Gourmet *Healthy*
TINGKAT MEALS

SOUL DELICACIES
心灵厨房

NOVEMBER 2026



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

MAJLIS UGAMA ISLAM SINGAPURA
HALAL
SINGAPORE

+65 8853 5087 | TikTok Soul Delicacies Pte Ltd | Soul Delicacies | Souldelicaciespteltd

HALAL SINGAPORE

foodline MOST POPULAR CATERER 2023/2024

foodline TOP 5 MERCHANTS (Best Reviews) 2023/2024

bizSAFE 3

GICG

SAC Accredited Certification Body FS-2018-04

ISO 22000

Our *Achievements*

SOUL DELICACIES 心灵厨房

"Excellence:
Our Journey, Our Commitment!"



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Healthier *Sources*, Healthier *Meal*

SOUL DELICACIES 心灵厨房



Made with ALCHEMY FIBRE

Lower GI & Higher Fibre for all Rice & Porridge served



Lower GI Sugar

Healthier Choice Certified Sauce

GOOD SALT

Low Sodium Iodized Salt



HPB Certified Healthier Choice Cooking Oils

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Meal *Options:*

SOUL DELICACIES 心灵厨房

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*

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	$2,6143.44	$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

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

Delivery *Time Slots:*

SOUL DELICACIES 心灵厨房

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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November 2026 Menu

SOUL DELICACIES 心灵厨房

MONDAY 02/11/2026

Lunch / 午餐

Lychee Sweet & Sour Chicken
荔枝糖醋鸡

Crispy Prawn with Nacho Cheese
芝士脆皮虾

Seasonal Vegetables
时蔬

Option:

A) **Lotus Root Chicken Soup**
莲藕鸡汤

B) **Fu Rong Egg**
芙蓉蛋

Dessert Add on:

Aiyu Jelly Cocktail Fruit (Cold)
爱玉冻 (冷)

Dinner / 晚餐

Sautéed Curry Beef
咖喱炒牛肉

Cantonese Style Steam Fish Fillet
粤式蒸鱼片

Seasonal Vegetables
时蔬

Option:

A) **ABC Soup**
ABC汤

B) **Steam Egg with Goji Berry**
枸杞酱蒸蛋

Dessert Add on:

Aiyu Jelly Cocktail Fruit (Cold)
爱玉冻 (冷)

TUESDAY 03/11/2026

Lunch / 午餐

Beef Stew with Vegetable
蔬菜炖牛肉

Adobo Fish Fillet
阿多波鱼片

Seasonal Vegetables
时蔬

Option:

A) **Chicken Herbal Soup**
药材鸡汤

B) **Spring Roll**
春卷

Dessert Add on:

Red Bean Soup (Hot)
红豆汤 (热)

Dinner / 晚餐

Thai Green Curry Chicken
泰式绿咖喱鸡

Thai Steam Prawn
泰式蒸虾

Seasonal Vegetables
时蔬

Option:

A) **Tom Yum Soup**
冬阴汤

B) **Thai Fish Cake**
泰式鱼饼

Dessert Add on:

Red Bean Soup (Hot)
红豆汤 (热)

WEDNESDAY 04/11/2026

Lunch / 午餐

Teriyaki Chicken
照烧鸡

Har Lok Prawn
干煎虾碌

Seasonal Vegetables
时蔬

Option:

A) **Miso with Tofu Soup**
味噌豆腐汤

B) **Chicken Kaarage with Wasabi**
炸鸡块蘸芥末美乃酱

Dessert Add on:

Mango Sago (Cold)
芒果西米露 (冷)

Dinner / 晚餐

Hong Shao Beef
红烧牛肉

Sambal Fish Fillet
参巴鱼片

Seasonal Vegetables
时蔬

Option:

A) **Tomato Seaweed Tofu Soup**
番茄海带豆腐汤

B) **Bergedil with Kicap Manis**
印尼甜酱炸马铃薯饼

Dessert Add on:

Mango Sago (Cold)
芒果西米露 (冷)

Mild Spicy . 微辣

November 2026 Menu

SOUL DELICACIES 心灵厨房

THURSDAY 05/11/2026

Lunch / 午餐

Beef Ball with Cream Cheese sauce
芝士奶油牛肉丸

Sweet & Sour Fish
糖醋鱼

Seasonal Vegetables
时蔬

Option:

A) **Chinese Black Bean Herbal Soup**
黑豆药材汤

B) **Onion Egg Omelette**
洋葱蛋

Dessert Add on:
Snow Fungus with Pear (Hot)
雪耳梨 (热)

Dinner / 晚餐

Hainanese Steamed Chicken
海南鸡

Salt & Pepper Prawn
椒盐虾

Seasonal Vegetables
时蔬

Option:

A) **Egg Drop Seaweed Soup**
蛋花海带汤

B) **Dumpling with Ginger and Vinegar**
饺子蘸姜醋

Dessert Add on:
Snow Fungus with Pear (Hot)
雪耳梨 (热)

FRIDAY 06/11/2026

Lunch / 午餐

Herb Baked Chicken
药材焗鸡

Gambas Al Ajillo
蒜香虾

Seasonal Vegetables
时蔬

Option:

A) **Mushroom Soup**
西式蘑菇汤

B) **Mash Potato**
土豆泥

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

Dinner / 晚餐

Mongolian Beef
蒙古牛肉

Fried Fish Fillet with Tartar sauce
炸鱼塔塔酱

Seasonal Vegetables
时蔬

Option:

A) **Old Cucumber Chicken Soup**
老黄瓜鸡汤

B) **Pandan Chicken**
班兰鸡

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

Public Holiday in Lieu
9th November 2026

HAPPY
DEEPAVALI



Mild Spicy . 微辣

November 2026 Menu

SOUL DELICACIES 心灵厨房

TUESDAY 10/11/2026

Lunch / 午餐

- Black Pepper Beef 黑椒椒牛肉
- Hometown Style Ginger & Plum Steamed Fish Fillet 姜梅蒸鱼片
- Seasonal Vegetables 时蔬

Option:

A) Cordyceps Chicken Soup 虫草鸡汤

B) Fried Tofu with Sweet Chilli sauce 炸豆腐配甜辣酱

Dessert Add on:
Sweet Potato Sago (Hot) 红薯西米(热)

Dinner / 晚餐

- Imperial Herbal Chicken 帝皇鸡
- Chilli Steamed Prawn 辣椒蒸虾
- Seasonal Vegetables 时蔬

Option:

A) White Radish Chicken Soup 白萝卜鸡汤

B) Chicken Ngoh Hiang 鸡肉五香

Dessert Add on:
Sweet Potato Sago (Hot) 红薯西米(热)

WEDNESDAY 11/11/2026

Lunch / 午餐

- Salted Egg Chicken 咸蛋鸡
- Nyonya Assam Prawn 娘惹亚参虾
- Seasonal Vegetables 时蔬

Option:

A) Chicken Spinach Soup 菠菜鸡汤

B) Rojak Tau Pok 罗惹豆卜

Dessert Add on:
Watermelon Sago (Cold) 西瓜西米露 (冷)

Dinner / 晚餐

- Bulgogi Beef 韩式烤牛肉
- Spicy Baked Salmon 香辣烤三文鱼
- Seasonal Vegetables 时蔬

Option:

A) Kimchi Tofu Soup 泡菜豆腐汤

B) Korean Mandu Dumpling 韩式饺子

Dessert Add on:
Watermelon Sago (Cold) 西瓜西米露 (冷)

THURSDAY 12/11/2026

Lunch / 午餐

- Thai Red Curry Beef 泰式红咖喱牛肉
- Thai Basil Fish Fillet 泰式罗勒鱼片
- Seasonal Vegetables 时蔬

Option:

A) White Radish Chicken Soup 白萝卜鸡汤

B) Grilled Chicken Sausage 烤鸡肉香肠

Dessert Add on:
Pulut HItam (Hot) 黑糯米 (热)

Dinner / 晚餐

- Lemon Grass Chicken Wing 香茅鸡翅
- Steamed Prawn with Garlic 蒜蓉蒸虾
- Seasonal Vegetables 时蔬

Option:

A) Chicken & Mushroom Soup 蘑菇鸡肉汤

B) Crispy Spring Roll 脆皮春卷

Dessert Add on:
Pulut HItam (Hot) 黑糯米 (热)

Mild Spicy . 微辣

November 2026 Menu

SOUL DELICACIES 心灵厨房

FRIDAY 13/11/2026

Lunch / 午餐

Taiwanese Sesame Chicken
台湾芝麻鸡

Cantonese Style Steamed Prawn
粤式蒸虾

Seasonal Vegetables
时蔬

Option:

A) Danggui Chicken Soup
当归鸡汤

B) Four Colour Roll
四色卷

Dessert Add on:
Tang Yuan (Hot)
汤圆(热)

Dinner / 晚餐

Sautéed Beef with Asparagus
芦笋炒牛肉

Fried Fish Fillet with Soya Sweet Chilli sauce
酱油甜辣酱炸鱼片

Seasonal Vegetables
时蔬

Option:

A) Sichuan Vegetable Soup
四川蔬菜汤

B) Golden Fritter Shrimp with Sweet Sauce
黄金炸虾蘸甜酱

Dessert Add on:
Tang Yuan (Hot)
汤圆(热)

MONDAY 16/11/2026

Lunch / 午餐

Sautéed Beef with Mushroom
牛肉炒蘑菇

Spring Onion Ginger Fish
姜葱鱼

Seasonal Vegetables
时蔬

Option:

A) Arrow Root Corn Soup
箭根粉玉米汤

B) Chicken Ngoh Hiang
五香鸡

Dessert Add on:
Green Bean with Coconut Cream (Hot)
椰奶绿豆 (热)

Dinner / 晚餐

Gong Bao Chicken
宫保鸡丁

Sautéed Garlic Prawn
蒜蓉炒虾

Seasonal Vegetables
时蔬

Option:

A) Chik Kut Teh Soup
鸡骨茶汤

B) Fish Beancurd Roll
豆腐鱼卷

Dessert Add on:
Green Bean with Coconut Cream (Hot)
椰奶绿豆 (热)

TUESDAY 17/11/2026

Lunch / 午餐

Kam Heong Chicken
甘香鸡

Sautéed Prawn with 3 Rasa Sauce
三味酱香炒虾

Seasonal Vegetables
时蔬

Option:

A) Zucchini Soup
西葫芦汤

B) Fried Potato with Sausage
炸土豆香肠

Dessert Add on:
Grass Jelly Lychee (Cold)
仙草荔枝冰 (冷)

Dinner / 晚餐

Beef Pongteh
娘惹牛肉

Fried Fish with Spicy Bean sauce
辣豆酱炸鱼

Seasonal Vegetables
时蔬

Option:

A) Apple Pear Chicken Soup
苹果梨鸡汤

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

Dessert Add on:
Grass Jelly Lychee (Cold)
仙草荔枝冰 (冷)

Mild Spicy . 微辣

November 2026 *Menu*

SOUL DELICACIES 心灵厨房

WEDNESDAY 18/11/2026

Lunch / 午餐

Sautéed Beef with Trio Pepper
三味椒炒牛肉

Golden Salted Egg Fish Fillet
咸蛋鱼片

Seasonal Vegetables
时蔬

Option:

A) Tomato Corn Soup
番茄玉米汤

B) Silver Fish Egg
银鱼炒蛋

Dessert Add on:
Cheng Teng (Hot)
清汤 (热)

Dinner / 晚餐

Sesame Oil Chicken
麻油鸡

Typhoon Prawn
避风虾

Seasonal Vegetables
时蔬

Option:

A) Herbal Chicken Soup
药材鸡汤

B) Yakitori Chicken Ball
烤鸡肉丸

Dessert Add on:
Cheng Teng (Hot)
清汤 (热)

THURSDAY 19/11/2026

Lunch / 午餐

Chicken with Mango Salad
芒果沙拉鸡

Golden Cereal Prawn
黄金麦片虾

Seasonal Vegetables
时蔬

Option:

A) Chicken Lotus Root Peanut Soup
莲藕花生鸡汤

B) Cai Pu Omelette
菜铺煎蛋

Dessert Add on:
Honeydew Sago (Cold)
蜜露西米 (冷)

Dinner / 晚餐

Pumpkin Stew Beef
金瓜炖牛肉

Curry Fish Fillet
咖喱鱼片

Seasonal Vegetables
时蔬

Option:

A) Salted Vegetable Chicken Soup
咸菜鸡汤

B) Minced Meat Beancurd
鸡肉碎豆腐

Dessert Add on:
Honeydew Sago (Cold)
蜜露西米 (冷)

FRIDAY 20/11/2026

Lunch / 午餐

Claypot Beef
砂锅牛肉

Butter Corn Fish Fillet
奶油玉米鱼片

Seasonal Vegetables
时蔬

Option:

A) Seaweed Tofu Soup
海带豆腐汤

B) Minced Meat Omelette
鸡肉煎蛋卷

Dessert Add on:
Eclairs (Cold)
闪电泡芙 (冷)

Dinner / 晚餐

Chicken in Black Bean sauce
豉汁鸡

Kam Heong Prawn
甘香虾

Seasonal Vegetables
时蔬

Option:

A) ABC Soup
ABC汤

B) Chicken Ngoh Hiang
五香鸡

Dessert Add on:
Eclairs (Cold)
闪电泡芙 (冷)

Mild Spicy . 微辣

November 2026 Menu

SOUL DELICACIES 业员厨房

MONDAY 23/11/2026

Lunch / 午餐

Steamed Chicken with Mushroom
香菇蒸鸡

Sambal Prawn
参巴虾

Seasonal Vegetables
时蔬

Option:

A) Hairy Gourd Corn Soup
瓜玉米汤

B) Fried Wanton
炸云吞

Dessert Add on:
Orange Sago (Cold)
橙子西米 (冷)

Dinner / 晚餐

Ginger & Spring Onion Beef
姜葱牛肉

Assam Pedas Fish Fillet
亚参鱼片

Seasonal Vegetables
时蔬

Option:

A) Yu Zhu Longan Soup
玉竹龙眼汤

B) Chicken Luncheon Meat Egg
鸡肉午餐肉鸡蛋

Dessert Add on:
Orange Sago (Cold)
橙子西米 (冷)

TUESDAY 24/11/2026

Lunch / 午餐

Kam Heong Beef
甘香牛肉

Sambal Baked Fish Fillet
参巴烤鱼片

Seasonal Vegetables
时蔬

Option:

A) Chinese Cabbage Tomato Soup
白菜番茄汤

B) Otah Otah
乌达

Dessert Add on:
Herbal Jelly (Cold)
龟苓膏 (冷)

Dinner / 晚餐

Braised Chicken with Potato
土豆焖鸡肉

Prawn with Osmanthus & Goji Berries
桂花枸杞虾

Seasonal Vegetables
时蔬

Option:

A) Liu Wei Tang Herbal Chicken Soup
六味药材鸡汤

B)Yong Tau Foo
酿豆腐

Dessert Add on:
Herbal Jelly (Cold)
龟苓膏 (冷)

WEDNESDAY 25/11/2026

Lunch / 午餐

Northeastern Style Spicy Chicken
东北辣子鸡

Creamy Pumpkin Prawn
奶油金瓜虾

Seasonal Vegetables
时蔬

Option:

A)Tofu Minced Meat Soup
豆腐肉碎汤

B) Samosa
三角煎饺

Dessert Add on:
Gingko Barley Beancurd Skin Soup (Hot)
白果薏米豆腐汤 (热)

Dinner / 晚餐

Sautéed Beef with King Oyster sauce
蚝油炒牛肉

Fish Fillet Pickled Mustard Greens
酸菜鱼片

Seasonal Vegetables
时蔬

Option:

A) Sichuan Pickled Vege Chicken Soup
四川酸菜鸡汤

B) Sausage with Tomato Baked Bean
香肠焗番茄豆

Dessert Add on:
Gingko Barley Beancurd Skin Soup (Hot)
白果薏米豆腐汤 (热)

Mild Spicy . 微辣

November 2026 Menu

SOUL DELICACIES 业员厨房

THURSDAY 26/11/2026

Lunch / 午餐

Stir Fried Beef with Onion
洋葱炒牛肉

Tom Yum Fish Fillet
冬阴鱼片

Seasonal Vegetables
时蔬

Option:

A) Teochew Napa Cabbage Chicken Soup
潮州白菜鸡汤

B) Hot Plate Tofu
铁板豆腐

Dessert Add on:
Honeydew Sago (Cold)
蜜瓜西米露 (冷)

Dinner / 晚餐

Kapitan Chicken
甲必丹鸡

Buttermilk Prawn
酪乳虾

Seasonal Vegetables
时蔬

Option:

A) Fish Ball Seaweed Soup
鱼丸海带汤

B) Golden Prawn Date
金枣虾

Dessert Add on:
Honeydew Sago (Cold)
蜜瓜西米露 (冷)

FRIDAY 27/11/2026

Lunch / 午餐

Oyster sauce Chicken
蚝油鸡

Garlic Vermicelli with Steamed Prawn
蒜香冬粉蒸虾

Seasonal Vegetables
时蔬

Option:

A) Wintermelon Minced Meat Soup
冬瓜鸡肉碎汤

B) Crabmeat Steamed Egg
蟹肉蒸蛋

Dessert Add on:
Sweet Potato Sago (Hot)
红薯西米露 (热)

Dinner / 晚餐

Sautéed Beef with Young Ginger
姜姜丝炒牛肉

Black Pepper Fish Fillet
黑胡椒鱼片

Seasonal Vegetables
时蔬

Option:

A) Tomato Egg Drop Soup
番茄蛋花汤

B) Braised Taupok & Egg
卤豆腐泡与鸡蛋

Dessert Add on:
Sweet Potato Sago (Hot)
红薯西米露 (热)

MONDAY 30/11/2026

Lunch / 午餐

Fried Garlic Beef
蒜蓉炸牛肉

Fish Fillet in Black Bean sauce
豉汁鱼片

Seasonal Vegetables
时蔬

Option:

A) Shanghai Style Red Vegetable Soup
罗宋汤

B) Sotong You Tiao
鱿鱼油条

Dessert Add on:
White Fungus with Pear (Hot)
银耳梨 (热)

Dinner / 晚餐

Cereal Chicken
麦片鸡

Steamed Herbal Prawn
药材蒸虾

Seasonal Vegetables
时蔬

Option:

A) Beetroot & Corn Soup
甜菜根玉米汤

B) Crispy Tofu Ball
脆皮豆腐球

Dessert Add on:
White Fungus with Pear (Hot)
银耳梨 (热)

Mild Spicy . 微辣