



养生丁格餐 HEALTHY TINGKAT

订购或询问热线
Call us for orders or enquiries!

+ 65 6342 4988

养生菜色 Healthy Tingkat Menu Dishes

FISH | 鱼

潮式午鱼

Teochew Style Thread Fish

姜葱生鱼

Fish w Ginger & Onion

冬菜蒸鱼

Preserved Veg Steamed Fish

番茄蒸鱼

Steamed Fish w Tomatoes

港蒸雪鱼

Hong Kong Style Steam Cod

红烧石斑

Braised Grouper fish

大蒜时鱼

Fish with Leek

豆豉时鱼

Fish w Fermented Bean

黑椒三文鱼

Salmon w Black Pepper

油浸时鱼

Deep Fried Fish

清蒸昌鱼

Steamed Pomfret

DUCK | 鸭

海参鸭

Duck with Sea Cucumber

八宝鸭

Eight Treasure Duck

CHICKEN | 鸡

鲍汁帝皇鸡

Abalone Sauce Chicken

海参焖鸡

Braised Chicken w
Sea Cucumber

木耳炒鸡

Chicken w Black Fungus

药材蒸鸡

Herbal Steam Chicken

鸡精蒸鸡

Steamed Chicken w Chicken
Essence

麻油香鸡

Sesame Oil Chicken

红糟酒鸡

Red Glutinous Wine Chicken

干冬焖鸡

Braised Chicken w Potatoes

香菇栗子鸡

Mushroom Chestnut Chicken

玉兰鸡腿

Yu Lan Chicken Drumstick

一品蒸鸡

Imperial Steam Chicken

三杯酒鸡

Three Cup Wine Chicken

PORK | 猪

红烧排骨

Braised Pork Rib

黑醋排骨

Pork Rib in Black Vinegar

清蒸肉丸

Steamed Pork Ball

姜丝肉片

Sliced Meat with Ginger

白米饭

White rice

黑椒肉片

Sliced Meat w Black Pepper

猪脚醋

Black Vinegar Pig Trotter

金针菇排骨

Golden Mushroom Pork Rib

糙米饭

Brown Rice

豉汁排骨

Pork Rib w Fermented Bean

姜葱肉片

Sliced Meat w Ginger & Onion

栗子排骨

Pork Rib w Chestnut

EGG | 蛋

干贝蒸蛋
Steamed Egg w Conpoy
银鱼煎蛋
Fried Egg w Ikan Bilis

番茄炒蛋
Fried Egg with Tomatoes
菠菜炒蛋
Fried Egg with Spinach

肉碎蒸蛋
Steam Egg w Minced Meat
肉丝何包蛋
Egg with Meat Slice

TOFU | 豆腐

海鲜豆腐
Seafood Beancurd
肉碎蒸豆腐
Steamed Beancurd with
Minced Meat

什菇豆腐
Tofu w Mixed Mushrooms

手工豆腐
Handmade Beancurd

VEGETABLES | 菜

鸡片菜花
Cauliflower w Sliced Chicken
海参西兰花
Broccoli w Sea Cucumber
干贝芦笋
Asparagus w Conpoy

鱼片菜芯
Chye Sim w Fish Slices
虾球时菜
Vegetables w Prawn Balls
肉碎四季豆
French Beans w Minced Meat

猪肝芥兰
Kai Lan w Pig Liver
蒜花肉丝
Sliced Meat w Leek
鱼片西芹
Celery w Fish Slices

SOUP | 汤

鱼片西芹汤
Celery w Sliced Fish Soup
党参肉骨茶
Dang Shen Bak Kut Teh
金瓜排骨汤
Pumpkin Pork Rib Soup
甘草黑豆汤
Gan Cao Black Bean Soup

花生鸡脚汤
Peanut w Chicken Feet Soup
淮山鸡汤
Huai Shan Chicken Soup
杜仲排骨汤
Eucommia Pork Rib Soup
红枣罗宋汤
Red Date Lo Song Soup

当归排骨汤
Dangui Pork Rib Soup
海带排骨汤
Kelp Pork Rib Soup
黄豆排骨汤
Yellow Bean Pork Rib Soup
什锦鱼头汤
Mixed Fish Head Soup

蘑菇猪肚汤
Mushroom Pig Stomach Soup

玉竹龙眼鸡汤
Yu Zhu Dried Longan Chicken
Soup

人参炖鸡汤
Ginseng Chicken Soup

核桃莲藕汤
Walnut Lotus Root Soup

肉丸菜汤
Meat Ball Veggie Soup

干贝鱼鳔汤
Dried Scallop Fish Maw Soup

何首乌排骨汤
Polygonum Pork Rib Soup

四神乌鸡汤
Si Shen Black Chicken Soup

鱼骨豆腐汤
Fish Bone Beancurd Soup

三色豆汤
Mixed Bean Soup

木瓜雪耳汤
Papaya White Fungus Soup

紫菜肉丸汤
Seaweed Meat Ball Soup

花旗鸡汤
American Ginseng Chicken
Soup

香茅鸡汤
Lemongrass Chicken Soup

凉瓜生鱼片汤
Bittergourd Fish Soup

八珍乌鸡汤
Ba Zhen Black Chicken Soup

五谷米鸡汤
Five Grain Chicken Soup

豆腐肉丸汤
Beancurd Meat Ball Soup

养生丁格餐 价格表 Healthy Tingkat Price List

NO. OF PAX	1-TIME SINGLE MEAL		10 DAYS TRIAL 2 MEALS		20 DAYS 1 MEAL		20 DAYS 2 MEALS	
	PRICE	W/ GST	PRICE	W/ GST	PRICE	W/ GST	PRICE	W/ GST
1	\$129.00	\$138.03	\$258.00	\$276.06	\$258.00	\$276.06	\$398.00	\$425.86
2	\$258.00	\$276.06	\$516.00	\$552.12	\$516.00	\$552.12	\$796.00	\$851.72
3	\$387.00	\$414.09	\$774.00	\$828.18	\$774.00	\$828.18	\$1,193.83	\$1,277.40
4	\$480.00	\$513.60	\$1,032.00	\$1,104.24	\$1,032.00	\$1,104.24	\$1,592.00	\$1,703.44

Terms & conditions

Hotline and hours

- You can reach us for any queries at 6342 4988 during office hours. Our office hours are from Monday to Friday, from 9am to 6pm

Delivery

- Our meal delivery service is available from Monday to Friday (weekdays) only
- Delivery service is not available on weekends, public holidays and eve of Chinese New Year
- Our delivery timings are as follow: Lunch - 10 am to 1.30 pm, Dinner - 3 pm to 7 pm
- We do not deliver to CBD areas
- For customers who wish to skip selected meal days after committing to a package, please notify us at least 2 working days in advance (before 11am) at our hotline 6342 4988. No cash refund will be given, however, the cancelled meal will be replaced

Trial orders

- All trial order meals will be served in microwaveable containers
- Trial orders must be consecutive; no skipping of days are allowed
- For service continuation after trial period, please call us at least 2 working days in advance before 1pm for a smooth transition.

Postponement and Termination

- For 20-day packages, we only allow a maximum of 3 postponement of meal delivery days. Meals postponed will be replaced. We will not replace meal days from the 4th postponement onwards.
- All postponement requests need to be made at least 2 working days in advance via our hotline at 6342 4988.
- Termination requests have to be made at least 1 week (5 working days) in advance
- No refund will be given if customer chooses to terminate the service before end of cycle.

Meals served in tiffin containers (tingkat)

- Please wash the tiffin containers before returning it to us
- Customers are to be responsible for the safe-keeping and fair usage of our tiffin containers. Please do not use our tiffin containers over direct fire to avoid damage
- We will impose a penalty of \$20 for damaged or lost tiffin containers

Food storage tips

- Customers are advised to store the food in the refrigerator upon receipt. Prior to consumption, please heat the food in the microwave with high heat for to 2-3 minutes, or via steaming for 11-15 minutes