

Rancho's 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 Rancho's 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} 16

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 (V) ancient grain "chorizo"
Scrambled in eggs. Vegan sub eggs for tofu. +R&B

Chilaquiles {V, GF} 17

Toasted tortillas smothered in enchilada salsa on top of Refried beans.
topped with crema and queso cotija
Sauce options: roja, verde, ranchera or mole (+1)
with two Eggs, JUST EGGS (+2), or tofu scramble

Huevos Rancheros {V, GF} 16

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} 16

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} 16

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

Breakfast Burritos

San Diego Sunrise {VG, V} 16

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

Chorizo Burrito {V} 16

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} 16

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

Buenos Dias Burrito {V} 14

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

Substitute Eggs with
VEGAN "JUST EGG" +2
2 extra eggs +5

Breakfast 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 Refills



We are a cashless restaurant

We accept: Debit cards, Credit
cards, Google pay, & Apple pay

+3% Credit Card Fee

Bebidas- Drinks

Vegan Horchata-latte 8

Home made vegan Horchata with
Ultreya Mexican ColdBrew Coffee (noSubs)

Jarritos 6

Bottled in Mexico
Strawberry, Mandarin, Guava, or Pinapple

Agua Frescas (12oz) 6

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

Ice Tea- Passion fruit 6*

Home Brewed and unsweetened tea
Free Refills

Vegan Horchata 7

Spiced and iced plantbased milk 12oz

Honey Ginger Lemonade 7

12 oz of Sweetly intense infused lemonade

Topo Chico 6

Bottled in Mexico
Our favorite mineral water

Coca-Cola Mexicana 6

Bottled in Mexico and made with real sugar

Mundet de Manzana 6

Bottled in Mexico

Sangria Soda (N.A.) 6

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

Fountain Sodas (16oz) 6*

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

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

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.

19% Gratuity will be added
for parties of 6 or more

Antojitos- Shareables

Vegan Ceviche (NEW ITEM) 12

In house only (no modifications or Substitutions)
Marinated Vegan "Shrimp", Pico de gallo,
vegan tartar sauce on 2 Corn tostadas
and pickled onions

Guacamole Y Totopos {V,GF} 11

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

Queso Meso {V, Vg, GF} 11

A blend of melted Mexican and American cheeses,
Anaheim peppers and chorizo or Ancient Grain "Chorizo"
(Vegan Version- AVOID if you have a nut or seed allergy)

Totopos {V, GF} 7

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

Ignacios Special Nachos {V, GF} 17

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

TJ Fries {V, GF} 17

A stack of fries with your choice of protein topped with
Tj Avocado salsa, Crema, queso cotija, pico de gallo.

Nachos Azules {V,GF} 15

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}

Quesadilla de Camaron {V} 17

Shrimp fajitas, pico, and Monterey Jack cheese

Quesadilla Asada {V} 16

Carne asada or pollo asado, pico, and Monterey Cheese

Quesadilla de Chorizo {V} 15

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

Quesadilla de Shiitake {V} 14

Shiitake mushrooms, pico, cabbage, with anaheim peppers

Quesadilla Sensilla {V} 10

Melted Monterey Jack in a large flour tortilla

Tacos

One Protein per order

Tacos Mineros {V,GF} 11

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

Dos o Tres Tj Tacos {V,GF} 10/15

Two or 3 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 o Tres tacos de Ensenada {V,GF} 11/16

2 or 3 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/\$3}

TJ Taco Tuesday

Tacos \$3.5 each
Options: One Carne Az, Pollo Az, Fried Cod, Grilled Tofu, or Mock meats
Drinks: any bottled Mexican Drink \$3.5 each
No substitutions, Dine in Only
Starts at 3pm ends at 6pm.

{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} 23

The best of both worlds: Marinated carne asada strips, shrimp, fajita mix and pico; with choice of tortillas.

Mole Poblano{V} 20

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.

Las Fajitas {V, GF} 19

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} 17

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

Enchiladas Plates

Trio Enchiladas 18

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

Veggie Trio Enchiladas {V} 18

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

Enchiladas de Mole {V} 18

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} 16

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}

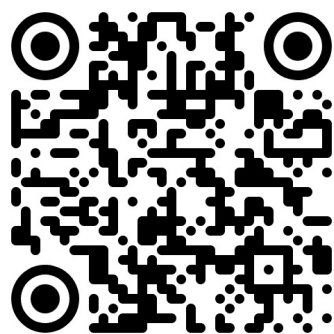
Slightly acidic, creamy, and a little smokey. Toasted & Roasted pepitas and sunflower seeds, tomatillo, eggplant, cilantro, onions, and garlic.

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. +\$2 if adding it to your 2 enchilada order.



Online Menu

Tamales Plates:

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

Ancient Grain "Chorizo" {V}

Spiced Quinoa, Amaranth, and soy beans

Quatro Milpas{V}

Corn, black beans, carrots, peas, green beans

Pollo Guajillo

Shredded chicken in guajillo salsa

Tamal & Enchilada{V, GF} 18

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} 19

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

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 on top of beans, topped with lettuce, crema, queso cotija, on a crispy blue corn tortilla.

Tostada de Frijoles{V,GF} 8

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

Burritos-Bowls-Tortas

Tortas

Turn any Burrito into a sandwich
Telera Bread with guac, beans, lettuce, tomatoes, 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

Chimichangame +5

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

Chimichanga {V} 19

Beef, chicken, Or tofu scramble
A Deep fried burrito on top 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 diced carne asada, Fajita mix, pico de gallo, spanish rice, crema and cheese.

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

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} 10

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

Postre/ Desserts 10

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



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We accept: Debit cards, Credit cards,

Google pay, & Apple pay

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