

Gourmet *Healthy* TINGKAT MEALS



OCTOBER 2026



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





ISO 22000



Our *Achievements*

“Excellence:
Our Journey, Our Commitment!”



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Healthier *Sources,* Healthier *Meal*



Higher in Wholegrains



**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.

Special *Promo*

FREE GIFT



Stainless Steel
Cutlery Set

10 Days Package

10%
OFF

20 Days Package



10%
OFF + FREE
DESSERT

60 or 120 Days Package



Package Choices



5 DAYS Trial Package



Made with
ALCHEMY
FIBRE

10 DAYS Tingkat Package



Made with
ALCHEMY
FIBRE



Stainless Steel
Cutlery Set

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/ Malls					
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

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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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October 2026 *Menu*



THURSDAY 01/10/2026

Lunch / 午餐

Beef Stew with Vegetable
蔬菜炖牛肉

 **Black Pepper Fish Fillet**
黑椒鱼片

Seasonal Vegetables
时蔬

Option:

A) Mushroom Soup
西式蘑菇汤

B) Wonton with Wasabi Mayo
云吞蘸芥末蛋黄酱

Dessert Add on:

Barley
大麦 (热)

FRIDAY 02/10/2026

Lunch / 午餐

Baked Chicken with Thyme & Rosemary
迷迭香烤鸡

Aglio Olio Prawn with Mushroom
蒜香油虾配蘑菇

Seasonal Vegetables
时蔬

Option:

A) Egg Seaweed Soup
紫菜蛋花汤

B) Salt & Pepper Sweet Corn
椒盐甜玉米

Dessert Add on:

Grass Jelly with Lime (Cold)
青柠仙草 (冷)

MONDAY 05/10/2026

Lunch / 午餐

Capsicum Stir Fry Beef
甜椒炒牛肉片

Steamed Herbal Fish Fillet
药蒸鱼片

Seasonal Vegetables
时蔬

Option:

A) Szechuan Chicken Tofu Soup
四川鸡豆腐汤

B) Long Bean Egg
长豆角炒蛋

Dessert Add on:

Watermelon Sago (Cold)
西瓜西米露 (冷)

Dinner / 晚餐

 **Ayam Masak Kunyit**
姜黄鸡

Har Lok Style Stir Fry Prawn
翻炒虾碌

Seasonal Vegetables
时蔬

Option:

A) Beetroot Vegetable Soup
甜菜根蔬菜汤

B) Steam Egg with Goji Berry
枸杞酱蒸蛋

Dessert Add on:

Hot Barley
大麦 (热)

Dinner / 晚餐

Beef Sliced in Mushroom sauce
蘑菇酱牛肉片

Fried Fillet with Dragon Fruit Sauce
炸鱼柳配火龙果酱

Seasonal Vegetables
时蔬

Option:

A) Pumpkin Chicken Soup
金瓜鸡汤

B) Mash Potato
土豆泥

Dessert Add on:

Grass Jelly with Lime (Cold)
青柠仙草 (冷)

Dinner / 晚餐

Chicken Sesame Oil
麻油鸡

 **Chili Crab sauce Prawn**
辣椒蟹酱虾

Seasonal Vegetables
时蔬

Option:

A) Fuzhou Fish Ball Soup
福州鱼丸汤

B) 3 Color Egg
3色蛋

Dessert Add on:

Watermelon Sago (Cold)
西瓜西米露 (冷)

October 2026 *Menu*



TUESDAY 06/10/2026

Lunch / 午餐

Char Siew Chicken
叉烧风味鸡肉

Dark Soya sauce Prawn
黑酱油虾

Seasonal Vegetables
时蔬

Option:

- A) Fish Maw Cabbage Soup
鱼鳔白菜汤
- B) Yong Tau Fu
酿豆腐

Dessert Add on:
Cream Puff (Cold)
奶油泡芙 (冷)

WEDNESDAY 07/10/2026

Lunch / 午餐

Fried Beef Garlic
蒜蓉炒牛肉片

Fish Fillet with Buttered Sauce
黄油酱汁鱼柳

Seasonal Vegetables
时蔬

Option:

- A) Winter Melon Chicken Soup
冬瓜鸡汤
- B) Fried Lotus with Minced Chicken
鸡肉末炸藕片

Dessert Add on:
White Fungus with Pear (Cold)
银耳桃胶 (冷)

THURSDAY 08/10/2026

Lunch / 午餐

Hong Shao Prawn
红烧虾

Potato Stew Chicken
马铃薯炖鸡

Seasonal Vegetables
时蔬

Option:

- A) Cordyceps Flower Chicken Soup
虫草花鸡汤
- B) Curry Fish Ball
咖喱鱼丸

Dessert Add on:
Red Bean Orange Peeled (Hot)
热陈皮红豆汤 (热)

Dinner / 晚餐

Ginger & Onion Beef
姜葱牛肉片

Steamed Fish with Preserved Radish
菜脯蒸鱼

Seasonal Vegetables
时蔬

Option:

- A) Chicken Soup with Red Date Goji
鸡汤红枣枸杞
- B) Pandan Chicken
香兰鸡

Dessert Add on:
Cream Puff (Cold)
奶油泡芙 (冷)

Dinner / 晚餐

Lemon Grass Chicken
香茅鸡

 **Indonesia Curry Prawn**
印尼咖喱虾

Seasonal Vegetables
时蔬

Option:

- A) ABC Soup
ABC汤
- B) Tofu Telur
豆腐蛋

Dessert Add on:
White Fungus with Pear (Cold)
银耳桃胶 (冷)

Dinner / 晚餐

 **Assam Fish with Egg Plant Long Bean**
茄子长豆亚参鱼

Dry Curry Beef Sliced
干咖喱牛肉片

Seasonal Vegetables
时蔬

Option:

- A) Chinese Black Bean Herbal Soup
黑豆药材鸡汤
- B) Gyoza Ginger & Vinegar
煎饺蘸姜醋

Dessert Add on:
Red Bean Orange Peeled (Hot)
热陈皮红豆汤 (热)

 **Mild Spicy . 微辣**

October 2026 Menu



FRIDAY 09/10/2026

Lunch / 午餐

Beef Meat Ball with Tomato Sauce
番茄酱牛肉丸

Salmon in Miso Sauce
味噌三文鱼

Seasonal Vegetables
时蔬

Option:

A) Creamy Pumpkin Soup
金瓜浓汤

B) Cereal Egg Tofu
麦片鸡蛋豆腐

Dessert Add on:

Mango Sago (Cold)
芒果西米露(冷)

MONDAY 12/10/2026

Lunch / 午餐

Chicken Kapitan
加必旦鸡

 **Lemak Prawn**
香椰虾

Seasonal Vegetables
时蔬

Option:

A) Lotus Root Chicken Soup
莲藕鸡汤

B) Prawn Date with Sweet Sauce
甜酱虾枣

Dessert Add on:

Glutinous Rice Ball (Hot)
汤圆(热)

TUESDAY 13/10/2026

Lunch / 午餐

Yakitori Beef Sliced
日式烧鸟风味牛肉片

Breaded Baked Fish Fillet
裹粉烤鱼柳

Seasonal Vegetables
时蔬

Option:

A) Chestnut Chicken Soup
栗子鸡汤

B) Otah Otah
奥塔

Dessert Add on:

Passion Fruit Ice Jelly (Cold)
百香果果冻(冷)

Dinner / 晚餐

Diced Chicken with Coffee Sauce
咖啡鸡丁

 **Ginger with Spring Onion Prawn**
姜葱虾

Seasonal Vegetables
时蔬

Option:

A) Immunity Boosting Chicken Soup
健康鸡汤

B) Fu Rong Egg
芙蓉蛋

Dessert Add on:

Mango Sago (Cold)
芒果西米露(冷)

Dinner / 晚餐

 **Radish Stew Beef**
白萝卜炖牛肉丁

Sambal Fish Fillet
参巴酱鱼柳

Seasonal Vegetables
时蔬

Option:

A) Tomato Seaweed Tofu Soup
番茄海带豆腐汤

B) Yakitori Stick
烤鸡肉串棒

Dessert Add on:

Glutinous Rice Ball (Hot)
汤圆(热)

Dinner / 晚餐

Imperial Herbal Chicken
帝皇鸡

 **Malay Fried Prawn with 3 Flavour sauce**
马来式味虾

Seasonal Vegetables
时蔬

Option:

A) Healthy Tomato Soup
健康番茄汤

B) Stir Fried Egg with Silver Fish
银鱼炒蛋

Dessert Add on:

Passion Fruit Ice Jelly (Cold)
百香果果冻(冷)

 **Mild Spicy . 微辣**

October 2026 Menu



WEDNESDAY 14/10/2026

Lunch / 午餐

Salt & Pepper Chicken Cube
椒盐鸡丁

Prawn with Osmanthus & Goji
桂花枸杞虾

Seasonal Vegetables
时蔬

Option:

A) Luffa Chicken & Carrot Soup
丝瓜鸡肉胡萝卜汤

B) Breaded Prawn with Tartar Sauce
面包屑虾蘸塔塔酱

Dessert Add on:

Bubur ChaCha (Hot)
摩摩喳喳(热)

THURSDAY 15/10/2026

Lunch / 午餐

Mongolian Beef
蒙古牛肉片

H.K. Style Steamed Fish Fillet
港式蒸鱼片

Seasonal Vegetables
时蔬

Option:

A) Fish Ball Soup
鱼丸汤

 **B) Tofu Egg with Chili Crab sauce**
辣椒蟹酱豆腐蛋

Dessert Add on:

Black & White Grass Jelly with Milk (Cold)
黑白仙草奶冻(冷)

FRIDAY 16/10/2026

Lunch / 午餐

Hawaii Chicken
夏威夷鸡

Prawn with Lychee sauce
虾仁荔枝酱

Seasonal Vegetables
时蔬

Option:

A) Zucchini Soup
西葫芦汤

B) Tempura Vegetable with Radish Soya sauce
萝卜酱油天妇罗蔬菜

Dessert Add on:

Snow Fungus with Pear (Hot)
雪耳雪梨汤(热)

Dinner / 晚餐

Beef Ponteh
娘惹酱焖牛肉

 **Fried Fish with Spicy Bean Sauce**
香辣酱炸鱼

Seasonal Vegetables
时蔬

Option:

A) Potato with Chicken Soup
马铃薯鸡汤

B) Potato Salad
马铃薯沙拉

Dessert Add on:

Bubur ChaCha (Hot)
摩摩喳喳(热)

Dinner / 晚餐

Honey Roasted Chicken
蜜汁烤鸡

Fried Prawn with Garlic
蒜香炸虾

Seasonal Vegetables
时蔬

Option:

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

B) Ngoh Hiang with Sweet sauce
五香卷配甜酱

Dessert Add on:

Black & White Grass Jelly with Milk (Cold)
黑白仙草奶冻(冷)

Dinner / 晚餐

 **Black Pepper Beef**
黑胡椒牛肉片

Fish Fillet with Teriyaki Sauce
黑胡椒牛肉片

Seasonal Vegetables
时蔬

Option:

A) Broccoli Creamy Soup
西兰花浓汤

B) Fried Potato with Sausage
香肠炒土豆

Dessert Add on:

Snow Fungus with Pear (Hot)
雪耳雪梨汤(热)

 **Mild Spicy . 微辣**

October 2026 Menu



MONDAY 19/10/2026

Lunch / 午餐

Stir Fried Asparagus with Beef
芦笋炒牛肉

Golden Salted Egg Fish Fillet
咸蛋鱼片

Seasonal Vegetables
时蔬

Option:

A) Kelp Miso Chicken Soup
海带味噌鸡汤

B) Gyoza with Garlic Soya sauce
煎饺蘸蒜蓉酱油

Dessert Add on:

Mango Pomelo Sago (Cold)
芒果柚子西米露 (冷)

TUESDAY 20/10/2026

Lunch / 午餐

 **Rendang Chicken**
仁当鸡

Chinese Herbal Goji Steamed Prawn
药材蒸虾

Seasonal Vegetables
时蔬

Option:

A) Fuzhou Fish Ball Soup
福州鱼丸汤

B) Breaded Scallop
面包糠炸带子

Dessert Add on:

Purple Sweet Potato Soup (Hot)
清紫薯汤 (热)

WEDNESDAY 21/10/2026

Lunch / 午餐

Beef Meat Ball with Cheese sauce
芝士酱牛肉丸

 **Gong Bao Fish Fillet**
宫保鱼片

Seasonal Vegetables
时蔬

Option:

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

B) Pandan Chicken
香兰鸡

Dessert Add on:

Eclairs (Cold)
闪电泡芙 (冷)

Dinner / 晚餐

 **Kam Heong Chicken**
甘香鸡丁

Pineapple Prawn
菠萝虾

Seasonal Vegetables
时蔬

Option:

A) White Radish Chicken Soup
白萝卜鸡汤

B) Tofu Har Hee Hiam
豆腐虾米香

Dessert Add on:

Mango Pomelo Sago (Cold)
芒果柚子西米露 (冷)

Dinner / 晚餐

 **Korean Style Bulgugi Beef**
韩式烤牛肉

Sweet & Sour Fish
甜酸鱼片

Seasonal Vegetables
时蔬

Option:

A) Apple Pear Chicken Soup
苹果梨鸡汤

B) Prawn Date with Sweet sauce
甜酱虾枣

Dessert Add on:

Purple Sweet Potato Soup (Hot)
清紫薯汤 (热)

Dinner / 晚餐

Steamed White Chicken
白切鸡

 **Prawn Tom Yum sauce**
冬阴功虾

Seasonal Vegetables
时蔬

Option:

A) Purple Yam & Corn Chicken Soup
紫山药玉米鸡汤

B) Spring Roll
春卷

Dessert Add on:

Eclairs (Cold)
闪电泡芙 (冷)

 **Mild Spicy . 微辣**

October 2026 Menu



THURSDAY 22/10/2026

Lunch / 午餐

Braised Taro Chicken
芋头焖鸡

White Pepper Creamy Sauce Prawn
白胡椒奶油酱虾

Seasonal Vegetables
时蔬

Option:

A) Cream of Chicken Soup
西式鸡肉浓汤

B) Tomato Egg
番茄蛋

Dessert Add on:

Watermelon Milk Sago (Hot)
西瓜牛奶西米露 (冷)

FRIDAY 23/10/2026

Lunch / 午餐

Stew Beef with Vegetable
蔬菜炖牛肉

Baked Fish with Sesame sauce
鱼片芝麻酱

Seasonal Vegetables
时蔬

Option:

A) Sichun Tofu Chicken Soup
四川豆腐鸡汤

B) Salt & Pepper Shimeji Mushroom
椒盐蘑菇

Dessert Add on:

Green Bean Soup (Hot)
绿豆汤 (热)

MONDAY 26/10/2026

Lunch / 午餐

Black Fungus Steamed Chicken
黑木耳清蒸鸡

Butter sauce Prawn
牛油虾

Seasonal Vegetables
时蔬

Option:

A) Burdock & Chestnut Soup
牛蒡栗子汤

B) Hot Plate Egg Tofu
铁板豆腐

Dessert Add on:

Barley Red Bean Soup (Hot)
薏米红豆汤 (热)

Dinner / 晚餐

Kimchi Beef Sliced
泡菜牛肉片

Butter Lemon Garlic Salmon
牛油蒜香三文鱼

Seasonal Vegetables
时蔬

Option:

A) Italy Tomato Soup
意大利番茄汤

B) Basil Minced Chicken with Tofu
罗勒鸡碎豆腐

Dessert Add on:

Watermelon Milk Sago (Hot)
西瓜牛奶西米露 (冷)

Dinner / 晚餐

Black Pepper Chicken
黑胡椒鸡丁

H.K. Style Typhoon Sheltered Prawn
港式避风虾

Seasonal Vegetables
时蔬

Option:

A) Vegetable Soup
蔬菜汤

B) Onion Omelette
洋葱蛋

Dessert Add on:

Green Bean Soup (Hot)
绿豆汤 (热)

Dinner / 晚餐

Stir Fry Beef with King Oyster sauce
牛肉炒王酱汁

Fish Fillet with Orange Passion Fruit
橙子百香果鱼片

Seasonal Vegetables
时蔬

Option:

A) Mushroom Minced Chicken Soup
蘑菇鸡碎汤

B) Wonton with Mayo
云吞蘸蛋黄酱

Dessert Add on:

Barley Red Bean Soup (Hot)
薏米红豆汤 (热)

October 2026 Menu



TUESDAY 27/10/2026

Lunch / 午餐

Hong Shao Beef Cube
红烧牛肉丁

Mackerel Fish Otah
马鲛鱼乌打

Seasonal Vegetables
时蔬

Option:

A) Chinese Style Borscht
中式罗宋汤

B) Roasted Pumpkin with Sesame Sauce
芝麻酱烤南瓜

Dessert Add on:

BuBur Hitam (Hot)
黑糯米 (热)

WEDNESDAY 28/10/2026

Lunch / 午餐

Thai Basil Minced Chicken
泰式鸡肉碎

Creamy Pumpkin Prawn
奶油南瓜虾

Seasonal Vegetables
时蔬

Option:

A) Black Bean & Peanut Chicken Feet Soup
黑豆花生鸡爪汤

B) Ikan Bilis with Potato
三色蒸蛋

Dessert Add on:

Ice Jelly with Lime (Cold)
青柠冰粉 (冷)

THURSDAY 29/10/2026

Lunch / 午餐

White sauce Beef Sliced
白酱牛肉片

Mongolian Fish
蒙古鱼片

Seasonal Vegetables
时蔬

Option:

A) Minestone Soup
意式蔬菜汤

B) Tofu & Egg
豆腐蛋

Dessert Add on:

Sweet Potato Sago (Hot)
红薯西米 (热)

Dinner / 晚餐

Lemon sauce Chicken
柠檬鸡

Sambal Chili Prawn
参巴辣椒虾

Seasonal Vegetables
时蔬

Option:

A) Fish Maw Dried Scallop Soup
鱼鳔带子汤

B) Breaded Scallop with Wasabi Mayo
面包糠炸扇贝配芥末蛋黄酱

Dessert Add on:

BuBur Hitam (Hot)
黑糯米 (热)

Dinner / 晚餐

Beef Kut Teh with Tau Pok
牛骨茶配豆腐卜

Teochew Style Fish Fillet
潮州鱼片

Seasonal Vegetables
时蔬

Option:

A) Wintermelon Seaweed Soup
冬瓜海带汤

B) Luncheon Meat Egg
午餐肉蛋

Dessert Add on:

Ice Jelly with Lime (Cold)
青柠冰粉 (冷)

Dinner / 晚餐

Curry Chicken
咖喱鸡

Butter Cereal Prawn
麦片虾

Seasonal Vegetables
时蔬

Option:

A) Mushroom Creamy Soup
蘑菇浓汤

B) Potato Wedges
炸薯角

Dessert Add on:

Sweet Potato Sago (Hot)
红薯西米 (热)

Mild Spicy . 微辣

October 2026 *Menu*



FRIDAY 30/10/2026

Lunch / 午餐

Braised Chicken with Mushroom

蘑菇焖鸡

 **Dry Oyster Sauce Prawn**

干蚝油虾

Seasonal Vegetables

时蔬

Option:

A) Old Cucumber Chicken Soup

老黄瓜鸡

B) Tofu with Chicken

Minced Basil

豆腐鸡肉碎罗勒

Dessert Add on:

Green Bean Sago (Hot)

绿豆西米露 (热)

Dinner / 晚餐

Stir Fry Teriyaki Beef with Leek

照烧牛肉炒韭菜

 **Salmon with Sesame Sauce**

芝麻酱三文鱼

Seasonal Vegetables

时蔬

Option:

A) Minced Chicken Tofu Soup

鸡肉碎豆腐汤

B) Begedil with Chili Soy Dip

铃薯饼蘸辣椒酱油

Dessert Add on:

Green Bean Sago (Hot)

绿豆西米露 (热)

 **Mild Spicy . 微辣**