



**SOUL DELICACIES**

心灵厨房

# Halal Certified Tingkat Meals



**APRIL  
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**

心灵厨房

## 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**

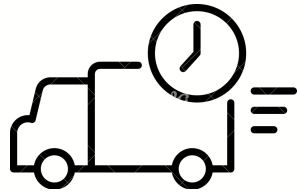


**Add on**  
**Dessert**  
**\$3.82 (w/GST) per pax**



**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



**Wednesday**  
**01/04/2026**

**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  
椒盐杏鲍菇

**Dessert Add On:**

Snow Fungus w Pear (C)  
银耳雪梨 (冷)

**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

**Dessert Add On:**

Snow Fungus w Pear (C)  
银耳雪梨 (冷)

**Thursday**  
**02/04/2026**

**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

**Dessert Add On:**

Sea Coconut (C)  
海底椰 (冷)

**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

**Dessert Add On:**

Sea Coconut (C)  
海底椰 (冷)

**Friday**  
**03/04/2026**

**Public  
Holiday**



**Good Friday**



**SOUL DELICACIES**

心灵厨房



**Monday**  
**06/04/2026**

**Lunch / 午餐**

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

**Beef Ball w Tomato paste**  
番茄牛肉丸

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Cream of Mushroom Soup**  
奶油蘑菇汤

**B) Tomato Egg**  
番茄蛋

**Dessert Add On:**

**Bubor Chacha (H)**  
摩摩喳喳 (热)

**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

**Dessert Add On:**

**Bubor Chacha (H)**  
摩摩喳喳 (热)

**Tuesday**  
**07/04/2026**

**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

**Dessert Add On:**

**HoneyDew Sago (C)**  
蜜瓜西米露 (冷)

**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

**Dessert Add On:**

**HoneyDew Sago (C)**  
蜜瓜西米露 (冷)

**Wednesday**  
**08/04/2026**

**Lunch / 午餐**

**Lychee Fish Fillet**  
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 

**Dessert Add On:**

**Red Bean w Orange Peel (H)**  
陈皮红豆汤 (热)

**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

**Dessert Add On:**

**TRed Bean w Orange Peel (H)**  
陈皮红豆汤 (热)



**SOUL DELICACIES**

心灵厨房



**Thursday**  
**09/04/2026**

**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

**Dessert Add On:**

Passion Fruit Pudding (C)  
百香果布丁 (冷)

**Dinner / 晚餐**

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

**Salted Egg Fried Sliced Beef**  
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

**Dessert Add On:**

Passion Fruit Pudding (C)  
百香果布丁 (冷)

**Friday**  
**10/04/2026**

**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

**Dessert Add On:**

Black Glutinous Rice w/ Longan (H)  
龙眼黑糯米糖水 (热)

**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

**Dessert Add On:**

Black Glutinous Rice w/ Longan (H)  
龙眼黑糯米糖水 (热)

**Monday**  
**13/04/2026**

**Lunch / 午餐**

**Aglio 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

**Dessert Add On:**

Mango Sago Pameló (C)  
杨枝甘露 (冷)

**Dinner / 晚餐**

**Baked Fish w/ Fruit Salsa**  
烤鱼配水果沙拉

**Beef w/ Butter Garlic Sauce**  
黑胡椒牛肉

**Seasonal Vegetables**  
时蔬

**Option:**

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

B) Potato Wedges  
薯角

**Dessert Add On:**

Mango Sago Pameló (C)  
杨枝甘露 (冷)

**Mild Spicy . 微辣**



**SOUL DELICACIES**

心灵厨房



**Tuesday**  
**14/04/2026**

**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**  
牛油大蒜蘑菇

**Dessert Add On:**

**Sago w Coconut Cream (H)**  
椰奶西米露 (热)

**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

**Dessert Add On:**

**Sago w Coconut Cream (H)**  
椰奶西米露 (热)

**Wednesday**  
**15/04/2026**

**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

**Dessert Add On:**

**Eclair (C)**  
泡芙 (冷)

**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

**Dessert Add On:**

**Eclair (C)**  
泡芙 (冷)

**Thursday**  
**16/04/2026**

**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

**Dessert Add On:**

**Tang Yuan (H)**  
汤圆 (热)

**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

**Dessert Add On:**

**Tang Yuan (H)**  
汤圆 (热)



**SOUL DELICACIES**

心灵厨房



**Friday**  
**17/04/2026**

**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

**Dessert Add On:**

**Barley w/ Beancurd Skin (H)**  
豆腐皮薏米糖水 (热)

**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 

**Dessert Add On:**

**Barley w/ Beancurd Skin (H)**  
豆腐皮薏米糖水 (热)

**Monday**  
**20/04/2026**

**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

**Dessert Add On:**

**Watermelon w/ Sago Milk (C)**  
西瓜牛奶西米露 (冷)

**Dinner / 晚餐**

**Salted Egg Prawn**  
咸蛋虾

**Salted Egg Chicken**  
咸蛋鸡

**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:**

**Watermelon w/ Sago Milk (C)**  
西瓜牛奶西米露 (冷)

**Tuesday**  
**21/04/2026**

**Lunch / 午餐**

**Steamed Prawn w/ Garlic & Ginger**  
蒜姜蒸虾

**Char Siu Chicken**  
叉烧鸡

**Seasonal Vegetables**  
时蔬

**Option:**

**A) Seaweed Tofu Soup**  
海带豆腐汤

**B) Spring Roll**  
春卷

**Dessert Add On:**

**Green Bean Soup (H)**  
绿豆汤 (热)

**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) Spinach & Mushroom Egg drop Soup**  
菠菜蘑菇蛋花汤

**B) Salt & Pepper Shiitake Mushroom**  
椒盐香菇 

**Dessert Add On:**

**Green Bean Soup (H)**  
绿豆汤 (热)



**SOUL DELICACIES**

心灵厨房



**Wednesday**  
**22/04/2026**

**Lunch / 午餐**

Pineapple sauce Fish Fillet  
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

**Dessert Add On:**

Mini Cream Puff (C)  
迷你泡芙 (冷)

**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

**Dessert Add On:**

Mini Cream Puff (C)  
迷你泡芙 (冷)

**Thursday**  
**23/04/2026**

**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 & Mushroom  
红枣枸杞香菇鸡汤

B) Egg w Baked Bean  
焗豆蛋

**Dessert Add On:**

Polut Hitam (H)  
黑糯米糖水 (热)

**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

**Dessert Add On:**

Polut Hitam (H)  
黑糯米糖水 (热)

**Friday**  
**24/04/2026**

**Lunch / 午餐**

 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

**Dessert Add On:**

Fruit Cocktail (C)  
水果什锦 (冷)

**Dinner / 晚餐**

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

**Dessert Add On:**

Fruit Cocktail (C)  
水果什锦 (冷)



**SOUL DELICACIES**

心灵厨房



**Monday**  
**27/04/2026**

**Lunch / 午餐**

Creamy White Pepper sauce Prawn  
奶油白胡椒酱虾

Western Roasted Chicken  
西式烧鸡

Seasonal Vegetables  
时蔬

**Option:**

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

B) Cheese Roll  
芝士卷

**Dessert Add On:**

Cheng Teng (H)  
清汤 (热)

**Dinner / 晚餐**

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) Cream of Broccoli Soup  
奶油西兰花汤

B) Baked Scallop w Cheese  
芝士焗带子

**Dessert Add On:**

Cheng Teng (H)  
清汤 (热)

**Tuesday**  
**28/04/2026**

**Lunch / 午餐**

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) Egg Seaweed Soup  
鸡蛋海带汤

B) Braised Taro in Soy Sauce  
红烧芋头

**Dessert Add On:**

Black & White Grass Jelly w Milk (C)  
黑白仙草奶露 (冷)

**Dinner / 晚餐**

Sambal Prawn  
参巴虾

Ginger Spring Onion Chicken  
姜葱鸡

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

**Dessert Add On:**

Black & White Grass Jelly w Milk (C)  
黑白仙草奶露 (冷)

**Wednesday**  
**29/04/2026**

**Lunch / 午餐**

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) Cordyceps Flower Soup  
虫草花汤

B) Chicken Yakitori Stick  
鸡肉串烧

**Dessert Add On:**

White Fungus w Pear (H)  
雪耳雪梨糖水 (热)

**Dinner / 晚餐**

Typhoon Sheltered Fish Fillet  
避风塘鱼片

Rendang Beef  
仁当牛肉

Seasonal Vegetables  
时蔬

**Option:**

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

B) Osmanthus Egg  
桂花蛋

**Dessert Add On:**

White Fungus w Pear (H)  
雪耳雪梨糖水 (热)



**SOUL DELICACIES**

心灵厨房



**Thursday**  
**30/04/2026**

**Lunch / 午餐**

**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) 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

**Dessert Add On:**

**Grass Jelly Longan (C)**  
仙草龙眼糖水(冷)

**Dinner / 晚餐**

**Kam Heong Prawn**  
甘香虾

**Chinese Supreme Soy Sauce Chicken**  
中式黑酱油鸡

**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

**Dessert Add On:**

**Grass Jelly Longan (C)**  
仙草龙眼糖水(冷)