘鱼片

Rendang Beef
仁当牛肉

Seasonal Vegetables
时蔬

Option:

A) Cordyceps Flower Soup
虫草花汤

B) Chicken Yakitori Stick
鸡肉串烧

Dinner / 晚餐

Garden Apple Salad Prawn
田园苹果沙拉虾

Lemon Basil Chicken
柠檬罗勒鸡

Seasonal Vegetables
时蔬

Option:

A) Peanut Lotus Root Chicken Soup
花生莲藕鸡汤

B) Osmanthus Egg
桂花蛋



SOUL DELICACIES

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Wednesday
30/04/2025

Lunch / 午餐

Kam Heong Prawn
甘香虾

Steamed Chicken w Black Fungus
黑木耳蒸鸡

Seasonal Vegetables
时蔬

Option:

A) Chicken Meat Ball Salted Vegetable Tofu Soup
鸡肉丸咸菜豆腐汤

B) Braised Beancurd w Enoki Mushroom
金针菇烩豆腐

Dinner / 晚餐

Dark Soya Sauce Fish Fillet
黑酱油鱼片

Stir-fried Beef w Onion
洋葱炒牛肉

Seasonal Vegetables
时蔬

Option:

A) Huai Shan Chicken Soup
山药鸡汤

B) Crispy Fried Pumpkin w Salted Egg
酥脆咸蛋炒南瓜