



FRELARD TAMALES

1/2 lb tamales | Always gluten-free

meat lovers

salsa verde chicken

100% shredded chicken breast cooked in tomatillo salsa with flavors of garlic, onion, and other delicious herbs.

chorizo & cheese

Made with our own chorizo and mixed with Monterey Jack cheese. It's cheesy, it's seasoned well and it's made with Carlton Farms ground pork.

salsa roja pork

Shredded Carlton Farms pork loin cooked in a mild red chile sauce that combines the flavors of garlic, potatoes and other delicious herbs.

vegan | savory

fajita veggies

Filled with delicious black beans and fajita-style bell peppers, corn and onion, you will enjoy the rich flavor of this tamal.

soyrizo & cheese

Filled with our house-made soyrizo, caramelized onions & vegan cheese. It's a game changer!

sweet potato mole

Filled with sauteed sweet potato chunks cooked in a rich mole sauce. Contains walnuts, peanuts and almonds.

extras

- Mexican sodas
- Agua frescas
- Fresh guacamole
- Vegan rice & refried beans
- Sides of sour cream, pickled veggies and salsas
- Tres leches cake

vegetarians

jalapeño & cheese

Our jalapeño with cheese filling creates a delicious spicy and cheesy flavor that will give you a kick as you enjoy this delicious tamale. Usually between a 2-3 out of 5.

refried beans & cheese

Pinto refried beans with Monterey Jack cheese creates a delicious & cheesy authentic Mexican flavor like no other.

sweet corn

A dessert tamal mixed with fresh sweet corn kernels mixed with blended sweet corn, sugar, cinnamon and butter into the masa. Only available frozen.

spinach & cheese

Tamal filled with sauteed spinach, sweet corn, onions and Monterey Jack cheese.

vegan | sweet

sweet raisins

This sweet tamal is made with our regular vegan masa mixed with raisins and pink colored. Only available frozen.

sweet piña

A sweet tamal mixed and filled with chunks of caramelized pineapple made-in-house. Only available frozen.



Only available frozen