TINGKAT

menu

Bringing daily meals to your door step.

送餐到你家

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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Char siew chicken	Steamed Chicken Patty	Curry Chicken	Sauerkraut fish	Sticky Glazed Chicken	Sweet & Sour Prawn	Kungpao Chicken
Ginger Scallion baby Squid	Fried Fishball	Stir Fried Shredded Potato	Steamed Dumpling	Ginger Steamed Pumpkin	Teriyaki Mushroom	Osmanthus Egg
Chicken & Wintermelon soup	Shark Fin Melon & Chicken Soup	Snow Pear White Fungus Soup	ABC Soup	Ginseng root chicken soup	Snake Gourd soup	Spinach & egg soup
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Chicken Pongteh w Potato	Thai Lime Steamed Fish	Sweet & Sour Chicken	Smoked Duck with Braised Sauce	Soy Glazed Salmon	Yakitori Chicken	Steamed White Chicken
Niang tou fu	Tomato Scramble Egg	Sauteed Eggplant w Minced Meat	Mapo Tofu	Braised Chicken Feet	Braised Potato With Minced Meat	Chicken Meatball w Soy Glazed
Seaweed eggdrop soup	Herbal chicken soup	Lotus Root Chicken soup	Snake Gourd Chicken Soup	Radish & carrot soup	Cabbage & Glass Vermicelli Soup	Chicken with peanut soup
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables

第一天	第二天	第三天	第四天	第五天	第六天	第七天
午餐	**午餐**	**午餐**	**午餐**	**午餐**	**午餐**	**午餐**
叉烧鸡	蒸鸡肉饼	咖喱鸡	酸菜鱼	蜜汁鸡	酸甜虾	宫保鸡丁
姜葱小苏东	炸鱼丸	炒土豆丝	蒸饺	姜汁蒸南瓜	照烧蘑菇	桂花炒蛋
冬瓜鸡肉汤	鱼翅瓜鸡肉汤	雪梨银耳汤	ABC汤	人参根鸡汤	蛇瓜汤	菠菜蛋花汤
时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜
晚餐	**晚餐**	**晚餐**	**晚餐**	**晚餐**	**晚餐**	**晚餐**
娘惹豆酱马铃薯焖鸡	泰式青柠蒸鱼	酸甜鸡	烟熏鸭配卤汁	酱油烧三文鱼	日式照烧鸡	白斩鸡
酿豆腐	番茄炒蛋	肉碎炒茄子	麻婆豆腐	红烧鸡脚	肉碎焖土豆	酱油鸡肉丸
紫菜蛋花汤	当归鸡汤	莲藕鸡汤	蛇瓜鸡汤	萝卜胡萝卜汤	包菜粉丝汤	花生鸡汤
时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜

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Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Roasted Honey Glazed Chicken	Salted Black Bean Steamed Fish	Crispy Chicken Cutlet	Black Pepper Chicken	Prawn Paste Chicken	Sambal Stingray	Steamed White Chicken
Braised Radish	Chilled Tofu W Soy	Niang Tou Fu	Tomato Scrambled Egg	Fish Otah	Steamed Pumpkin with Ginger	Braised potato w minced meat
Chicken & Wintermelon soup	ABC Soup	Hairy Gourd Soup	Fishball soup	Bitter gourd soup	Watercress & egg soup	Chicken & Peanut soup
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Kam Heong Fish	Ginger Scallion Chicken	Sauted Egg Prawn	Curry Chicken	Steamed Chicken Patty	Cereal Chicken	Hk Style Steamed Fish
Egg tofu w slilky egg gravy	Soft Shell Crab with Chilli Crab Sauce	Sausage & Potato w Sweet Sour Glazed	Sauteed Lotus Root	Black Fungus Salad	Steamed Scallop	Teriyaki Mushroom
Radish & tofu soup	Tomato & Egg Minced Chicken Soup	Creamy papaya soup	Old Cucumber & carrot soup	Snow Pear White Fungus Soup	Lettuce miso tofu soup	Shark Fin Melon Soup
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables

第八天	第 九 天	第 十 天	第十一天	第 十二 天	第十三天	第 十四 天
午餐	**午餐**	**午餐**	**午餐**	**午餐**	**午餐**	**午餐**
蜜汁烤鸡	咸香黑豆蒸鱼	香脆鸡排	黑胡椒鸡	虾酱鸡	参巴魔鬼鱼	白斩鸡
红烧萝卜	酱油凉豆腐	酿豆腐	番茄炒蛋	鱼肉乌达	姜汁蒸南瓜	肉碎焖土豆
冬瓜鸡汤	ABC汤	毛瓜汤	鱼丸汤	苦瓜汤	西洋菜蛋花汤	花生鸡汤
时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜
晚餐	**晚餐**	**晚餐**	**晚餐**	**晚餐**	**晚餐**	**晚餐**
金香鱼	姜葱鸡	炒蛋虾	咖喱鸡	蒸鸡肉饼	麦片鸡	港式蒸鱼
滑蛋豆腐	辣椒蟹酱软壳蟹	酸甜香肠土豆	炒莲藕	黑木耳沙拉	蒸扇贝	照烧蘑菇
萝卜豆腐汤	番茄蛋花肉碎鸡汤	奶油木瓜汤	老黄瓜胡萝卜汤	雪梨白木耳汤	生菜味噌豆腐汤	鱼翅瓜汤
时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜

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Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Coffee Glazed Chicken	Curry Chicken	Salted Egg Chicken	Herb Braised Chicken	Soy Glazed Salmon	Sauteed minced chicken w basil leaf	Chicken Pongteh w Potato
Mixed Seafood	Chicken Meatball w Soy Glazed	Braised Chicken Feet	Mapo Tofu	Egg Tofu w Minced Meat	Sausage & Potato w Sweet Sour Glazed	Takoyaki Ball
Lotus root soup	Spinach Soup	Watercress & Goji Berry soup	Old Cucumber soup	Ginseng chicken soup	Papaya & red dates soup	Snake Gourd Soup
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Sauerkraut fish	Salted Black Bean Chicken	Roasted Teriyaki Chicken	Cordycep Steamed Chicken	Ginger Scallion Chicken	Black pepper fish	Kam Heong Prawn
Steamed Xiao Long Bao	Osmanthus Egg	Stir Fried Shredded Potato	Sambal Tahu Goreng	Fried Fishball	Stir fried lotus root with mushroom	Braised Radish
Chicken Black Bean Soup	Seaweed Eggdrop Soup	ABC Soup	Chicken & Peanut Soup	Pumpkin & chicken soup	Lettuce with minced meat soup	Chinese Cabbage soup
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables

第十五天	第十六天	第十七天	第十八天	第十九天	第二十天	第二十一天
午餐	**午餐**	**午餐**	**午餐**	**午餐**	**午餐**	**午餐**
咖啡蜜汁鸡	咖喱鸡	咸蛋鸡	香草焖鸡	酱油三文鱼	罗勒叶炒肉碎鸡	娘惹土豆焖鸡
海鲜什锦	酱油鸡肉丸	红烧鸡脚	麻婆豆腐	肉碎蒸蛋豆腐	酸甜香肠土豆	日式章鱼烧
莲藕汤	菠菜汤	西洋菜枸杞汤	老黄瓜汤	人参鸡汤	木瓜红枣汤	蛇瓜汤
时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜
晚餐	**晚餐**	**晚餐**	**晚餐**	**晚餐**	**晚餐**	**晚餐**
酸菜鱼	咸香黑豆鸡	烤照烧鸡	虫草蒸鸡	姜葱鸡	黑胡椒鱼	金香虾
蒸小笼包	桂花炒蛋	炒土豆丝	参巴炸豆腐	炸鱼丸	蘑菇炒莲藕	红烧萝卜
黑豆鸡汤	紫菜蛋花汤	ABC汤	花生鸡汤	南瓜鸡汤	生菜肉碎汤	白菜汤
时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜

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Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Hk Style Steamed Fish	Mouth Watering Chicken	Sweet & Sour Fish	Salted Black Bean Chicken	Yakitori Chicken	Kungpao Prawn	Crispy Chicken w Butter Cream Sauce
Sauteed Eggplant w Minced Meat	Beancurd Sheet with peppercorn	Wakame Salad	Stir Fried Shredded Pumpkin	Sauteed Fishcake	Tomato Scramble Egg	Braised potato w minced meat
Seaweed eggdrop soup	Watercress soup	Old Cucumber Soup	Bitter Gourd Soup	Chicken w white fugus soup	Old Cucumber Soup	Miso tofu soup
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Rendang Chicken	Teriyaki Salmon Fillet	Herb Braised Chicken	Kungpao Chicken	Curry Chicken	Prawn Paste Mid Wing	Assam Curry Steamed Fish
Wood Ear Mushroom Salad	Chilled Tofu W Soy	Braised Potato w Minced Meat	Xiao Long Bao	Chicken Meatball w Soy Glazed	Steamed Scallop with garlic	Golden tofu with canapy sauce
ABC Soup	Snow Pear White Fungus Soup	Snake Gourd seaweed soup	Herbal Chicken Soup	Bottle Gourd Soup	Radish Soup	Seaweed Eggdrop Soup
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables

第 22 天	第 23 天	第 24 天	第 25 天	第 26 天	第 27 天	第 28 天
午餐	午餐	午餐	午餐	午餐	午餐	午餐
港式蒸鱼	口水鸡	酸甜鱼	咸香黑豆鸡	日式照烧鸡	宫保虾	香脆奶油鸡
肉碎炒茄子	胡椒豆腐皮	裙带菜沙拉	炒南瓜丝	炒鱼饼	番茄炒蛋	肉碎焖土豆
紫菜蛋花汤	西洋菜汤	老黄瓜汤	苦瓜汤	白木耳鸡汤	老黄瓜汤	味噌豆腐汤
时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜
晚餐	晚餐	晚餐	晚餐	晚餐	晚餐	晚餐
仁当鸡	照烧三文鱼排	香草焖鸡	宫保鸡丁	咖喱鸡	虾酱鸡中翅	亚参咖喱蒸鱼
木耳沙拉	酱油凉豆腐	肉碎焖土豆	小笼包	酱油鸡肉丸	蒜蓉蒸扇贝	金豆腐配酸豆酱
ABC汤	雪梨白木耳汤	蛇瓜紫菜汤	药材鸡汤	葫芦汤	萝卜汤	紫菜蛋花汤
时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜	时令蔬菜

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Day 29	Day 30	Day 31
LUNCH	**LUNCH**	**LUNCH**
Salted Black Bean Steamed Fish	Smoked Duck w Braised Sauce	Black Pepper Chicken
Niang tou fu	Scramble egg with Sausage	Fish Otah
Spinach Soup	Chicken & papaya soup	Old cucumber soup
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DINNER	**DINNER**	**DINNER**
Sambal Chicken	Sweet & Sour Chicken	Kungpao Prawn
Seafood Cabbage Roll	Sauteed lotus root	Chilled Tofu With Soy
Carrot & Radish Soup	Wintermelon Soup	Chinese Cabbage soup
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Dinner	Dinner	Dinner

第 29 天	第 30 天	第 31 天
午餐	**午餐**	**午餐**
咸香黑豆蒸鱼	烟熏鸭配卤汁	黑胡椒鸡
酿豆腐	香肠炒蛋	鱼肉乌达
菠菜汤	木瓜鸡汤	老黄瓜汤
时令蔬菜	时令蔬菜	时令蔬菜
晚餐	**晚餐**	**晚餐**
参巴鸡	海鲜包菜卷	宫保虾
海鲜包菜卷	炒莲藕	酱油凉豆腐
胡萝卜萝卜汤	冬瓜汤	白菜汤
时令蔬菜	时令蔬菜	时令蔬菜

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TINGKAT
FREQUENTLY ASKED QUESTIONS

FOOD

Our Operating Hours?
Tingkat delivery Monday to Sundays
No service on Public Holidays.

Are we halal certified?
Yes, we are halal certified.

DELIVERY

What time tingkat will be delivered?
Expect your meals between
Lunch: 10.00am to 1.30pm
Dinner: 4pm to 7.30pm

We are unable to provide an exact timing due to the every changing nature of weather and traffic conditions.

Do you have delivery charges for Tingkat?
Free delivery to all residential addresses.
No delivery to Tuas, Sentosa, shopping malls, CBD & Core Downtown.
For condominiums, food packages may be left on your mailbox if unit access is restricted.

ORDER

How fast can my meals start?
Our tingkat order cut-off time is 11:00 AM, one day before your scheduled delivery.

What happen if I need to make changes to my order details?
Please contact us 2 days in advance should there be any change in order.

Can I skipped days when placing order online?
Yes, your order doesn't have to be consecutive days/weeks.

Can I customised my tingkat order?
We will not be able to customise the menu items.
However you may select No Soup, No Nuts/Bean, Non-Spicy and No-Seafood Option upon checking out.

For No-Seafood selection, Fish, Prawn, Sotong & Shellfish protein will not be included in the meals.

However, do note that we cannot 100% omit or promise omission of seafood ingredients as they may be present in some sauces and also our kitchen is not a seafood free environment.

How many dishes will there be?
We have the option for you to choose either 1 Soup + 3 Dishes or 4 Dishes.
You may also opt for White rice, Brown rice or No rice.

Please kindly check with us via WhatsApp if in doubt.

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