



# FRELARD TAMALES

## Catering Menu | 2026

Prices are subject to change.  
Only prices we have issued through a formal quote will be honored.  
Updated 03/04/2026

**all of our food is served buffet-style (in bulk) unless otherwise requested**

### tapas

#### \$4.00 **vegan refried beans**

Serve our vegan refried pinto beans to your guests. Makes a perfect appetizer or side for tamales

#### \$4.00 **vegan mexican rice**

Serve our vegan Mexican rice to your guests. Makes a perfect appetizer or side for tamales

#### \$4.50 **guacamole & chips**

Our fresh guacamole contains fresh avocados, tomato, cilantro, onion, a hint of serrano peppers and fresh lime juice.

#### \$4.50 **queso & chips**

Real queso made with real pepperjack cheese, jalapeños, green chiles & milk.

#### \$5.00 **esquite**

Sweet white corn served with mayo, queso fresco, lime wedges and tajin.

### salad & dessert

#### \$10.00 **large** | **small** \$7.00

##### **House salad with mango vinaigrette**

Kale & romaine greens with almonds, candied pecans & queso fresco.

##### **Caesar salad**

Kale & romaine greens tossed with freshly grated Parmesan cheese, bread croutons and house-made caesar dressing

#### \$9.50 **tres leches cake slice**

Made by our friends at Tres Lecheria Bakery in Seattle

#### \$125 **tres leches sheet cake**

Made by our friends at Tres Lecheria Bakery in Seattle  
Served in sets of three individual sheets. Serves 20-30 people.

#### \$6 **house-made mexican flan**

Traditional Mexican custard made with eggs, milk, Mexican vanilla & condensed milk.

### drinks

#### \$5+ **agua frescas**

Made from scratch and not powder, our agua frescas are fresh and made with real ingredients.

#### \$4.50 **soft drinks**

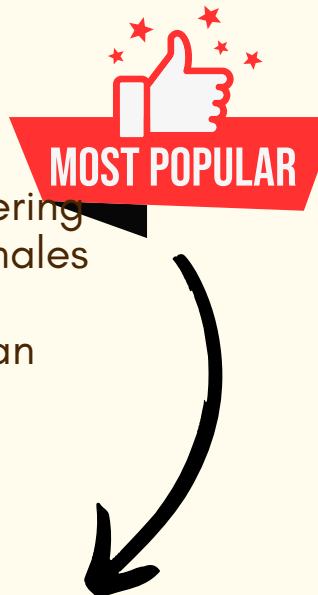
coke, topo chico, ginger beer, squirt

#### **El Sueño beer**

Choose from our current selection of craft beer, brewed with pride in Bellingham, WA. Packaged six packs and kegs available for all your event needs. Let us know if you want to check out our most updated fresh sheet (stock).

### tamal meals

Our tamal plate combos are our most popular catering meal. They come with one, one & a half or two tamales + a generous side of our vegan Mexican rice and refried beans along our condiments: sauce, Mexican crema & pickled veggies.



- \$16 **one tamal plate**
- \$20 **one & a half tamales plate**
- \$24 **two tamales plate**

### **NEW!** \$14 **dream bowl**

The Dream Bowl is naturally vegan but you can add any of our popular taco fillings. Served buffet-style, your guests will have a chance to prepare their own Dream Bowls as they heart desires. We totally recommend adding one to three toppings whether you choose a carnitas or vegan pastor, we know your guests will enjoy all the options!

#### \$6.00 **add a protein/topping**

adobada, chorizo, carnitas, garlic shrimp, pollo pibil, mushrooms, vegan al pastor. options vary by location and can change at any time.

### a la carta

#### \$8.00 **half-pound tamales**

#### \$6.00 **mini tamales\***

Our mini tamales are our latest catering menu offering. Mini-tamales allow your guests to enjoy more than one flavor because they are smaller. Our mini-tamales are about 5 oz big and come in most of our traditional flavors.

\*A minimum total order of five dozens and three weekdays notice required for mini tamales



#### \$0.50 **condiments**

Only our tamale plates come with our delicious house-made condiments. If you are ordering just tamales, you have to add these condiments to your order if you want to serve condiments from us.

## Connect with us and let's plan your next tasty get together!

Email us: [catering@frelardtamales.com](mailto:catering@frelardtamales.com)

Prices do not include taxes.  
 A catering & delivery fee will be added  
Automatic gratuity of 20% added to all buy-outs & staffed events

