

Actual presentation may vary. Images are for illustration purposes only.





ISO 22000

Our *Achievements*

“Excellence:
Our Journey, Our Commitment!”



Actual presentation may vary. Images are for illustration purposes only.



Healthier *Sources,* Healthier *Meal*



**Lower GI & Higher Fibre
for all Rice & Porridge served**



Lower GI Sugar



Healthier Choice Certified Sauce



Low Sodium Iodized Salt



**HPB Certified Healthier Choice
Cooking Oils**

Actual presentation may vary. Images are for illustration purposes only.

Package Choices



5 DAYS Trial Package



Made with
ALCHEMY
FIBRE

10 DAYS Tingkat Package



Made with
ALCHEMY
FIBRE



20 DAYS Tingkat Package



Made with
ALCHEMY
FIBRE

10%
OFF

Actual presentation may vary.
Images are for illustration purposes only.



Meal *Options:*



3 + 1 Healthy Tingkat Meal



Chicken / Beef

+



Fish / Prawn

+



**Seasonal Vegetables
of the Day**

=



Daily brewed Soup

4D Healthy Tingkat Meal



Chicken / Beef

+



Fish / Prawn

+



**Seasonal Vegetables
of the Day**

=



Special Curated Side

Actual presentation may vary. Images are for illustration purposes only.

Package *Price List*



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	\$2,6143.44	\$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

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

Package *Price List*



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

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

Wholesome *Add - On:*



Add on
White Jasmine Rice
\$1.09 (w/GST) per pax



Add on
SongHe (50/50) 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
\$1.09 (w/GST) per pax



Add on
SongHe (50/50) Brown
Rice Porridge
\$1.31 (w/GST) per pax



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

Actual presentation may vary. Images are for illustration purposes only.

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.

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August 2026 Menu



MONDAY 03/08/2026

Lunch / 午餐

 **Ikan Tiga Rasa**
Malay Fried Fish Fillet in 3 Flavour Sauce
马来式三味鱼片

Braised Beef Peranakan Style
娘惹式焖牛肉

Seasonal Vegetables
时蔬

Option:

A) Mushroom & Minced Chicken Soup
香菇鸡肉碎汤

B) Golden Fried Begedil
炸马铃薯饼

Dessert Add on:
Red Bean Sago
红豆西米露

TUESDAY 04/08/2026

Lunch / 午餐

Sweet & Sour Shrimp
咕嚕蝦

Shredded Ginger Sesame Oil Chicken
姜丝麻油鸡

Seasonal Vegetables
时蔬

Option:

A) Winter Melon Seaweed Soup
冬瓜海带汤

B) Crispy Lotus Root Cake
酥脆莲藕饼

Dessert Add on:
Passion Fruit Ice Jelly
百香果冰粉

WEDNESDAY 05/08/2026

Lunch / 午餐

Steamed Fish Fillet Hongkong Style
港式蒸鱼片

Sautéed Teriyaki Sliced Beef
照烧牛肉片

Seasonal Vegetables
时蔬

Option:

A) Vegetable Detox Soup with Chicken
蔬菜排毒鸡汤

B) Fried Enoki Mushrooms with Sesame Sauce
芝麻炒金针菇

Dessert Add on:
Tang Yuan
汤圆

Dinner / 晚餐

Typhoon Shelter Fried Prawns
避风塘炒虾

Golden Pear Braised Chicken
雪梨焖鸡

Seasonal Vegetables
时蔬

Option:

A) Burdock & Mushroom Soup
牛蒡蘑菇汤

B) Deep Fried Tofu with Sesame Dipping Sauce
麻酱炸豆腐

Dessert Add on:
Red Bean Sago
红豆西米露

Dinner / 晚餐

Fish Fillet in Teriyaki Sauce
照烧鱼柳

 **Beef with Black Pepper Sauce**
黑胡椒酱炒牛肉

Seasonal Vegetables
时蔬

Option:

A) Sweetcorn Chicken Soup with Egg
甜玉米鸡肉蛋花汤

B) Seaweed Egg Omelette
紫菜煎蛋

Dessert Add on:
Passion Fruit Ice Jelly
百香果冰粉

Dinner / 晚餐

Nyonya Assam Paste Prawn
亚参虾

Creamy Butter Chicken
奶油鸡

Seasonal Vegetables
时蔬

Option:

A) Astragalus Codonopsis Soup
黄芪党参汤

B) Tofu with Preserved Egg
皮蛋豆腐

Dessert Add on:
Tang Yuan
汤圆

August 2026 *Menu*



THURSDAY 06/08/2026

Lunch / 午餐

Stir Fry Buttered Egg Floss Prawn

奶油蛋丝虾

Stir Fried Chicken with Onion Rings

洋葱炒鸡

Seasonal Vegetables

时蔬

Option:

A) Immunity Boosting Chicken Soup

蒜香胡椒鸡汤

B) Gyoza with Chinese Vinegar

& Ginger Floss

醋姜饺子

Dessert Add on:

Sea Coconut

海椰子

Dinner / 晚餐

Steamed Fish in Teochew Style

潮州蒸鱼

 **Sautéed Sliced Beef with Dry Curry**

干咖喱炒牛肉片

Seasonal Vegetables

时蔬

Option:

A) Pumpkin Carrot Soup

金瓜萝卜汤

Dessert Add on:

Sea Coconut

海椰子

B) Silken Tofu with

Sweet Miso Sauce

味噌豆腐

FRIDAY 07/08/2026

Lunch / 午餐

Baked Fish Fillet with Honey Garlic

蜜汁蒜香烤鱼片

Beef Stew with Carrots & Potatoes

萝卜土豆炖牛肉

Seasonal Vegetables

时蔬

Option:

A) Corn Chowder

玉米浓汤

 **B) Buffalo's Chicken Winglets**

布法罗鸡翅

Dessert Add on:

Bubur Cha Cha

摩摩喳喳

Dinner / 晚餐

Aglio e Olio Prawns

牛油大蒜虾

Roast Chicken with Thyme Butter Sauce

百里香牛油烤鸡

Seasonal Vegetables

时蔬

Option:

A) Minestone Soup

意式蔬菜汤

Dessert Add on:

Bubur Cha Cha

摩摩喳喳

B) Baked Potato with

Nacho Cheese

香烤马铃薯伴奶酪

MONDAY 10/08/2026

PUBLIC HOLIDAY

National Day
(in lieu of Sunday 9th August)

 **Mild Spicy . 微辣**

August 2026 Menu



TUESDAY 11/08/2026

Lunch / 午餐

Salmon Fish with Tomato paste
茄酱三文鱼

Chinese Herbal Beef Stew
药膳焖牛肉

Seasonal Vegetables
时蔬

Option:

A) Mushroom Stewed Chicken Soup
菌菇炖鸡汤

B) Enoki Mushroom Omelette
金针菇煎蛋

Dessert Add on:

Red Bean with Orange Peel
陈皮红豆

WEDNESDAY 12/08/2026

Lunch / 午餐

Fruity Rojak Prawn
果味罗惹虾

 **Nonya Style Chicken Curry with Potatoes**
娘惹式咖喱鸡

Seasonal Vegetables
时蔬

Option:

A) Mix Mushroom Vegetable Soup
么菇蔬菜汤

B) Gyoza with Chinese Vinegar & Ginger Floss
醋姜饺子

Dessert Add on:

Mango Sago
芒果西米露

THURSDAY 13/08/2026

Lunch / 午餐

 **Thai Tom Yum Fish Fillet**
泰式冬阴功鱼片

Teppanyaki Beef with Onions
铁板烧洋葱牛肉

Seasonal Vegetables
时蔬

Option:

A) Fish Maw Tofu Soup
鱼鳔豆腐汤

B) Crispy Lotus Root Cake
香煎藕饼

Dessert Add on:

Bubur Hitam
黑糯米粥

Dinner / 晚餐

Stir Fried Prawn with Oyster Sauce
蚝油炒虾

 **Ayam Masak Paprik Malay Style Spicy Chicken**
马来式香辣炒鸡

Seasonal Vegetables
时蔬

Option:

A) Fish Maw & Yellow Gold Ear Mushroom Soup
鱼肚金耳菇汤

B) Black Fungus Fried Egg
黑木耳煎蛋

Dessert Add on:

Red Bean with Orange Peel
陈皮红豆

Dinner / 晚餐

 **Gong Bao Fish Fillet with Cashew Nuts**
宫保鱼片

Beef Shank Stew with Radish
白萝卜炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Lotus Root & Chinese Yam Chicken Soup
莲藕山药鸡汤

B) Muar Mackerel Fish Otah
麻坡马鲛鱼乌达

Dessert Add on:

Mango Sago
芒果西米露

Dinner / 晚餐

Stir Fried Prawn
干煎虾

Hainanese Chicken
海南白切鸡

Seasonal Vegetables
时蔬

Option:

A) Shredded Radish & Egg Soup
萝卜丝蛋汤

B) Sotong Youtiao with Mayo
苏东油条配蛋黄酱

Dessert Add on:

Bubur Hitam
黑糯米粥

 **Mild Spicy . 微辣**

August 2026 *Menu*



FRIDAY 14/08/2026

Lunch / 午餐

 **Cajun Shrimp Boil with Corn**
卡津虾

Garlic Mushroom Chicken
蒜香蘑菇鸡肉

Seasonal Vegetables
时蔬

Option:

A) Creamy Mushroom Soup
奶油蘑菇汤

Dessert Add on:

B) Fried Mushrooms with Nacho Cheese Dip
香炸蘑菇配纳乔奶酪酱

Sweet Potato Sago
番薯西米露

MONDAY 17/08/2026

Lunch / 午餐

Sambal Grilled Fish
参巴烤鱼

Chinese Herbal Beef Stew
药膳炖牛肉

Seasonal Vegetables
时蔬

Option:

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

Dessert Add on:

B) Onion w Egg
大葱蛋

Grass Jelly with Lime & Sago
青柠西米仙草

TUESDAY 18/08/2026

Lunch / 午餐

Chinese Herbal Prawn with Red Dates
红枣药材虾

 **GongBao Chicken Cubes**
宫保鸡块

Seasonal Vegetables
时蔬

Option:

A) ABC Chicken Soup
ABC 鸡肉汤

Dessert Add on:

B) Nori Egg Pancake
紫菜蛋饼

Sea Coconut
海椰子

Dinner / 晚餐

Baked Fish Fillet with Cream Sauce
西式白汁鱼柳

Tomato Beef Stew
番茄炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Cream of Tomato Basil Soup
奶油番茄罗勒汤

Dessert Add on:

B) Baked Potato wedges Parmesan Cheese
烤薯角配帕马森奶酪

Sweet Potato Sago
番薯西米露

Dinner / 晚餐

Thai Style Lemon Prawn
泰式柠檬虾

Butter Cereal Chicken Cube
麦片鸡块

Seasonal Vegetables
时蔬

Option:

A) Minced Chicken Mushroom Soup
鸡肉碎蘑菇汤

Dessert Add on:

B) Four Colored Roll
四色卷

Grass Jelly with Lime & Sago
青柠西米仙草

Dinner / 晚餐

 **Stir -Fried Kam Heong with Fish Fillet**
甘香炒鱼片

Pumpkin Beef Stew with Red Dates
红枣南瓜炖牛肉

Seasonal Vegetables
时蔬

Option:

A) Pumpkin & Kelp Miso Soup
南瓜海带味噌汤

Dessert Add on:

B) Garlic Mushroom
蒜香蘑菇

Sea Coconut
海椰子

August 2026 Menu



WEDNESDAY 19/08/2026

Lunch / 午餐

 **Korean Kimchi Fish Stew**
韩式泡菜炖鱼

Sweet & Sour Pineapple Beef Meat Balls
糖醋凤梨牛肉丸

Seasonal Vegetables
时蔬

Option:

A) Chinese Style Borscht
中式罗宋汤

B) Quail Egg with Teriyaki Sauce
照烧鹌鹑蛋

Dessert Add on:

White Fungus with Pear
雪梨银耳

THURSDAY 20/08/2026

Lunch / 午餐

Stir-Fried Shrimp with Seaweed
海苔焗虾

 **Rendang Chicken**
仁当鸡

Seasonal Vegetables
时蔬

Option:

A) Chicken Bone Four Herbs Soup
鸡骨四神汤

B) Golden Fried Prawn Dates
黄金 虾枣

Dessert Add on:

Longan with Jelly
桂圆果冻

FRIDAY 21/08/2026

Lunch / 午餐

 **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:

Barley with Ginko Nut
银杏薏米

Dinner / 晚餐

Salted Egg Butter Prawns
金沙奶油虾

Steamed Chicken with Goji & Black Fungus
枸杞子黑木耳蒸鸡

Seasonal Vegetables
时蔬

Option:

A) Stewed Chicken Soup with Cordyceps Flower
虫草花炖鸡汤

 **B) Potato & Ikan Bilis Dry Sambal**
江鱼仔叁崙马铃薯丁

Dessert Add on:

White Fungus with Pear
雪梨银耳

Dinner / 晚餐

Steamed Fish w Hawthorn, Red dates & Goji
山楂红枣枸杞蒸鱼片

Stir-fried Beef with Scallions & Mushrooms
葱爆蘑菇牛肉

Seasonal Vegetables
时蔬

Option:

A) Huai Shan & Red Dates Chicken Soup
淮山红枣鸡汤

B) Chinese Steamed 3 Colors Eggs
三色蛋

Dessert Add on:

Longan with Jelly
桂圆果冻

Dinner / 晚餐

Turmeric Fried Fish
黄姜炸鱼

Beef Stew with Radish
白蘿蔔炖牛肉

Seasonal Vegetables
时蔬

Option:

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

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

Dessert Add on:

Barley with Ginko Nut
银杏薏米

 **Mild Spicy . 微辣**

August 2026 Menu



MONDAY 24/08/2026

Lunch / 午餐

 **Fish Fillet with Thai Chili Sauce**
泰式辣酱鱼片

Stir Fried Beef with Garlic
蒜香炸牛肉片

Seasonal Vegetables
时蔬

Option:

A) Chicken Soup with Chinese Yam & Danggui
山药当归鸡汤

Dessert Add on:
Dragon Fruit Sago
火龙果西米露

 **B) Curry Yong Tau Fu**
咖喱酿豆腐

TUESDAY 25/08/2026

Lunch / 午餐

 **White Pepper Creamy Shrimp**
白胡椒奶油虾

Imperial Herbal Chicken
帝皇鸡

Seasonal Vegetables
时蔬

Option:

A) Chinese Yam & Polygonatum Root Soup
山药玉竹炖汤

Dessert Add on:
Sweet Potato with Longan
桂圆红薯

B) Osmanthus Egg
桂花蛋

WEDNESDAY 26/08/2026

Lunch / 午餐

 **Assam Curry Fish**
亚参咖喱鱼

Stir Fried Beef with Ginger & Onion
姜葱炒牛肉

Seasonal Vegetables
时蔬

Option:

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

Dessert Add on:
Watermelon with Sago Milk
西瓜西米露

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

Dinner / 晚餐

Stir Fried Tomato Prawn
番茄炒虾

Golden Pear Braised Chicken
雪梨焖鸡

Seasonal Vegetables
时蔬

Option:

A) Immunity Boosting Chicken Soup
蒜香胡椒鸡汤

Dessert Add on:
Dragon Fruit Sago
火龙果西米露

B) Ngoh Hiong
五香

Dinner / 晚餐

Steamed Fish in Black Bean Soya Sauce
黑豆豉汁蒸鱼片

 **Sautéed Sliced Beef with Dry Curry**
干咖喱炒牛肉片

Seasonal Vegetables
时蔬

Option:

A) Vegetable Detox Soup with Chicken
蔬菜排毒鸡汤

Dessert Add on:
Sweet Potato with Longan
桂圆红薯

B) Silken Tofu with Sweet Miso Sauce
味噌豆腐

Dinner / 晚餐

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

Fried Chicken w Char Siew Sauce
炸鸡配叉烧酱

Seasonal Vegetables
时蔬

Option:

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

Dessert Add on:
Watermelon with Sago Milk
西瓜西米露

B) Long Bean Egg
长豆角炒蛋

 **Mild Spicy . 微辣**

August 2026 Menu



THURSDAY 27/08/2026

Lunch / 午餐

Honey Prawns with Walnut
蜜汁核桃虾

 **Paprika Cream Chicken**
甜椒奶油烤鸡

Seasonal Vegetables
时蔬

Option:

A) Cream of Chicken Soup
奶油鸡汤

B) Tempura Cauliflower
花椰菜天妇罗

Dessert Add on:

Bubur Cha Cha
摩摩喳喳

FRIDAY 28/08/2026

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) Mushroom Stewed Chicken Soup
蘑菇炖鸡汤

B) Tahu Telur w Sweet Sauce
豆腐蛋

Dessert Add on:

Black & White Grass Jelly
黑白仙草

MONDAY 31/08/2026

Lunch / 午餐

Garlic Buttered Cheese Bake Shrimps
大蒜牛油奶酪烤虾

Honey BBQ Chicken Wings
蜂蜜烧烤鸡翅

Seasonal Vegetables
时蔬

Option:

A) Tomato Seaweed Soup
番茄紫菜汤

B) Spring Roll
春卷

Dessert Add on:

Cheng Teng
清汤

Dinner / 晚餐

Stir Fried Ginger Dark Soy Fish
姜丝酱油鱼

 **Beef with Capsicum**
牛肉炒甜椒

Seasonal Vegetables
时蔬

Option:

A) Chicken Soup w Chinese Yam
山药炖鸡汤

B) Silken Tofu with Century Egg
皮蛋嫩豆腐

Dessert Add on:

Bubur Cha Cha
摩摩喳喳

Dinner / 晚餐

Hong Shao Prawn
红烧虾

Five Spice Baked Chicken
五香烤鸡

Seasonal Vegetables
时蔬

Option:

A) Chik Kut Teh Soup
鸡骨茶汤

B) Gyoza with Chinese Vinegar & Ginger Floss
醋姜饺子

Dessert Add on:

Black & White Grass Jelly
黑白仙草

Dinner / 晚餐

Hong Shao Fish Fillet
红烧鱼片

Western Beef Stew
西式燉牛肉

Seasonal Vegetables
时蔬

Option:

A) Creamy Mushroom Soup
奶油蘑菇汤

B) Fried Mushrooms with Nacho Cheese Dip
香炸蘑菇配纳乔奶酪酱

Dessert Add on:

Cheng Teng
清汤

 **Mild Spicy . 微辣**