



SOUL DELICACIES

心灵厨房

Halal Certified Tingkat Meals



**MAY
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



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

心灵厨房



**5 days
Trial
Package**



**10 days
Tingkat
Package**



**Free Gift:
Stainless Steel Cutlery Set**



**10%
OFF**

**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

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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

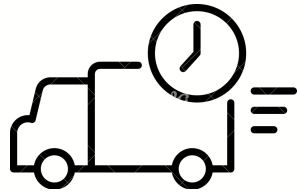


Add on
Dessert
\$3.82 (w/GST) per pax



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



Friday
01/05/2026

Public Holiday

• **HAPPY** •
LABOUR'S DAY
— 1st May —



Labour Day

Monday
04/05/2026

Lunch / 午餐

Har Lok Prawn
干煎虾

Honey Lemon Chicken
蜜汁柠檬鸡

Seasonal Vegetables
时蔬

Option:

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

B) Spring Roll
春卷

Dessert Add On:

Sweet Potato w Longan (H)
龙眼番薯糖水 (热)

Dinner / 晚餐

Fish Fillet w Salted Bean Sauce
豆豉鱼片

 **Stir Fried Beef w Kimchi**
泡菜炒牛肉

Seasonal Vegetables
时蔬

Option:

A) Luffa Chicken Meat Ball Soup
丝瓜鸡肉丸汤

B) Wanton w Mayo
云吞

Dessert Add On:

Sweet Potato w Longan (H)
龙眼番薯糖水 (热)

Tuesday
05/05/2026

Lunch / 午餐

Miso Glazed Baked Salmon
味噌烤三文鱼

Stew Beef w Vegetable & Tomato
蔬菜番茄炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Cabbage Tofu Soup
白菜豆腐汤

B) Fu Rong Egg
芙蓉蛋

Dessert Add On:

Watermelon w Sago Milk (C)
西瓜西米露 (冷)

Dinner / 晚餐

Chinese Herbal Steamed Prawn
药材蒸虾

Five Spice Roasted Chicken
五香烤鸡

Seasonal Vegetables
时蔬

Option:

A) Mushroom Stew Chicken Soup
蘑菇炖鸡汤

**B) Egg Tofu w Mixed Vegetable
& Crabstick Sauce**
蛋豆腐配杂菜蟹棒酱

Dessert Add On:

Watermelon w Sago Milk (C)
西瓜西米露 (冷)

 **Mild Spicy . 微辣**



SOUL DELICACIES

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Wednesday
06/05/2026

Lunch / 午餐

Hong Shao Prawn
红烧虾

Chicken Paprika
甜椒鸡

Seasonal Vegetables
时蔬

Option:

A) Chik Kut Teh Soup
鸡骨茶汤

B) Gyoza w Floss Ginger & Vinegar
饺子

Dessert Add On:

Tang Yuan (H)
汤圆 (热)

Dinner / 晚餐

Teochew Style Steamed Fish
潮州蒸鱼

Mongolian Beef
蒙古牛肉

Seasonal Vegetables
时蔬

Option:

A) Chicken Soup w Chinese Yam & Danggui
党参枸杞鸡汤

B) Onion Egg
洋葱炒蛋

Dessert Add On:

Tang Yuan (H)
汤圆 (热)

Thursday
07/05/2026

Lunch / 午餐

Tom Yum Fish Fillet
冬阴鱼片

Stir Fried Beef w Leek
大蒜炒牛肉

Seasonal Vegetables
时蔬

Option:

A) Cordyceps Mushroom Old Cucumber Soup
虫草花老黄瓜汤

B) Sotong Youtiao
苏东油条

Dessert Add On:

Mango Sago (C)
芒果西米露 (冷)

Dinner / 晚餐

Steamed Prawn w Garlic & Vermicelli
蒜蓉粉丝蒸虾

Curry Chicken
咖喱鸡

Seasonal Vegetables
时蔬

Option:

A) Japanese Seaweed White Radish Soup
日式海带白萝卜汤

B) Tofu w Century Egg
皮蛋豆腐

Dessert Add On:

Mango Sago (C)
芒果西米露 (冷)

Friday
08/05/2026

Lunch / 午餐

Cheesy Baked Prawns
芝士焗虾

Grilled Chicken Chop w BBQ Sauce
烧烤酱烤鸡扒

Seasonal Vegetables
时蔬

Option:

A) Cream of Chicken Soup
奶油鸡汤

B) Mashed Potato
土豆泥

Dessert Add On:

White Fungus w Longan (H)
银耳龙眼汤 (热)

Dinner / 晚餐

Salmon Teriyaki
照烧三文鱼

Fried Garlic Sliced Beef
蒜香炒牛肉片

Seasonal Vegetables
时蔬

Option:

A) Creamy Tomato Vegetable Soup
奶油番茄蔬菜汤

B) Mushroom Omelette
蘑菇煎蛋

Dessert Add On:

White Fungus w Longan (H)
银耳龙眼汤 (热)



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Monday
11/05/2026

Lunch / 午餐

Butter Cereal Fish
奶油麦片鱼

Beef Masak Merah
马来式红烧牛肉

Seasonal Vegetables
时蔬

Option:

A) ABC Chicken Soup
ABC 鸡汤

B) Tahu Telur w Sweet Sauce
豆腐蛋

Dessert Add On:

Eclair (C)
泡芙 (冷)

Dinner / 晚餐

Rendang Prawn
仁当虾

Stew Chicken w Potato
土豆炖鸡

Seasonal Vegetables
时蔬

Option:

A) Beetroot, Carrot, Sweet Corn Soup
甜菜根胡萝卜玉米汤

B) Prawn Date
虾枣

Dessert Add On:

Eclair (C)
泡芙 (冷)

Tuesday
12/05/2026

Lunch / 午餐

Assam Pineapple Prawn
亚参菠萝虾

Salted Black Bean Steamed Chicken
豉汁蒸鸡

Seasonal Vegetables
时蔬

Option:

A) Salted Vegetable Tofu Soup
咸菜豆腐汤

B) Four Colored Roll
四色卷

Dessert Add On:

Bubur Chacha (H)
摩摩喳喳 (热)

Dinner / 晚餐

H.K Style Steamed Fish Fillet
港式蒸鱼片

Hong Shao Beef
红烧牛肉

Seasonal Vegetables
时蔬

Option:

A) Black Bean Lotus Root Chicken Soup
黑豆莲藕鸡汤

B) Gyoza w Vinegar & Ginger Floss
饺子配醋和姜丝

Dessert Add On:

Bubur Chacha (H)
摩摩喳喳 (热)

Wednesday
13/05/2026

Lunch / 午餐

Fish Fillet w Passionfruit Sauce
百香果酱鱼片

Black Pepper Beef
黑胡椒牛肉

Seasonal Vegetables
时蔬

Option:

A) Chye Sim Fishball Soup
菜心鱼丸汤

B) Osmanthus Egg
桂花蛋

Dessert Add On:

Sea Coconut (C)
海底椰 (冷)

Dinner / 晚餐

Sweet & Sour Prawn
糖醋虾

Salt & Pepper Chicken
椒盐鸡

Seasonal Vegetables
时蔬

Option:

A) Six Herbal Tonic Chicken Soup
六药补鸡汤

B) Roasted Pumpkin w Sesame Sauce
烤南瓜配芝麻酱

Dessert Add On:

Sea Coconut (C)
海底椰 (冷)



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Thursday
14/05/2026

Lunch / 午餐

White Cream Prawn
奶油虾

Hawaii Chicken
夏威夷鸡

Seasonal Vegetables
时蔬

Option:

A) Cream of Mushroom Soup
奶油蘑菇汤

B) Baked Scallop w Cheese
芝士烤带子

Dessert Add On:

Green Bean Soup (H)
绿豆汤 (热)

Dinner / 晚餐

Fish & Chips w Wasabi Mayo
西式炸鱼配芥末蛋黄酱

Beef Shephard's Pie
牛肉牧羊派

Seasonal Vegetables
时蔬

Option:

A) Cauliflower Soup
奶油菜花汤

B) Roasted Cajun Zucchini
烤卡津西葫芦

Dessert Add On:

Green Bean Soup (H)
绿豆汤 (热)

Friday
15/05/2026

Lunch / 午餐

H.K Typhoon Shelter Fish
避风塘鱼

Chinese Herbal Beef Cube
药材牛肉块

Seasonal Vegetables
时蔬

Option:

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

B) Ma Po Tofu
麻婆豆腐

Dessert Add On:

Strawberry Pudding (C)
草莓布丁 (冷)

Dinner / 晚餐

Hakka Chilli Soya Garlic Prawn
客家辣椒酱蒜香虾

BBQ Mid Wing
烧烤鸡中翅

Seasonal Vegetables
时蔬

Option:

A) Luffa Chicken Meat Ball Soup
丝瓜鸡肉丸汤

B) Long Bean Egg
长豆角炒蛋

Dessert Add On:

Strawberry Pudding (C)
草莓布丁 (冷)

Monday
18/05/2026

Lunch / 午餐

Oyster Sauce Prawn
蚝油虾

Honey Roasted Chicken
蜜汁烤鸡

Seasonal Vegetables
时蔬

Option:

A) Mushroom Stew Chicken Soup
蘑菇炖鸡汤

B) Wanton w Chilli Dip
云吞

Dessert Add On:

Cheng Teng (H)
清汤 (热)

Dinner / 晚餐

Baked Fish w Fruity Salsa Salsa
烤鱼配水果莎莎酱

Miso Beef
味噌牛肉

Seasonal Vegetables
时蔬

Option:

A) Cabbage Tofu Soup
白菜豆腐汤

B) Honey Osmanthus Yam
蜜汁桂花芋

Dessert Add On:

Cheng Teng (H)
清汤 (热)



SOUL DELICACIES

心灵厨房



Tuesday
19/05/2026

Lunch / 午餐

Gong bao Fish
宫保鱼片

Stir Fried Beef w Ginger & Onion
姜葱炒牛肉

Seasonal Vegetables
时蔬

Option:

A) Chicken Soup w Chinese Yam & Danggui
党参枸杞鸡汤

B) Steamed Egg w Goji Berry Sauce
枸杞酱蒸蛋

Dessert Add On:

Glass Jelly w Longan (C)
仙草龙眼冻 (冷)

Dinner / 晚餐

Lychee Prawn
荔枝虾

Emperor Herbal Chicken
帝皇鸡

Seasonal Vegetables
时蔬

Option:

A) Chik Kut Teh Soup
鸡骨茶汤

B) Steamed Tofu Shallot Oil
葱油蒸豆腐

Dessert Add On:

Glass Jelly w Longan (C)
仙草龙眼冻 (冷)

Wednesday
20/05/2026

Lunch / 午餐

Indonesia Curry Prawn
印尼咖喱虾

Hainanese Steamed Chicken
海南鸡

Seasonal Vegetables
时蔬

Option:

A) Japanese Seaweed White Radish Soup
日式海带白萝卜汤

B) Tofu w Rojak Sauce
罗惹酱豆腐

Dessert Add On:

Snow Fungus w Pear (H)
雪梨银耳汤 (热)

Dinner / 晚餐

Fried Fish Fillet w Cheese Sauce
炸鱼片配奶酪酱

Bulgogi Beef
韩式烤牛肉

Seasonal Vegetables
时蔬

Option:

A) Cordyceps Mushroom Old Cucumber Soup
虫草花老黄瓜汤

B) Stir Fried Tomato Egg
番茄炒蛋

Dessert Add On:

Snow Fungus w Pear (H)
雪梨银耳汤 (热)

Thursday
21/05/2026

Lunch / 午餐

Garlic Parmesan Crusted Salmon
蒜香帕尔马干酪脆皮三文鱼

Beef Patty w Italian Tomato Paste
意式番茄酱牛肉丸

Seasonal Vegetables
时蔬

Option:

A) Creamy Tomato Vegetable Soup
奶油番茄蔬菜汤

B) Baked Potato
烤土豆配

Dessert Add On:

Ice Jelly w Lime (C)
水果什锦 (冷)

Dinner / 晚餐

Apple Waldorf Salad Prawn
苹果沃尔多夫沙拉虾

Roasted Chicken w Butter Herb Sauce
烤鸡配黄油香草酱

Seasonal Vegetables
时蔬

Option:

A) Cream of Chicken Soup
鸡肉奶油汤

B) Breaded Scallop w Tartar
面包糠炸扇贝配塔塔酱

Dessert Add On:

Ice Jelly w Lime (C)
水果什锦 (冷)

Mild Spicy . 微辣



SOUL DELICACIES

心灵厨房



Friday
22/05/2026

Lunch / 午餐

 **Spicy Cajun Prawn**
香辣卡津虾

Chicken Cutlet
鸡排

Seasonal Vegetables
时蔬

Option:

A) Beetroot, Carrot, Sweet Corn Soup
甜菜根胡萝卜玉米汤

B) Oven-Roasted Corn in a Cob
烤玉米

Dessert Add On:

Barley (H)
薏米 (热)

Dinner / 晚餐

Golden Salted Egg Fish
黄金咸蛋鱼

Classic Beef Strognoff
西式白酱牛肉

Seasonal Vegetables
时蔬

Option:

A) ABC Chicken Soup
ABC鸡汤

B) Sauteed Trio Mushroom
炒三菇

Dessert Add On:

Barley (H)
薏米 (热)

Monday
25/05/2026

Lunch / 午餐

 **Kam Heong Fish**
甘香鱼

Stir Fried Beef w Capsicum
青椒炒牛肉

Seasonal Vegetables
时蔬

Option:

A) Black Bean Lotus Root Chicken Soup
黑豆莲藕鸡汤

B) Steamed Tofu w Minced Chicken
鸡碎蒸豆腐

Dessert Add On:

Mini Cream Puff (C)
迷你泡芙 (冷)

Dinner / 晚餐

 **Laksa Prawn**
叻沙虾

Chik Kut Teh
鸡骨茶

Seasonal Vegetables
时蔬

Option:

A) Salted Vegetable Tofu Soup
咸菜豆腐汤

B) Chicken Yakitori
日式鸡肉串烧

Dessert Add On:

Mini Cream Puff (C)
迷你泡芙 (冷)

Tuesday
26/05/2026

Lunch / 午餐

Garlic Butter Prawn
蒜蓉奶油虾

Braised Chicken w Mushroom
香菇炖鸡

Seasonal Vegetables
时蔬

Option:

A) Fishmaw Soup
鱼鳔汤

B) Crispy Lotus Root Cake
脆皮莲藕饼

Dessert Add On:

Grass Jelly w Lime (C)
仙草青柠 (冷)

Dinner / 晚餐

 **Nyonya Fried Fish Fillet w Hae Bee Hiam**
娘惹炒鱼片配虾米

Nyonya Beef Pongteh
娘惹牛肉

Seasonal Vegetables
时蔬

Option:

A) Enoki Mushroom Tofu Miso Soup
金针菇豆腐味噌汤

B) Ampang Yong Tau Foo
安邦酿豆腐

Dessert Add On:

Grass Jelly w Lime (C)
仙草青柠 (冷)

 **Mild Spicy . 微辣**



SOUL DELICACIES

心灵厨房



Wednesday
27/05/2026

Thursday
28/05/2026

Friday
29/05/2026

Lunch / 午餐

Steamed Fish Fillet w Garlic Paste
蒸鱼片配蒜蓉酱

Beef Potato w Cumin Herb
孜然香草牛肉

Seasonal Vegetables
时蔬

Option:

A) Apple Pear Snow Fungus Soup
苹果雪耳梨汤

B) Steamed Egg w Spinach
菠菜蒸蛋

Dessert Add On:

Sago w Coconut Milk (c)
椰浆西米露 (冷)

Dinner / 晚餐

Stir Fried Shrimp w Seaweed
海苔炒虾

Stew Chicken w Mushroom
蘑菇炖鸡

Seasonal Vegetables
时蔬

Option:

A) Chinese Herbal Chicken Soup
药材鸡汤

B) Potato Cube w Sausage
香肠土豆块

Dessert Add On:

Sago w Coconut Milk (c)
椰浆西米露 (冷)

Lunch / 午餐

Pumpkin Prawn
南瓜虾

Honey Rock Sugar Roasted Chicken
蜂蜜冰糖烤鸡

Seasonal Vegetables
时蔬

Option:

A) Creamy Potato Corn Soup
奶油土豆玉米汤

B) Hashbrown
薯饼

Dessert Add On:

White Fungus w Pear (H)
雪耳雪梨糖水 (热)

Dinner / 晚餐

Baked Salmon w White Cream Sauce
白酱鱼片

Stir-fried Teriyaki Beef w Leek
照烧牛肉炒韭菜

Seasonal Vegetables
时蔬

Option:

A) Minestrone Soup
意式蔬菜汤

B) Sauteed Buttered Cereal Egg Tofu
麦片蛋豆腐

Dessert Add On:

White Fungus w Pear (H)
雪耳雪梨糖水 (热)

SELAMAT
Hari Raya Haji

Mild Spicy . 微辣