



SOUL DELICACIES

心灵厨房

Halal Certified Tingkat Meals



**MAR
2026**



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



SOUL DELICACIES

心灵厨房



**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

心灵厨房

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



SOUL DELICACIES

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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)**
- **Dish 2 (Fish / Prawn)**
- **Seasonal Vegetables of the Day**

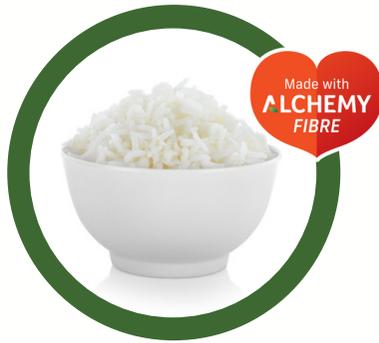


SOUL DELICACIES

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

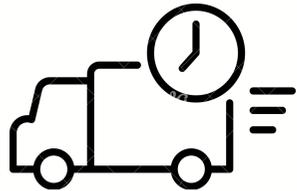


Add on
Dessert
\$3.82 (w/GST) per pax



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



SOUL DELICACIES

心灵厨房



Monday
02/03/2026

Lunch / 午餐

Nonya Pineapple Prawn
娘惹黄梨虾

Braised Chicken w Mushroom
香菇焖鸡

Seasonal Vegetables
时蔬

Option:

A) Cabbage Tofu Soup w Mushroom
白菜豆腐汤

**B) Salt Pepper King Oyster
Mushroom**
椒盐杏鲍菇

Dessert Add On:

Grass Jelly w Lime (C)
青柠仙草冻 (冷)

Dinner / 晚餐

Hong Kong Style Steamed Fish Fillet
港式蒸鱼

Kam Hiong Beef
干香牛肉

Seasonal Vegetables
时蔬

Option:

A) Chinese Style Borscht
中式罗宋汤

B) Buttered Cereal Egg Tofu
麦片蛋豆腐

Dessert Add On:

Grass Jelly w Lime (C)
青柠仙草冻 (冷)

Tuesday
03/03/2026

Lunch / 午餐

Peranakan Assam Curry Fish
娘惹亚参咖喱鱼

Beef Stew w Sichuan Vegetable
四川菜炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Fishmaw Soup w Lily & Cabbage
百合白菜鱼鳔汤

B) Chicken Yakitori
日式烤鸡肉串

Dessert Add On:

Red Bean Sago (H)
红豆西米露 (热)

Dinner / 晚餐

Rendang Prawn
仁当虾

Black Soya Chicken
酱油鸡

Seasonal Vegetables
时蔬

Option:

A) Ginseng Red Date Longan Chicken Soup
泡参红枣桂圆鸡汤

**B) Sweet Potato Fries w
Plum Powder**
红薯条

Dessert Add On:

Red Bean Sago (H)
红豆西米露 (热)

Wednesday
04/03/2026

Lunch / 午餐

Vermicelli Prawn w Minced Garlic
蒜蓉粉丝虾

GongBao Chicken
宫保鸡

Seasonal Vegetables
时蔬

Option:

A) Beetroot Vegetable Soup
甜菜根素菜汤

B) Thai Style Minced Chicken Tofu
泰式鸡碎豆腐

Dessert Add On:

Sweet Potato Sago (H)
番薯西米露 (热)

Dinner / 晚餐

Peranakan Style Mackerel Fish Otah
娘惹马饺乌达

Beef Stew w White Radish & Goji Berry
白萝卜枸杞炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Minced Chicken Mushroom Soup
香菇鸡肉碎汤

B) Egg w Onion
洋葱炒蛋

Dessert Add On:

Sweet Potato Sago (H)
番薯西米露 (热)

Mild Spicy . 微辣



SOUL DELICACIES

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Thursday
05/03/2026

Lunch / 午餐

Fish Fillet w Dragon Fruit Salsa Salsa
鱼片火龙果莎莎酱

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

Seasonal Vegetables
时蔬

Option:

- A) Pear w Snow Fungus Soup
雪梨银耳汤
- B) Pandan Chicken
香兰鸡

Dessert Add On:

Mini Cream Puff (C)
迷你泡芙 (冷)

Dinner / 晚餐

Har Lok Prawn
干煎虾

 Ayam Merah
马来式辣香鸡

Seasonal Vegetables
时蔬

Option:

- A) Enoki Mushroom Miso Tofu Soup
金针菇味噌豆腐汤
- B) Samosa
咖喱角

Dessert Add On:

Mini Cream Puff (C)
迷你泡芙 (冷)

Friday
06/03/2026

Lunch / 午餐

Creamy Lemon Prawn
奶油柠檬虾

Roast Chicken w Thyme
百里香烤鸡

Seasonal Vegetables
时蔬

Option:

- A) Creamy Cauliflower Soup
奶油椰菜汤
- B) Breaded Scallop w Tar
tar Sauce
面包扇贝配塔塔酱

Dessert Add On:

Red Bean Orange Peelle (H)
陈皮红豆沙 (热)

Dinner / 晚餐

White Cream Sauce Salmon
奶油白酱三文鱼

Tomato sauce Beef Patty
番茄酱牛肉饼

Seasonal Vegetables
时蔬

Option:

- A) Tomato Vegetable Soup
番茄素菜汤
- B) Potato Wedges w
Parmesan Cheese
帕玛森芝士薯角

Dessert Add On:

Red Bean Orange Peelle (H)
陈皮红豆沙 (热)

Monday
09/03/2026

Lunch / 午餐

Fried Fish Fillet w Soya Sauce
香煎酱油鱼片

Beef & Pickled Mustard Green
咸菜牛肉

Seasonal Vegetables
时蔬

Option:

- A) Burdock & Chestnut Soup
牛蒡栗子汤
- B) Omelette w Silver Fish
脆香银鱼煎蛋

Dessert Add On:

Thai Ruby (C)
泰式红宝石甜品 (冷)

Dinner / 晚餐

Sweet & Sour Prawn
古佬虾

Emperor Herbal Chicken
帝皇鸡

Seasonal Vegetables
时蔬

Option:

- A) Chik Kut Teh Soup
鸡肉骨茶汤
- B) Century Egg Tofu
皮蛋豆腐

Dessert Add On:

Thai Ruby (C)
泰式红宝石甜品 (冷)



SOUL DELICACIES

心灵厨房



Tuesday
10/03/2026

Lunch / 午餐

Typhoon Shelter Prawn
避风塘炒虾

Ayam Pongteh
娘惹马铃薯顿鸡肉

Seasonal Vegetables
时蔬

Option:

A) Egg Seaweed Tomato Soup
紫菜番茄蛋花汤

B) Tofu w Hae Bee Hiam
豆腐虾米辣

Dessert Add On:

Fruit Cocktail (C)
水果鸡尾酒 (冷)

Dinner / 晚餐

Thai Lime & Garlic Steamed Fish
酸辣泰式蒸鱼

Stir Fried Beef w Oyster Sauce
牛肉耗油酱

Seasonal Vegetables
时蔬

Option:

A) Mixed Mushroom Soup
菌菇素汤

B) Seaweed Omelette
紫菜煎蛋

Dessert Add On:

Fruit Cocktail (C)
水果鸡尾酒 (冷)

Wednesday
11/03/2026

Lunch / 午餐

Nyonya Achar Fish Fillet
娘惹啊查鱼片

Beef Patty w Chinese Yam
山药牛肉饼

Seasonal Vegetables
时蔬

Option:

A) Fuzhou Fish ball Soup
福州鱼丸汤

B) Salt & Pepper Shiitake Mushroom
椒盐香菇

Dessert Add On:

Bubur Hitam (H)
黑糯米 (热)

Dinner / 晚餐

Cereal Prawn
麦片虾

Curry Chicken
咖喱鸡

Seasonal Vegetables
时蔬

Option:

A) Herbal Chicken Soup
药材鸡蛋

B) Gyoza w Ginger & Vinegar
黑醋姜丝饺子

Dessert Add On:

Bubur Hitam (H)
黑糯米 (热)

Thursday
12/03/2026

Lunch / 午餐

Red Curry Pumpkin Shrimp
咖喱南瓜虾

Poached Chicken
白切鸡

Seasonal Vegetables
时蔬

Option:

A) Shredded Radish Egg Soup
萝卜丝蛋汤

B) Fu Rong Egg
芙蓉蛋

Dessert Add On:

Ice Jelly Lime (C)
爱玉冰 (冷)

Dinner / 晚餐

Butter Cereal Fish Fillet
牛油麦片鱼片

Black Pepper Beef
黑胡椒牛肉

Seasonal Vegetables
时蔬

Option:

A) Stewed Winter melon w Barley & Corn
薏米冬瓜汤

B) Spring Roll
春卷

Dessert Add On:

Ice Jelly Lime (C)
爱玉冰 (冷)



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Friday
13/03/2026

Lunch / 午餐

Garlic & Thymes Fish Fillet
西式大蒜百里香鱼片

Beef Shepherd's Pie
牛肉牧羊人派

Seasonal Vegetables
时蔬

Option:

A) Pumpkin Kelp Miso Soup
南瓜海带味增汤

B) Butter Garlic Sautéed Mushroom
牛油大蒜蘑菇

Dessert Add On:

Fruit Cocktail (C)
水果鸡尾酒 (冷)

Dinner / 晚餐

Cheesy Baked Prawn
芝士焗虾

Roasted Chicken w/ Vege
蔬菜烤鸡

Seasonal Vegetables
时蔬

Option:

A) Creamy Potato Corn Soup
奶油马铃薯玉米汤

B) Mushroom Omelette
蘑菇煎蛋

Dessert Add On:

Fruit Cocktail (C)
水果鸡尾酒 (冷)

Monday
16/03/2026

Lunch / 午餐

Stir Fried Prawn w/ Ginger & Spring Onion
姜葱炒虾

Honey BBQ Chicken Wing
蜜汁烧烤鸡翅

Seasonal Vegetables
时蔬

Option:

A) Chinese Style Borscht
中式罗宋汤

B) Tempura Vegetable
蔬菜天妇罗

Dessert Add On:

Bubur Hitam (H)
黑糯米 (热)

Dinner / 晚餐

Stir Fried Fish w/ Garlic
香蒜炸鱼片

Stew Beef w/ Wintermelon & Red Date
冬瓜红枣炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Cabbage Tofu Soup w/ Mushroom
白菜豆腐汤

B) Taupok w/ Pineapple & Rojak Sauce
豆卜罗惹

Dessert Add On:

Bubur Hitam (H)
黑糯米 (热)

Tuesday
17/03/2026

Lunch / 午餐

Teochew Style Steamed Fish
潮州蒸鱼

Gongbao Beef
宫保牛肉

Seasonal Vegetables
时蔬

Option:

A) Ginseng Red Date Longan Chicken Soup
泡参红枣桂圆鸡汤

B) Potato Chicken Sausage
马铃薯炒香肠

Dessert Add On:

Ice Jelly Lime (C)
爱玉冰 (冷)

Dinner / 晚餐

 **Sambal Pineapple Prawn**
参巴菠萝虾

Salt & Pepper Chicken Cube
椒盐鸡丁

Seasonal Vegetables
时蔬

Option:

A) Fishmaw Soup w/ Lily & Cabbage
百合白菜鱼鳔汤

B) Salted Egg Long Bean
咸蛋炒四季豆

Dessert Add On:

Ice Jelly Lime (C)
爱玉冰 (冷)

 **Mild Spicy . 微辣**



SOUL DELICACIES

心灵厨房



Wednesday
18/03/2026

Lunch / 午餐

Assam Istimewa Prawn
阿萨虾

Chinese Herbal Steamed Chicken
药材鸡

Seasonal Vegetables
时蔬

Option:

A) Minced Chicken Mushroom Soup
香菇鸡肉碎汤

B) Honey Osmanthus Yam
蜜汁桂花芋

Dessert Add On:

Fruit Cocktail (C)
水果鸡尾酒 (冷)

Dinner / 晚餐

Japanese Style Teriyaki Fish Fillet
日式照烧鱼片

Kimchi Sliced Beef
韩式泡菜牛肉片

Seasonal Vegetables
时蔬

Option:

A) Beetroot Vegetable Soup
甜菜根素菜汤

B) Fried Mushroom w Nacho Cheese
炸蘑菇配奶酪

Dessert Add On:

Fruit Cocktail (C)
水果鸡尾酒 (冷)

Thursday
19/03/2026

Lunch / 午餐

Korean Kimchi Fish Fillet
韩式泡菜顿鱼片

Beef Cube w Winter melon
冬瓜炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Enoki Mushroom Miso Tofu Soup
金针菇味噌豆腐汤

B) Fried Lotus w Minced Chicken
莲藕鸡肉碎饼

Dessert Add On:

Bubur Hitam (H)
黑糯米 (热)

Dinner / 晚餐

Salted Egg Prawn
咸蛋虾

Char Siew Chicken
叉烧鸡

Seasonal Vegetables
时蔬

Option:

A) Pear w Snow Fungus Soup
雪梨银耳汤

B) Steamed 3 Colour Egg
三色蛋

Dessert Add On:

Bubur Hitam (H)
黑糯米 (热)

Friday
20/03/2026

Lunch / 午餐

Sautéed Aglio Olio Prawn
意式蒜油炒虾

Pan-Fried Honey & Lemon Chicken
香煎蜜蜂柠檬鸡

Seasonal Vegetables
时蔬

Option:

A) Tomato Vegetable Soup
番茄素菜汤

B) Mash Potato
马铃薯泥

Dessert Add On:

Ice Jelly Lime (C)
爱玉冰 (冷)

Dinner / 晚餐

Fish Fillet Coated w Parmesan Cheese
帕玛森芝士鱼片

Beef Stroganoff
经典蘑菇奶油酱牛肉

Seasonal Vegetables
时蔬

Option:

A) Creamy Cauliflower Soup
奶油椰菜汤

B) Hashbrown
薯饼

Dessert Add On:

Ice Jelly Lime (C)
爱玉冰 (冷)



SOUL DELICACIES

心灵厨房



Monday
23/03/2026

Lunch / 午餐

Hong Shao Fish Fillet
红烧鱼片

Beef Istemewa Rendang
牛肉仁当

Seasonal Vegetables
时蔬

Option:

A) Chik Kut Teh Soup
鸡肉骨茶汤

B) Prawn Dates w Sweet Sauce
甜酱虾枣

Dessert Add On:

Snow Fungus w Pear (C)
银耳雪梨 (冷)

Dinner / 晚餐

Laksa Prawn w Dried Sliced Tau Pok
叻沙虾配豆卜

Claypot Chicken
瓦煲鸡

Seasonal Vegetables
时蔬

Option:

A) Burdock & Chestnut Soup
牛蒡栗子汤

B) Ampang Yong Tau Foo
安邦酿豆腐

Dessert Add On:

Snow Fungus w Pear (C)
银耳雪梨 (冷)

Tuesday
24/03/2026

Lunch / 午餐

Pumpkin Shrimp
金瓜虾

Kam Hiang Chicken Cube
干香鸡丁

Seasonal Vegetables
时蔬

Option:

A) Mixed Mushroom Soup
菌菇素汤

B) Fried Tofu w Sesame Sauce
炸豆腐配芝麻酱

Dessert Add On:

Passion Fruit Ice Jelly (C)
百香果冰 (冷)

Dinner / 晚餐

Steamed Fish w Garlic Black Bean Sauce
蒜蓉黑豆蒸鱼

Stir Fried Beef w Garlic
蒜香炸牛肉片

Seasonal Vegetables
时蔬

Option:

A) Egg Seaweed Tomato Soup
紫菜番茄蛋花汤

B) Breaded Prawn w
Mango Salsa Salsa Dip
面包虾配芒果莎莎酱

Dessert Add On:

Passion Fruit Ice Jelly (C)
百香果冰 (冷)

Wednesday
25/03/2026

Lunch / 午餐

Fish Fillet w Tangy Mongolian Sauce
蒙古酱鱼片

Korean BBQ Sliced Beef
韩式烤肉片

Seasonal Vegetables
时蔬

Option:

A) Herbal Chicken Soup
药材鸡蛋

B) Wanton w Mayo
炸云吞

Dessert Add On:

Mini Cream Puff (C)
迷你泡芙 (冷)

Dinner / 晚餐

Spicy Chilli Crab sauce Prawn
辣蟹酱虾

Steamed Chicken w Black Fungus
黑木耳蒸鸡

Seasonal Vegetables
时蔬

Option:

A) Fuzhou Fish ball Soup
福州鱼丸汤

B) Ngoh Hiong w Chilli Dip
五香

Dessert Add On:

Mini Cream Puff (C)
迷你泡芙 (冷)



SOUL DELICACIES

心灵厨房



Thursday
26/03/2026

Lunch / 午餐

Sweet & Sour Prawn
甜酸虾

Mala Chicken Cutlet
招牌烧鸡拌梅粉

Seasonal Vegetables
时蔬

Option:

A) Stewed Winter melon w Barley & Corn
薏米冬瓜汤

B) Quail Egg Chicken Meat Ball
鹌鹑蛋鸡肉丸

Dessert Add On:

Snow Fungus w Pear (c)
银耳雪梨 (冷)

Dinner / 晚餐

Lychee Fish Fillet
荔枝鱼片

Dry Curry Beef
干炒咖喱牛肉

Seasonal Vegetables
时蔬

Option:

A) Shredded Radish Egg Soup
萝卜丝蛋汤

B) HotPlate Tofu
铁板豆腐

Dessert Add On:

Snow Fungus w Pear (c)
银耳雪梨 (冷)

Friday
27/03/2026

Lunch / 午餐

Teriyaki Salmon
照烧三文鱼

Western Beef Cube Stew
西式炖牛肉块

Seasonal Vegetables
时蔬

Option:

A) Creamy Potato Corn Soup
奶油马铃薯玉米汤

B) Sautéed Potato w Herbs
马铃薯炒香料

Dessert Add On:

Passion Fruit Ice Jelly (c)
百香果冰 (冷)

Dinner / 晚餐

Cajun Shrimp
卡津虾

Hawaii Chicken Chop
夏威夷鸡排

Seasonal Vegetables
时蔬

Option:

A) Pumpkin Kelp Miso Soup
南瓜海带味噌汤

B) Baked Scallop w Cheese
芝士焗带子

Dessert Add On:

Passion Fruit Ice Jelly (c)
百香果冰 (冷)

Monday
30/03/2026

Lunch / 午餐

Thai Style Lemongrass Fried Prawn
泰式香茅炒虾

Hong Shao Chicken
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

Dessert Add On:

Passion Fruit Ice (c)
百香果冰 (冷)

Dinner / 晚餐

Peranakan Assam Fish Fillet
娘惹亚参鱼片

Thai Basil Beef
泰式罗勒牛肉

Seasonal Vegetables
时蔬

Option:

A) Cabbage Tofu Soup
白菜豆腐汤

B) Ngho Hiang w Chilli sauce
五香蘸辣椒酱

Dessert Add On:

Passion Fruit Ice (c)
百香果冰 (冷)



SOUL DELICACIES

心灵厨房



Tuesday
31/03/2026

Lunch / 午餐

Golden Fried Fish w Cheese Sauce
炸鱼芝士酱

Beef Pongteh
娘惹马铃薯顿牛肉

Seasonal Vegetables
时蔬

Option:

A) Creamy Potato Soup
马铃薯浓汤

B) Tahu Telur
炸豆腐

Dessert Add On:

Snow Fungus w Pear (C)
银耳雪梨 (冷)

Dinner / 晚餐

Aglio Olio Prawn
蒜油虾

Creamy White sauce Chicken w Rosemary
迷迭香奶油白酱烤鸡

Seasonal Vegetables
时蔬

Option:

A) Cream Of Mushroom Soup
奶油蘑菇汤

B) Tempura Vegetable
天妇罗蔬菜

Dessert Add On:

Snow Fungus w Pear (C)
银耳雪梨 (冷)