



SOUL DELICACIES

心灵厨房

Halal Certified Tingkat Meals



**JUNE
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**



**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

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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

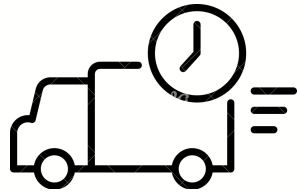


Add on
Dessert
\$3.82 (w/GST) per pax



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

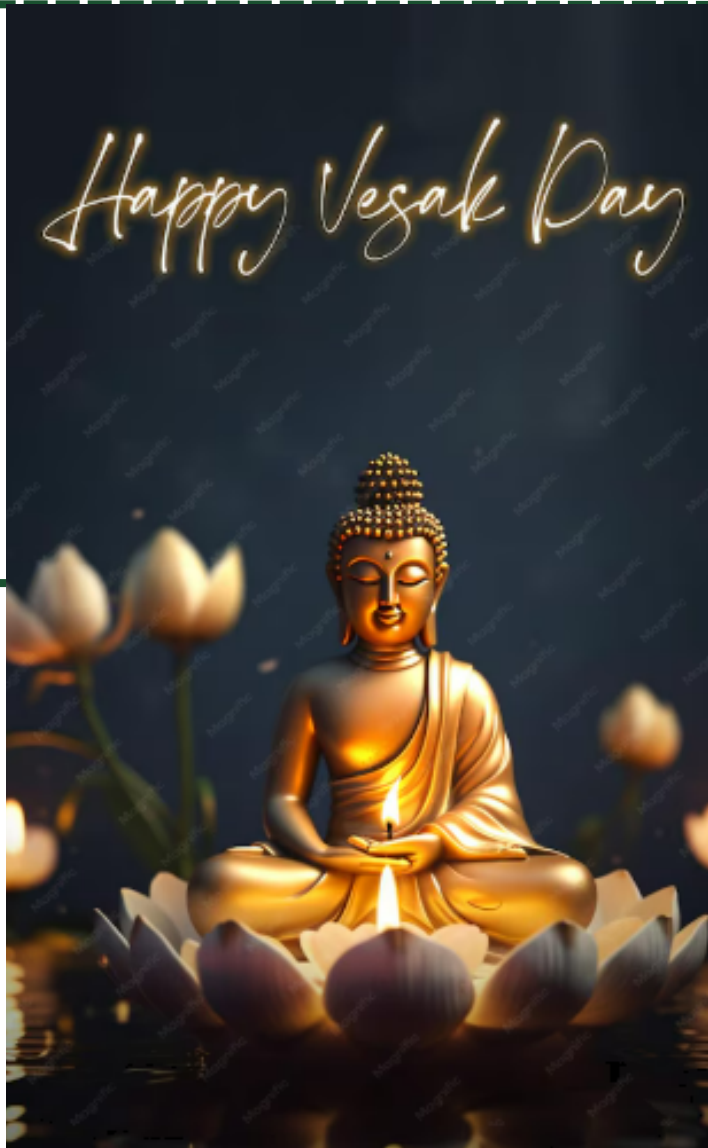


SOUL DELICACIES

心灵厨房



Monday
01/06/2026



Tuesday
02/06/2026

Lunch / 午餐

Chinese Style Garlic Fish Fillet
中式蒜香鱼片

Korean BBQ Sliced Beef
韩式烧烤牛肉片

Seasonal Vegetables
时蔬

Option:

A) Chinese Wintermelon Soup
冬瓜汤

B) Onion Egg
洋葱炒蛋

Dessert Add On:

Eclair (C)
泡芙 (冷)

Dinner / 晚餐

 **Prawn w Creamy White Pepper Sauce**
胡椒奶油虾

Lemon Basil Chicken
柠檬罗勒鸡

Seasonal Vegetables
时蔬

Option:

A) Cordyceps Mushroom Soup
虫草蘑菇汤

B) Stir-Fried Potato Cube
炒土豆丁

Dessert Add On:

Eclair (C)
泡芙 (冷)

Wednesday
03/06/2026

Lunch / 午餐

Butter Prawn w Egg Floss
牛油蛋丝虾

Oven Roasted Ayam Percik
马来式烤鸡

Seasonal Vegetables
时蔬

Option:

A) Chicken Meat Ball Soup
鸡肉丸汤

B) Chinese Braised Tofu
红烧豆腐

Dessert Add On:

Green Bean w Coconut Cream (H)
椰浆绿豆汤 (热)

Dinner / 晚餐

H.K Style Steamed Fish Fillet
港式清蒸鱼片

Beef Stew w Radish & Goji Berry
枸杞白萝卜炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Egg Drop Chicken Soup
蛋花鸡汤

B) Yakitori Chicken Ball
鸡肉丸串烧

Dessert Add On:

Green Bean w Coconut Cream (H)
椰浆绿豆汤 (热)



SOUL DELICACIES

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Thursday
04/06/2026

Lunch / 午餐

Salmon w Orange Juice
香橙汁三文鱼

 Rendang Beef
仁当牛肉

Seasonal Vegetables
时蔬

Option:

- A) Spinach Tofu Soup
菠菜豆腐汤
- B) Prawn Roll
虾卷

Dessert Add On:

Honeydew Sago (C)
蜜瓜西米露 (冷)

Dinner / 晚餐

 Assam Prawn
亚参虾

Cantonese Style Soya Sauce Chicken
粤式酱油鸡

Seasonal Vegetables
时蔬

Option:

- A) Carrot & Zucchini Soup
胡萝卜西葫芦汤

- B) Steamed Egg w Scallion & Soy Sauce
葱花酱油蒸蛋

Dessert Add On:

Honeydew Sago (C)
蜜瓜西米露 (冷)

Friday
05/06/2026

Lunch / 午餐

Hong Shao Prawn
红烧虾

Steamed Chicken w Black Fungus
黑木耳蒸鸡

Seasonal Vegetables
时蔬

Option:

- A) Huai Shan Chicken Soup
淮山鸡汤
- B) 3 Color Egg
三色蛋

Dessert Add On:

Sweet Potato w Longan (H)
龙眼番薯糖水 (热)

Dinner / 晚餐

Teochew Style Steamed Fish Fillet
潮州式蒸鱼片

 Kam Hiong Beef
甘香牛肉

Seasonal Vegetables
时蔬

Option:

- A) Lily Autumn Pear White Fungus Soup
百合秋梨银耳汤

- B) Ngoh Hiong
五香卷

Dessert Add On:

Sweet Potato w Longan (H)
龙眼番薯糖水 (热)

Monday
08/06/2026

Lunch / 午餐

Teppanyaki Fish Fillet
铁板烧鱼片

Beef Patty w Brown Sauce
牛肉饼赤酱

Seasonal Vegetables
时蔬

Option:

- A) Tomato Bisque
番茄浓汤
- B) Mashed Potato
薯泥

Dessert Add On:

Watermelon w Sago Milk (C)
西瓜西米露 (冷)

Dinner / 晚餐

Butter Garlic Lemon Prawn
牛油蒜香柠檬虾

Pumpkin Chicken
南瓜鸡

Seasonal Vegetables
时蔬

Option:

- A) Cream of Vegetable Soup
蔬菜奶油汤

- B) Stir-Fried Sausage w Onion, Capsicum & Corn
炒香肠配洋葱甜椒玉米

Dessert Add On:

Watermelon w Sago Milk (C)
西瓜西米露 (冷)



SOUL DELICACIES

心灵厨房



Tuesday
09/06/2026

Lunch / 午餐

Tamarind Prawn
罗望子虾

Five Spice Roasted Chicken
五香烤鸡

Seasonal Vegetables
时蔬

Option:

A) Mushroom Red Date Chicken Soup
香菇红枣鸡汤

B) Sweet & Sour Egg Tofu
糖醋蛋豆腐

Dessert Add On:

Barley (H)
薏米 (热)

Dinner / 晚餐

Nyonya Fish Curry
娘惹咖喱鱼

Stir Fried Beef w Onion
洋葱炒牛肉

Seasonal Vegetables
时蔬

Option:

A) White Radish Soup
白萝卜汤

B) Salt & Pepper Enoki Mushroom
椒盐金针菇

Dessert Add On:

Barley (H)
薏米 (热)

Wednesday
10/06/2026

Lunch / 午餐

Peranakan Style Fish Otah
娘惹风味鱼肉乌达

Stew Beef w Sichuan Vegetable
炖牛肉配四川蔬菜

Seasonal Vegetables
时蔬

Option:

A) Fresh Corn w Snow Fungus Soup
玉米银耳汤

B) Spring Roll
春卷

Dessert Add On:

Mini Cream Puff (C)
迷你奶油泡芙 (冷)

Dinner / 晚餐

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

Hainanese Steamed Chicken
海南白切鸡

Seasonal Vegetables
时蔬

Option:

A) Seaweed Miso Soup
海带味噌汤

B) Taupok w Rojak Sauce
豆卜配罗惹酱

Dessert Add On:

Mini Cream Puff (C)
迷你奶油泡芙 (冷)

Thursday
11/06/2026

Lunch / 午餐

Thai Style Lemon Prawn
泰式柠檬虾

Butter Cereal Chicken Cube
麦片鸡块

Seasonal Vegetables
时蔬

Option:

A) Chinese Danggui Herbal Chicken Soup
当归药材鸡汤

B) Egg w Silver Fish
银鱼炒蛋

Dessert Add On:

BuBor Cha Cha (H)
摩摩喳喳 (热)

Dinner / 晚餐

Sambal Grilled Fish
参巴烤鱼

Chinese Herbal Beef Stew
药膳炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Minced Chicken Mushroom Soup
鸡肉碎蘑菇汤

B) Four Colored Roll
四色卷

Dessert Add On:

BuBor Cha Cha (H)
摩摩喳喳 (热)

Mild Spicy . 微辣



SOUL DELICACIES

心灵厨房



Friday
12/06/2026

Lunch / 午餐

Fried Fish Fillet w Belachan Chili
参巴虾酱炸鱼片

Japanese Style Miso Beef
日式味噌牛肉

Seasonal Vegetables
时蔬

Option:

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

B) Hotplate Egg Tofu
铁板豆腐

Dessert Add On:

Grass Jelly w Longan (C)
龙眼仙草冻 (冷)

Dinner / 晚餐

Thai Tom Yum Prawn
泰式冬阴虾

Ayam Pongteh
娘惹焖鸡

Seasonal Vegetables
时蔬

Option:

A) Vegetable Soup w Chicken & Silken Tofu
蔬菜鸡肉豆腐汤

B) Gyoza w Garlic Paste
饺子配蒜蓉酱

Dessert Add On:

Grass Jelly w Longan (C)
龙眼仙草冻 (冷)

Monday
15/06/2026

Lunch / 午餐

Cheesy Baked Prawn
芝士焗虾

Garlic Herb Butter Roasted Chicken
蒜香香草牛油烤鸡

Seasonal Vegetables
时蔬

Option:

A) Corn Chowder
玉米浓汤

B) Sauteed Mushroom w Herbs
香草炒蘑菇

Dessert Add On:

Red Bean Sago (H)
红豆西米露 (热)

Dinner / 晚餐

Baked Fish Fillet w Italy Lemon Sauce
意式柠檬酱焗鱼片

Western Beef Stew
西式炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Cream of Potato Soup
奶油土豆汤

B) Potato Wedges w Cheese Sauce
薯角

Dessert Add On:

Red Bean Sago (H)
红豆西米露 (热)

Tuesday
16/06/2026

Lunch / 午餐

King Dark Soya Sauce Fish Fillet
黑酱油鱼片

Teriyaki Sliced Beef
照烧牛肉片

Seasonal Vegetables
时蔬

Option:

A) Cordyceps Mushroom Soup
虫草蘑菇汤

B) Steamed Egg w Crabstick Sauce
蟹柳酱蒸蛋

Dessert Add On:

Fruit Cocktail (C)
什锦水果 (冷)

Dinner / 晚餐

Har Lok Prawn
干炒虾碌

Curry Chicken
咖喱鸡

Seasonal Vegetables
时蔬

Option:

A) Chinese Wintermelon Soup
冬瓜汤

B) Sotong Youtiao w Mayo
苏东油条

Dessert Add On:

Fruit Cocktail (C)
什锦水果 (冷)

Mild Spicy . 微辣



SOUL DELICACIES

心灵厨房



Wednesday
17/06/2026

Lunch / 午餐

Oyster Sauce Prawn
蚝油虾

Fried Turmeric Chicken
炸黄姜鸡

Seasonal Vegetables
时蔬

Option:

A) Egg Drop Chicken Soup
蛋花鸡汤

B) Fish Wonton w Chili Dip
云吞配辣椒酱

Dessert Add On:

Barley w Beancurb Skin (H)
薏米腐竹糖水 (热)

Dinner / 晚餐

H.K Style Typhoon Shelter Fish
避风塘鱼

Stir-Fried Beef Slice w Ginger & Spring Onion
姜葱炒牛肉片

Seasonal Vegetables
时蔬

Option:

A) Chicken Meat Ball Soup
鸡肉丸汤

B) Steamed Tofu w Enoki Mushroom in Garlic Sauce
蒜香金针菇蒸豆腐

Dessert Add On:

Barley w Beancurb Skin (H)
薏米腐竹糖水 (热)

Thursday
18/06/2026

Lunch / 午餐

 Korean Kimchi Fish Stew
韩式泡菜鱼片

Sweet & Sour Pineapple Beef Patty
糖醋菠萝牛肉饼

Seasonal Vegetables
时蔬

Option:

A) Carrot & Zucchini Soup
胡萝卜西葫芦汤

B) Egg Tofu w Minced Chicken
蛋豆腐配鸡肉碎

Dessert Add On:

Mango Sago (C)
芒果西米露 (冷)

Dinner / 晚餐

Salted Egg Butter Prawn
咸蛋牛油虾

Steamed Chicken w Mushroom
香菇蒸鸡

Seasonal Vegetables
时蔬

Option:

A) Spinach Tofu Soup
菠菜豆腐汤

B) Osmanthus Egg
桂花蛋

Dessert Add On:

Mango Sago (C)
芒果西米露 (冷)

Friday
19/06/2026

Lunch / 午餐

Har Lok Prawn
干煎虾

Lemon Chicken Chop
柠檬鸡扒

Seasonal Vegetables
时蔬

Option:

A) Lily Autumn Pear White Fungus Soup
百合秋梨银耳汤

B) Braised Tau Kee w Quail Egg
焖豆枝配鹌鹑蛋

Dessert Add On:

Bubor Hitam (H)
黑糯米粥 (热)

Dinner / 晚餐

 Spicy Garlic Fish Fillet
蒜香辣味鱼片

Stir-Fried Beef w Sesame Oil
麻油炒牛肉

Seasonal Vegetables
时蔬

Option:

A) Huai Shan Chicken Soup
淮山鸡汤

B) Ampang Yong Tau Foo
安邦酿豆腐

Dessert Add On:

Bubor Hitam (H)
黑糯米粥 (热)



SOUL DELICACIES

心灵厨房



Monday
22/06/2026

Lunch / 午餐

Fish & Chip w Tar Tar Sauce
炸鱼配塔塔酱

Beef Patty w Cheese
牛肉饼配芝士

Seasonal Vegetables
时蔬

Option:

A) Cream of Vegetable Soup
蔬菜奶油汤

B) Breaded Scallop
面包糠扇贝

Dessert Add On:

Sea Coconut (C)
海底椰 (冷)

Dinner / 晚餐

Stir-Fried Mushroom w Prawn
香炒蘑菇虾

Black Pepper Chicken Chop
黑胡椒鸡排

Seasonal Vegetables
时蔬

Option:

A) Tomato Bisque
番茄浓汤

B) Potato Salad
马铃薯沙拉

Dessert Add On:

Sea Coconut (C)
海底椰 (冷)

Tuesday
23/06/2026

Lunch / 午餐

Lychee Prawn
荔枝虾

Rojak Chicken
罗惹酱鸡

Seasonal Vegetables
时蔬

Option:

A) White Radish Soup
白萝卜汤

B) Silken Tofu w Roasted Sesame Sauce & Scallion
香葱芝麻酱拌嫩豆腐

Dessert Add On:

Snow Fungus w Pear (H)
雪耳炖梨 (热)

Dinner / 晚餐

Fish Fillet w Ginger & Spring Onion
姜葱鱼片

Yakiniku Beef
日式烧烤牛肉

Seasonal Vegetables
时蔬

Option:

A) Mushroom Red Date Chicken Soup
香菇红枣鸡汤

B) Salted Egg Taro
咸蛋芋头

Dessert Add On:

Snow Fungus w Pear (H)
雪耳炖梨 (热)

Wednesday
24/06/2026

Lunch / 午餐

Fish Fillet w Pumpkin Sauce
南瓜酱鱼片

Stir-Fried Beef w Leek
韭菜炒牛肉

Seasonal Vegetables
时蔬

Option:

A) Seaweed Miso Soup
海带味噌汤

B) Pandan Chicken
班兰鸡

Dessert Add On:

Ice Jelly w Lime (C)
爱玉冰 (冷)

Dinner / 晚餐

Steamed Prawn w Garlic & Vermicelli
蒜蓉粉丝蒸虾

Braised Taro Chicken
芋头焖鸡

Seasonal Vegetables
时蔬

Option:

A) Fresh Corn w Snow Fungus Soup
玉米银耳汤

B) Cereal Shimeiji Mushroom
麦片白玉菇

Dessert Add On:

Ice Jelly w Lime (C)
爱玉冰 (冷)



SOUL DELICACIES

心灵厨房



Thursday
25/06/2026

Lunch / 午餐

Peking Prawns
京都虾

Steamed Herbal Ginseng Chicken
药材人参蒸鸡

Seasonal Vegetables
时蔬

Option:

A) Minced Chicken Mushroom Soup
鸡肉碎蘑菇汤

B) Kam Hiong Potato Cube
甘香土豆丁

Dessert Add On:

White Fungus w Longan (H)
银耳龙眼糖水 (热)

Dinner / 晚餐

Hong Shao Fish
红烧鱼

Mongolia Beef
蒙古牛肉

Seasonal Vegetables
时蔬

Option:

A) Chinese Danggui Herbal Chicken Soup
当归药材鸡汤

B) Seaweed Omelette
紫菜煎蛋

Dessert Add On:

White Fungus w Longan (H)
银耳龙眼糖水 (热)

Friday
26/06/2026

Lunch / 午餐

Turmeric Fried Fish
黄姜炸鱼

Sauteed Sliced Curry Beef
咖喱炒牛肉片

Seasonal Vegetables
时蔬

Option:

A) Vegetable Soup w Chicken & Silken Tofu
蔬菜鸡肉豆腐汤

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

Dessert Add On:

Black & White Grass Jelly w Milk (C)
黑白仙草冻配牛奶 (冷)

Dinner / 晚餐

Black Pepper Prawn
黑胡椒虾

Honey BBQ Chicken Wing
蜂蜜烧烤鸡翅

Seasonal Vegetables
时蔬

Option:

A) Peanut Lotus w Chicken Feet Soup
花生莲藕鸡爪汤

B) Pan Fried Tofu w Garlic Sauce
蒜香煎豆腐

Dessert Add On:

Black & White Grass Jelly w Milk (C)
黑白仙草冻配牛奶 (冷)

Monday
29/06/2026

Lunch / 午餐

Stir-Fried Buttered Corn Shrimp
牛油玉米炒虾

Garlic Mushroom Chicken
蒜香蘑菇鸡

Seasonal Vegetables
时蔬

Option:

A) Cream of Potato Soup
奶油土豆汤

B) Sweet Potato Fries
地瓜薯条

Dessert Add On:

Sweet Potato Soup (H)
番薯糖水 (热)

Dinner / 晚餐

Salmon w Lemon Creamy Sauce
柠檬奶油酱三文鱼

Classic Tomato Beef Stew
番茄炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Corn Chowder
玉米浓汤

B) Teriyaki Quail Egg
照烧鹌鹑蛋

Dessert Add On:

Sweet Potato Soup (H)
番薯糖水 (热)

Mild Spicy . 微辣



SOUL DELICACIES

心灵厨房



Tuesday
30/06/2026

Lunch / 午餐

 **Ikan Tiga Rasa**
三味鱼

Peranakan Style Braised Beef
娘惹风味红烧牛肉

Seasonal Vegetables
时蔬

Option:

A) Polygonatum Odoratum Old Cucumber Soup
玉竹老黄瓜汤

B) Spring Roll
春卷

Dessert Add On:

Mini Cream Puff (C)
迷你奶油泡芙 (冷)

Dinner / 晚餐

 **Thai Green Mango Salad Prawn**
泰式青芒果虾沙拉

Chinese Claypot Chicken
砂煲鸡

Seasonal Vegetables
时蔬

Option:

A) Scallop Tofu Fish Ball Soup
扇贝豆腐鱼丸汤

B) Salted Egg French Bean
咸蛋四季豆

Dessert Add On:

Mini Cream Puff (C)
迷你奶油泡芙 (冷)