

# Ranchos Cocina

A Traditional & Plant-Based Cocina Mexicana  
Dine-In, Take-out, & Catering  
Since 1994

## Breakfast

### SERVED ALL DAY!

Rice and Bean Options:  
Spanish Rice, Brown Rice,  
Black Beans, Refried Beans  
Sub R&B for veggies +\$3  
Sub R&B for Ranchos Potatoes +\$2



### Tamales Montados {Vg,V} 18

Two Ancient grain "chorizo" tamales, beans,  
2 fried eggs, crema, queso cotija, cilantro, pickled onions

### Buen Dia Quesadilla {Vg,V} 15

Scrambled eggs, anaheim peppers, pico de gallo  
Option to add Carne asada or Chorizo +4  
Vegan Cheese +2

### Chorizo con Huevo {V,GF} 17

Cured and spiced beef or home made Soy Chorizo  
Scrambled in eggs. Vegan sub eggs for tofu. +R&B

### Chilaquiles {V, GF} 15

Toasted tortillas smothered in salsa  
roja, verde, ranchera or mole (+1)with two Eggs, JUST EGGS (+2),  
or tofu scramble topped with crema and queso cotija+R&B

### Huevos Rancheros {V, GF} 15

Two fried eggs or tofu scramble on a fried tortilla  
smothered in salsa ranchera, crema and cotija cheese+R&B  
{Add diced carne asada +4}

### Machaca Con Huevo {GF} 15

A popular breakfast in "ElNorte" the north of Mexico.  
stewed Beef, Chicken, or Shiitake scrambled in eggs  
Choice of tortillas. +R&B

### Tofu Hash {V,GF} 15

Sauteed and crumbled Tofu, pico spinach, and fajita mix  
and choice of tortillas +R&B

## Breakfast Burritos

### San Diego Sunrise {VG, V} 15

Carne Asada Or Chorizo, eggs, pico, tater tots, tres quesos,  
and chipotle sauc. Sub for "JUST EGG"+2

### Chorizo Burrito {V} 15

Cured and spiced beef or home made Ancient Grain "Chorizo"  
Scrambled in eggs or "JUST EGG" +2  
Skip the eggs for Black beans and potato fajitas

### Vegan Breakfast Burrito {V} 15

Sweet and smokey tempeh, potatoes, tofu, & beans  
Substitute Tempeh for Ancient Grain "Chorizo".

### Buenos Dias Burrito {V} 13

Anaheim peppers, pico, queso, and scrambled eggs.  
Made with Vegan Just EGG +2

### Substitute Eggs with

VEGAN "JUST EGG" +2

2 extra eggs +5

## ALLERGIES & FOOD PREFERENCES

LET US KNOW OF ANY ALLERGIES OR FOOD SENSITIVITY

YOU MAY HAVE BEFORE YOU ORDER

BE ADVISED, DUE TO OUR SMALL KITCHEN

CROSS CONTAMINATION MAY OCCUR.

18% Gratuity will be added

for parties of 6 or more



We are a cashless restaurant

We accept: Debit cards, Credit cards,

Google pay, & Apple pay

## Antojitos- Shareables

### Guacamole Y Totopos {V,GF} 9

Avocado, citrus, & pico, topped with Cotija Cheese  
side of chips and salsa.

### Queso Meso {V, Vg, GF} 9

A blend of melted Mexican and American cheeses,  
Anaheim peppers and chorizo or Ancient Grain "Chorizo"  
(Vegan Version- any one with a seed or nut allergy should avoid this)

### Totopos {V, GF} 6

Two baskets of our home made chips  
and 8 oz of or delicious house salsa.

### Ignacios Special Nachos {V, GF} 16

A stack of Totopos with your choice of protein  
smothered in enchilada sauce, beans, topped with  
Tj Avocado salsa, Crema, queso cotija, pico and guac

### TJ Fries {V, GF} 16

A stack of fries with your choice of protein topped with  
Tj Avocado salsa, Crema, queso cotija, pico and guac

### Nachos Azules {V,GF} 13

A stack of blue corn Totopos smothered in  
enchilada sauce, black beans, topped with  
Tj Avocado salsa, crema, queso cotija, and pico

## Quesadillas

{SUB Vegan cheese on Quesadillas +2}

### B.D. Quesadilla {Vg,V} 15 (New Item)

Scrambled eggs, anaheim peppers, pico de gallo  
Option to add Carne asada or Chorizo +4  
Vegan Cheese +2

### Quesadilla de Camaron {V} 16

Shrimp fajitas, pico, and Monterey Jack cheese

### Quesadilla Asada {V} 14

Carne asada or pollo asado, pico, and Monterey Cheese

### Quesadilla de Chorizo {V} 13

Cured and spiced beef or home-made Ancient grain "chorizo"  
pico, and Monterey jack cheese

### Quesadilla de Shiitake {V} 13

Shiitake mushrooms, pico, cabbage, with anaheim peppers

### Quesadilla Sensilla {V} 9

Melted Monterey Jack in a large flour tortilla

## Tacos

### One Protein per order

### Tacos Mineros {V,GF} 9

Choice of Chicken, Beef, Ancient Grain "Chorizo", OR Potato  
Three crispy rolled tacos, topped with lettuce, pico,  
queso cotija, crema, TJ Guacamole

### Dos Tj Tacos {V,GF} 8

Two tacos: Carne asada, Pollo Asado, Chorizo,  
"Carne Asada" {V}, "Pollo Asado" {V}, Ancient Grain "Chorizo" {V}  
Shiitake {V}, OR Veggies Fajitas {V}

topped with onions, cilantro, TJ Guacamole,  
queso cotija, & crema.

### Dos tacos de Ensenada {V,GF} 9

2 Seafood tacos- One Protein per order  
Grilled Wild Caught Salmon, Grilled Mahi Mahi,  
Battered Wild Caught Cod, OR Battered Tempeh

Covered with Cabbage, tartar sauce, crema, and pico  
{Substitute for Grilled Shrimp {V} +2}

### Tres Tacos de Ensenada {V, GF} 16

{Substitute for Grilled Shrimp {V} +3}  
3 seafood tacos with rice and beans  
One Protein per order

### Tres Tacos de Tijuana {V, GF} 15

## Bebidas- Drinks

### Jarritos 5

Bottled in Mexico  
Strawberry, Mandarin, Guava, or Pinapple

### Aguas Frescas (12oz) 5

12 oz of our traditional Mexican drinks  
Horchata, Jamaica, or Limonada

### Ice Tea- Passion fruit 6\*

Home Brewed and unsweetened tea  
Free Refils

### Vegan Horchata 7

Spiced and iced plantbased milk 12oz

### Honey Ginger Lemonade 7

12 oz of Sweetly intense infused lemonade

### Topo Chico 5

Bottled in Mexico  
Our favorite mineral water

### Coca-Cola Mexicana 5

Bottled in Mexico and made with real sugar

### Mundet de Manzana 5

Bottled in Mexico

### Sangria Soda (N.A.) 5

Bottled in Mexico  
A cola with hints of grape and citrus rind

### Fountain Sodas (16oz) 5\*

Pepsi, Diet Pepsi, Dr. Pepper, Sierra mist  
Free Refils

### Kombucha 8

Ask For Flavors

### Cantaritos 6

Jarritos older sibling  
Hard Soda 5% abv- 21andUp

### Cerveza (bottle) 6

Negra Modelo, Bohemia, Modelo Especial, Tecate  
Pacifico, Victoria, Corona, XX Amber, XX Lager

### Margaritas 8/32

Glass 5oz/ Carafe 25oz  
Made with 100% Jalisco  
blue agave wine, 24% ABV  
LEMON LIME & ON THE ROCKS.

### Sangria 8/32

Glass 5oz/ Carafe 25oz  
Spiced tropical fruits and jamaica  
rested in batches of Burgundy

### Michelada {V} 12

A citrusy tomato cocktail with a kick.  
mixed with your favorite beer

### Vino 7/21

Glass 150ml / Bottle 750ml

## HOT DRINKS

### Café Organico {V,GF} 7\*

Coffee is served until 3pm  
Medium to dark roasted fruity and buttery notes  
& spiced coffee beans from Chiapas.  
Free Refils

### Chocolate Ibarra {V,GF} 7

A nod to its original recipe. We added vanilla,  
citrus and warm spices.

### Hot Tea {V, GF} 7

Organic Green Tea  
Organic White Tea  
Organic Rooibos Tea (Herbal)

{V} CAN BE MADE VEGAN ; {GF} Can be made Gluten-free; {Vg} Can be made Vegetarian

## Entrada Fuerte

Rice and Bean Options:

Spanish Rice, Brown Rice,  
Black Beans, Refried Beans

Substitute rice and beans for veggies +3

### Tierra y Mar Fajitas {V, GF} 20

The best of both worlds: Marinated and sauteed strips of beef, shrimp, bell peppers, pico, and onions. with choice of tortillas.

### Chile Relleno y Tostada del Mar 20

Grilled Mahi Mahi, shrimp, pico, rajas over Chile rellenos stuffed with melted Monterey Jack cheese and black bean blue corn tostada

### Mole Poblano {V} 19

Over 60 ingredients and countless hours simmering, warm spices, nutty flavors, deep cacao notes. Enjoy with grilled chicken or Vegan Grilled chicken. Side of Tortillas, and two servings of rice.

### Pipian Verde con Pollo 17

Salsa de Pipian with grilled chicken and black beans. The sauce, Creamy slightly smokey and acidic. Roasted eggplant, toasted pepitas & sunflower seeds, roasted tomatillo, cilantro, onions, and garlic.

### Las Fajitas {V, GF} 18

Marinated and Sauteed Choice of Protein, bellpeppers, pico, onions and choice of tortillas  
Shrimp Fajitas +2

### El Papa Ranchos {V, GF} 17

Grilled Sweet and Russet potatoes, red and green bell peppers, onions, pico, covered in salsa ranchera, and choice of tortillas

### Dos Sopes {V, GF} 16

Two Fried Masa patties with shredded chicken and beef, Topped with lettuce, cotija, crema, Tj Guacamole, and pico

## Enchiladas Plates

### Trio Enchiladas 17

No Substitutions- No exception  
Chicken mole, Guajillo cheese, Tomatillo beef enchiladas topped with crema and queso cotija.

### Veggie Trio Enchiladas {V} 17

No Substitutions- No exceptions  
Guajillo tofu, mole bean, lentil tomatillo topped with Vegan Crema

### Chile Relleno & Enchilada 17

Choice of protein for the enchilada and one sauce on both.  
Mole Sauce (+1)

### Enchiladas de Mole {V} 16

Over 60 ingredients and countless hours simmering, warm spices, nutty flavors, deep cacao notes, topped with crema and sesame seeds.  
One Choice of protein per order

### Dos Enchiladas {V} 15

Chose from ONE sauce and ONE protein for your perfect combo.  
One sauce & One protein Protein per order.

### Enchilada Protein Choices

Stewed chicken, Beef, or cheese  
Beans, lentils, or tofu scramble,

Vegan cheese Enchiladas	+2
Pollo asado or Vegan Pollo Asado	+2
Carne Asada or Vegan Carne Asada	+2
Grilled Tofu or Tempeh	+3
Mahi Mahi or Salmon	+3
Shrimp or Vegan Shrimp	+3

## ENCHILADA SAUCES

### Guajillo-Red {V, GF}

Slightly spicy blend of peppers sauce

### Pipian Verde- Green {V, GF}

Slightly acidic, creamy, and a little smokey. Toasted & Roasted pepitas and sunflower seeds, tomatillo, eggplant, cilantro, onions, and garlic.

### Ranchera {V, GF}

A warm and mild version of our table salsa.  
Tomato, onions, cilantro,

### Mole {V}

Over 60 ingredients and countless hours simmering, warm spices, nutty flavors, deep cacao notes, topped with crema and sesame seeds.

## Tamales Plates:

Our tamales contain Coconut an change seasonally  
Current Spring into Summer selection:

### Ancient Grain "Chorizo" {V}

Spiced Quinoa, Amaranto, and soy beans

### Quatro Milpas {V}

Corn, balck beans, carrots, peas, green beans

### Pollo Guajillo

Shredded chicken in guajillo salsa

### Tamal & Enchilada {V, GF} 17

A home made tamal and an enchilada and rice and beans. Choice of red, green, mole(+1) or ranchera sauce and crema and queso cotija on top.

### Dos Tamales {V, GF} 18

Two home made tamales topped with enchilada sauce, crema, queso cotija and a side of rice and beans. Choice of red, green, mole (+1) or ranchera sauce on top

### Tamal & Chile Relleno 19

Your Choice of Tamal and one salsa with a chile relleno

## Ensaladas

### Ensalada De Tijuana {V, GF} 13

Tjs most wanted, Ceasar Salad- Can Be Made Vegan  
Romain lettuce, Parmesan cheese, and blue corn crisps  
{Add Pollo Asado {V} or Salmon +3}

### Sopas (approx 24oz.)

Soups Comes with corn, flour, or wholewheat tortillas  
{Add Chicken +2, Pollo Asado {V} +3}

### Sopa del Mar {GF} 14

Shrimp, MahiMahi, bellpeppers, pico, and onions in a tomato broth

### Vegan Menudo {V, GF} 14

Mushrooms and hominy soup in a red chili broth

### Sopa de Tortilla {V, GF} 13

Tortilla strips in an onion garlic tomato broth

### Sopa Del Mercado {V, GF} 13

Seasonal veggies in a tomato broth

### Sopa de Lentejas {V, GF} 13

Green lentils, carrots, onions

## Tostadas

### Guadalajara {V} 13

A bowl made from a flour tortilla, shredded chicken, beef, or tofu scramble on a bed of beans, topped with lettuce, Pico, queso cotija, crema and Tj Guac.

### Tostada de Chorizo {V} 10

Cured and spiced beef or home made PlantBased Chorizo ontop of beans, topped with lettuce, crema, queso cotija, on a crispy blue corn tortilla.

### Tostada de Frijoles {V, GF} 7

Mashed pinto beans, topped with lettuce, crema, queso cotija, and pico on a crispy blue corn tortilla.

## SIDES

by size of containers	
Ranchos Potatos (16oz)	7
French Fries	7
Tater Tots	7
Half Avocado sliced	5
Hot carrots (8oz)	5
Mole sauce (4oz)	5
Enchilada Sauce (4oz)	4
Spanish or brown rice (8oz)	4
Refried or black Beans (8oz)	4
Chipotle Crema {V} 4oz	4
Cilantro Crema {V} (4oz)	4
Half rice half beans (4oz of Each)	4
Guacamole (2oz)	4
Pico de Gallo (4oz)	4
Crema or Cheese (2oz)	2
Tortillas (2)	2

{V} CAN BE MADE VEGAN ; {GF} Can be made Gluten-free; {Vg} Can be made Vegetarian

## Burritos-Bowls-Tortas

### Tortas

Turn any Burrito into a sandwich  
Telera Bread with guack, beans, lettuce, tomatos, onions, and a side of Hot Carrots

### Burritos

Wrapped in a flour OR whole wheat tortilla

### Bowls

Pick a burrito and we will put those ingredients in a bowl with a side of gluten free corn tortillas

### Wet Burritos {V} +3

Add Red, Green, Ranchera on top of your burrito.  
Labor intensive Mole +4

### Chimichanga +5

MAKE ANY BURRITO INTO A CHIMICHANGA  
Baptize a burrito in our deep frier, drizzle Avocado salsa, queso cotija, and crema, ontop of your choice of Enchilada Salsa

### Chimichanga {V} 18

Beef, chicken, Or tofu scramble  
A Deep fried burrito ontop of salsa Guajillo; It Keeps the Crisp topped with Tj Guacamole, crema, & queso cotija

### Del Mar {V, GF} 16

All our sea food is WILD CAUGHT- No farms here.  
Grilled Salmon, MahiMahi, or Shrimp +2  
grilled bellpepper, onions, spanish rice, pico, crema, and cheese

### Mar y Tierra {V, GF} 16

Grilled wild caught shrimp and strips of beef,  
Fajita mix, pico de gallo, spanish rice, and crema.

### California {V, GF} 16

Marinated and grilled carne asada,  
fries, crema, Tj Guacamole, cheese, & pico.

### Tocho Morocho {V, GF} 16

Marinated and grilled carne asada, spanish rice,  
Beans, crema, queso, Tj Guacamole, & Pico

### Chile Relleno {Vg} 16

An Anaheim pepper stuffed with cheese, crema, & beans

### De Asada {V, GF} 16

Marinated and grilled carne asada or Pollo asado  
tj guacamole, pico, and cheese.

### Crema de Chipotle {V, GF} 15

Marinated and grilled chicken, chipotle Aoli (V),  
Spinach and pico wrapped in whole wheat tortilla.

### Crema de Cilantro {V, GF} 15

Marinated and grilled chicken, Cilantro Aoli (V),  
Spinach and Pico wrapped in a Whole Wheat Tortilla

### De Fajitas {V, GF} 15

You pick it, we grill it with our fajita mix  
guac and cheese. The Options are endless.  
Shiitake, Tofu, Carne Asada, Pollo asado, Veggies,  
Ancient Grain "Chorizo", ect. ect.

### El Healthy {V, GF} 13

Simple and healthy, black beans Or Lentils, Brown Rice,  
guacamole, & Pico on a whole wheat tortilla  
{add Grilled Tofu, Pollo Asado, or Salmon +3}

### Frijoles {V, GF} 9

Mashed pinto beans, melted Monterey Jack cheese.  
Black bean or Lentil Options  
{add vegan cheese and crema +2}

## Postre/ Desserts

we had a list here, but we kept on  
selling out of our delicious desserts.  
Please ask our staff about our desserts.



We are a cashless restaurant

We accept: Debit cards, Credit cards,

Google pay, & Apple pay