



# FRELARD TAMALES

1/2 lb tamales | \$5.50-\$6.00 + tax | 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.

### salsa roja "pork" jackfruit

Filled with tender organic shredded jackfruit cooked in our salsa roja sauce.

### 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