FRELARD TAMALES

Catering Menu | Q3 & Q4 2026

Prices are subject to change.
Only prices we have issued through a formal quote will be honored.
Updated 09/8/2026

CONTACT US
Text/call **425-568-4919**
Email us: catering@frelardtamales.com

ALL OF OUR FOOD IS SERVED BUFFET-STYLE (IN BULK) UNLESS OTHERWISE REQUESTED

apps

$8.00 VEGAN REFRIED BEANS & RICE
Serve our vegan refried pinto beans & Mexican rice to your guests. Makes a perfect appetizer or a side for our tamales. Vegan | GF

$4.50 GUACAMOLE & CHIPS
Riped avocados, tomato, cilantro, onion, a hint of serrano peppers and fresh lime juice. Served with house-made chips. Vegan | GF

$4.50 QUESO & CHIPS
Real queso made with real pepperjack cheese, jalapeños, green chiles & milk. GF | Dairy

$5 ESQUITE
Sweet corn served with mayo, queso fresco, lime wedges and tajin. GF | Dairy

$3 TAQUITOS | SINGLE
Fried taquitos filled with cheesy potatoes

salad & dessert

$10.00 LARGE | SMALL $7.00
HOUSE SALAD WITH MANGO VINAIGRETTE
Kale & romaine greens with almonds, candied pecans, pickled red onion & queso fresco. Vegan | GF

CAESAR SALAD
Kale & romaine greens with freshly grated Parmesan cheese, bread croutons and house-made caesar dressing. Contains seafood | Dairy

TRES LECHES CAKE
Made by our friends at Tres Lecheria Bakery in Seattle. Contains gluten | Dairy | Eggs

$9.50 INDIVIDUAL SLICE
$130 SHEET CAKE | SERVES 20-30 PEOPLE

$6 HOUSE-MADE MEXICAN FLAN | INDIVIDUAL
One serving. Traditional Mexican custard made with eggs, milk, Mexican vanilla & condensed milk. Contains dairy | Eggs

$80 HOUSE-MADE MEXICAN FLAN | FULL PAN
20-25 servings. Traditional Mexican custard made with eggs, milk, Mexican vanilla & condensed milk. Contains dairy | Eggs

drinks

$5+ FRUITED OR VEGAN HORCHATA AGUA FRESCA
Made from scratch and not powder, our agua frescas are fresh and made with real ingredients.

$4.50 SOFT DRINKS
Coke, Squirt, Ginger Beer, mineral water

EL SUEÑITO BEER
Choose from our current selection of craft beer, brewed with pride in Bellingham, WA. Packaged six & four 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 plates

MOST POPULAR

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

$14 dream bowl

Let your guests prepare their own Dream Bowls as their heart desires. Served with vegan refried beans and Mexican rice accompanied with our green sauce, cabbage 🥬 guacamole 🥑 and mango agave vinaigrette dressing. Naturally Vegan

$12 burrito

A large burrito filled with your choice of meat or vegan filling, melted Pepper Jack cheese, vegan rice, beans, pico, sour cream + guacamole. Served with mild or spicy sauce & sour cream. Wrapped individually. NOTE: Burritos are made on a separate hot griddle with flour tortillas (not gluten-free).

$15 nacho bar

People love our loaded Sueñito Nachos and now your guests can enjoy them too! Our Build Your Own Nachos set up allows your guests to build their own nachos however they please. We bring all the fixings including proteins of your choosing (if added) and you let your guests create their ideal nacho scenario. Since this is done buffet-style, this option is very vegan and vegetarian friendly and our chips are always naturally gluten-free.

$6 ADD A PROTEIN TO YOUR DREAM BOWL, BURRITOS OR NACHOS
Choose from adobada, chorizo, carnitas, garlic shrimp, pollo pibil, asada or bbq mushrooms, vegan al pastor.

a la carta

$8 HALF-POUND TAMALES
$6 MINI TAMALES*
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 50 and three weekdays notice required for mini tamales

We've got the food covered.

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