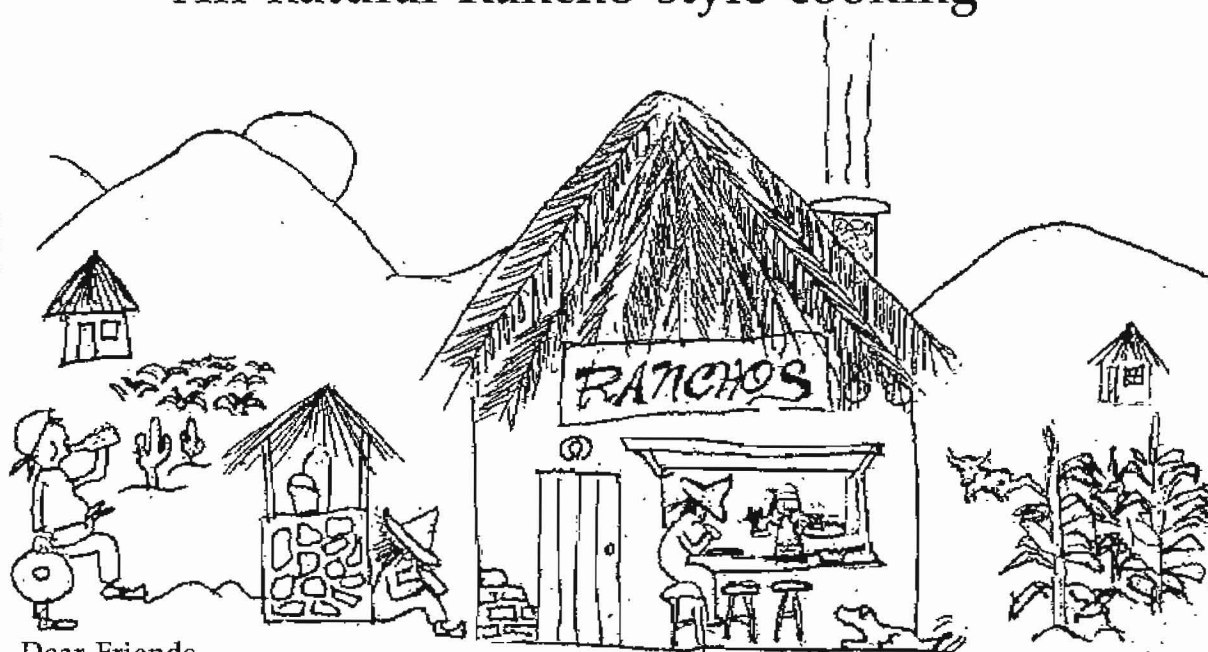


"Ranchos"

Mexican and Vegetarian Cuisine

EAT IN • TAKE OUT • CATERING
Monday – Sunday 8 A.M. – 10 P.M.

"All natural Rancho style cooking"



Dear Friends,

Ranchos is the beautiful happy place where you can enjoy creative healthy dishes with unforgettable flavors at a very reasonable price. Ranchos food is made fresh daily with the finest ingredients. When oil is required, we use a little olive or veggie oil. Our rice and beans are vegetarian and vegan. Our mole and sauces are made from scratch. We try to get as much organic fruit and vegetables as possible. We carry fresh fish and organic coffee. For our non-dairy smoothies we use organic apple juice, fresh squeezed orange juice or organic soy milk.

All of us at Ranchos welcome you and thank you.

Ranchos Cocina	(619) 226-7619	1830 Sunset Cliffs Boulevard, #H	Ocean Beach, CA 92107
Ranchos Point loma	(619) 224-9815	4705 Point Loma Avenue	Ocean Beach, CA 92107
Ranchos North Park	(619) 574-1288	3910 30th Street	San Diego, CA 92104
Ranchos Natural food Market	(619) 298 3339	3918 30th Street	San Diego, CA 92104
Ranchos Catering	(619) 520 0390	or (619) 298 34 09	

* = can be vegetarian.

APPETIZERS

Substitute any quesadilla with vegan soy cheese with
vegan soy cheese for \$1.75

*V 98.	Soy Chorizo Quesadilla	7.95
* 99.	Shiitake Whole Wheat Quesadilla	8.95
*V 100.	Quesadilla Calabacitas elote y Pico de gallo	8.95
*V 101.	Nachos	7.95
*V 118.	Super NachosBeef, Chicken or Tofu	8.95
*V 102.	Quesadilla Plain	3.95
	119. with Chicken	6.95
*V 103.	Quesadilla Suprema	8.95
	<i>Cheese, mushrooms, tomatoes, guacamole and rajas.</i>	
	104. Quesadilla with Carne Asada	8.95
	105. Shrimp Quesadilla	9.25
*V 106.	Whole Wheat Soy Veggie Quesadilla	8.95
	107. Camarones Empanizados — Fried Shrimp	9.95
* 109.	Shrimp and Calamari Empanizado	11.95
*V 110.	Mollete Beans, Ranchero Sauce, and Cheese	5.95
	111. Calamari Strips	9.95
	112. Ranchos Shrimp Cocktail	9.95
*V 113.	Guacamole and Chips	4.65
*V 114.	Chips and Salsa	1.95
*V 115.	Cucaracha Corn quesadilla with rajas, beans, cheese, guacamole and sour cream	5.25
*V 116.	Organic Corn Nachos with Guacamole, Black Beans, Soy Cheese, and Pico de Gallo	8.95

COMBINATION PLATES

Plate with rice and beans (brown rice and black beans available)

* 121.	Enchiladas Verdes	8.95
	<i>Chicken, Shiitake or cheese, topped with green tomatillo.</i>	
* 122.	Enchiladas Rojas	8.95
	<i>Chicken, beef or cheese, topped with red sauce.</i>	
* 123.	Trio Enchiladas	9.95
	<i>Chicken, beef, cheese, or bean topped with: 1 red, 1 green, and 1 mole sauce.</i>	
*V 124.	Tofu Enchiladas Rancheras	8.95
*V 125.	Enfrijoladas Bean enchiladas topped with sauce	7.95
* 126.	Mole Enchiladas	8.95
	<i>Two, chicken, shiitake or cheese, topped with mole sauce.</i>	
*V 127.	Two Tamales Chicken or Vegetarian, topped sauce	8.95
* 128.	Tamale and Chile Relleno	8.95
* 129.	Taco and Enchilada Chicken or beef	8.95
* 130.	Chile Relleno and Tostada	8.95
*V 131.	Two Corn Avocado Enchiladas	8.95
	132. Two Fish Tacos — Grilled upon request	8.95
* 133.	Enchilada and Chile Relleno	8.95
*V 134.	Mushrooms Rancheros (con nopales add .50 c)	8.95
	135. Black Bean Shrimp Tostada and One Green Tomatillo Cheese Enchilada	9.25
* 136.	Three Sopes — 1 chicken, 1 beef, and 1 bean	8.25
*V 137.	Veggie Trio Enchiladas; 1 Blue Corn Avocado, 1 Enrijolada with mole, and 1 Tofu	9.95
*V 138.	Eggplant Enchiladas	8.95
	139. Lobster Enchiladas	12.25
	140. Salmon Tacos (2)	9.25

* V = can be vegan. *Shiitake pattie not vegan

ENSALADA Y SOPA

*V 159.	Rancho Escoba Salad	5.25
*V 160.	Ranchos Dinner Salad	
	Large.....6.25 161. Small	5.25
	<i>Lettuce, spring mix, tomatoes, mushrooms, avocado, cheese. With Chicken or Shiitake add 1.95</i>	
	166. Caesar Salad plain OR with Salmon add 2.95	6.25
	167. Caesar Salad with Chicken OR Shiitake	7.50
*V 170.	Rancho Spinach Salad	7.50
	<i>with chicken Shiitake or Tofu add 1.75</i>	
*V 162.	Tortilla Soup and tortillas	5.25
*V 163.	Lentil or Black Bean Soup and tortillas	5.25
	164. Mexican Seafood Chowder w/tortillas	7.25
	<i>Fish, shrimp and a variety of vegetables in a spicy tomato broth.</i>	
*V 165.	Veggie Soup and tortillas	5.25
	168. Chicken Veggie Soup	5.25

SANDWICH DE RANCHOS

(Tortas)

Garnished with avocado, lettuce, tomato and onions.

*V 171.	Soy Chorizo Torta	6.25
	172. Calamari	8.25
*V 173.	Tofu Torta w/Black Bean option	6.25
*V 174.	Roasted Veggie Torta	6.25
	175. Pollo Asado (chicken) Torta	6.25
*V 176.	Spinach Pattie Torta	6.25
	177. Carne Asada Torta	6.25
	178. Pescado — Fish Torta (add \$2 for Salmon)	6.25
	179. Lobster Torta	9.50
* 180.	Breakfast Torta	5.25
	181. Black beans, Pollo Asado, Rajas, and Cheese Torta	6.50
	182. Black beans, Shrimp, and Cheese Torta	8.75
*V 183.	Eggplant Torta	6.25
*V 185.	Shiitake or tempeh torta	6.25

KIDS' MENU

Includes rice and beans.

*V 186.	Quesadilla Chiquita (soy cheese add 1.50)	4.25
*V 187.	Mini Bean and Cheese Burrito	4.25
* 188.	Grilled Cheese Sandwich de Ranchos	4.25
	189. Chicken Rolled Taquitos with Sour Cream and Cheese	4.25

SIDES & EXTRAS

*V 190.	Side of Brown Rice	1.85
*V 191.	Side of Rice	1.85
*V 192.	Side of Beans	1.85
*V 193.	Side of Black Beans	1.85
*V 194.	Side of 1/2 Rice and 1/2 Beans	3.25
*V 195.	Hot Carrots	1.75
*V 196.	Guacamole, (4 oz)	2.75
*V 197.	Mole Sauce	2.50
*V 198.	Rancho Potatoes	4.25
*V 199.	Garlic Bread	1.95
*V 200.	Salsa to go (8 oz)	1.75
*V 246.	Sliced Avocado	2.75
*V 247.	Side of Veggie, Tempe, Shiitake or Nopales (4 oz.)	4.25
* 240.	Cheese	0.95
V 241.	Soy Cheese for Topping	1.75
V 242.	Guacamole	1.95
* 243.	Sour Cream	0.95
V 244.	Tortillas corn, flour, whole wheat	0.95
V 245.	Soy Cheese Filling	2.00





* = can be vegetarian.

"Whole Wheat Tortilla Upon Request"

* V = can be vegan.

RANCHO SUBSTANTIALS

Include rice, beans, guacamole, and tortillas

141. Seafood Chile Relleno with Black Bean Shrimp Tostada	13.95
*V 142. Veggie Fajitas — with tofu, Nopales or shiitake pattie strips add 2.00	9.95
143. Fresh Fish Fajitas	12.95
144. Pollo Asado — Breast of chicken	10.95
145. Carne Asada — Beef	10.95
146. Chicken OR Beef Fajitas	10.95
147. Shrimp Fajitas	12.95
148. Camarones al Mojo de Ajo — Shrimp in garlic	13.95
149. Pollo Asado OR Carne Asada and Shrimp Combo	13.95
150. Steak or Pollo Ranchero	11.50
151. Calamari Steak — Topped with mushrooms and shrimp	13.95
152. Camaron Empanizado — Fried Shrimp	13.95
153. Pollo en Salsa de Mole	10.95
154. Combo Shrimp and Chicken Fajitas	12.95
155. Pescado Fresco — Fresh Catch of the Day	11.95
*V 156. Steamed vegetable plate on a bed of black beans	9.95
*V 157. Papa Rancho (vegan)	7.95
158. Lobster Fajitas	16.25
238. Pescado a la Veracruzana	9.95
239. Pescado Empapelado (with fresh Salmon)	12.95

A LA CARTA

BURRITOS

(Wet burritos any sauce add \$1.00)

1. Shrimp	7.95
2. Fish	6.75
3. Carne Asada	6.50
4. Pollo Asado	6.75
5. Chicken or Beef	5.75
*V 6. Tofu Veggie Fajitas	6.25
*V 7. Veggie Fajitas	6.25
* 8. Bean and Cheese or Black Beans	4.25
9. Mixed..Shredded meat (beef or chicken), rice and beans .	5.25
*V 10. Tocho Morocho (The Works)	7.50
<i>Carne Asada, lettuce, tomato, cheese, guacamole, rice, sour cream, and beans. (Choice of beef, chicken or shiitake)</i>	
11. Whole Wheat Black Bean Pollo Asado	6.75
*V 12. Whole Wheat Papa de Rancho	5.95
*V 13. Whole Wheat Black Beans, Papas, &Vegetables	6.25
*V 14. Tofu Scramble and Beans	6.25
*V 15. Eggplant Burrito	7.25
16. Lobster Burrito	9.95
*V 17. Shiitake Pattie Burrito or Tempeh	7.25
*V 18. Lentil, Avocado and Cheese Burrito	6.25
* 19. Chimichanga (Chicken, Beef or Shiitake)	7.75
<i>Topped with sauce, cheese, guacamole and sour cream.</i>	
*V 20. Vegan Burrito Black beans, Rice, Pico de Gallo, Guacamole, Lettuce	4.95
21. Whole Wheat Fresh Salmon Burrito	8.25
*V 202. Vegan Chorizo	6.75

TOSTADAS

22. Lobster Tostada	7.50
*V 23. Shiitake Tostada, Tempeh or Nopales	4.75
*V 24. Bean	3.95
25. Chicken or Beef	4.25
*V 26. Tofu Veggie Fajitas	4.50
*V 27. Giant Guadalajara Tostada..Beef, chicken, veggie or tofu .	8.25
28. Black Bean and Shimp	5.25
*V 29. Ranchos Soy Chorizo and Veggie Tostada	4.95

TACOS

*V 39. Beef, Chicken, Veggie, Tofu or Nopales	3.75
40. Fish Taco — Grilled upon request	3.75
41. Carne Asada	3.95
42. Shrimp	5.25
43. Three Rolled Taquitos — Beef OR Chicken	5.25
*V 44. Three Rolled Taquitos de Papa	5.25
* 45. Three Rolled Taquitos Soy Chorizo	5.25
46. Pollo Asado	3.95
*V 47. Three Rolled Tofu Rolled Taquitos	5.25
48. Lobster Taco	6.75
49. Fresh Salmon Taco or Fresh Fish of the Day	4.50
*V 50. Shiitake Taco, Tempeh Taco or Soy Chorizo	3.75

ENCHILADAS

Topped with green OR red sauce

56. Beef, Chicken or Shiitake with cheese on top	3.75
* 57. Cheese (soy cheese add 1.25)	3.50
58. Shrimp	5.25
*V 59. Blue Corn Avocado	3.75
*V 60. Mole Enchilada — Chicken OR Cheese	3.75
*V 61. Tofu Enchilada Ranchera or Tempeh	3.75
*V 62. Eggplant Enchilada or Nopales	3.75
63. Carne OR Pollo Asado	3.75

OTHER

*V 72. Vegetarian Tamale or Pineapple Tamale	3.75
* 73. Chicken Tamale	3.75
* 74. Chile Relleno	3.75
75. Seafood Chile Relleno	6.50
*V 76. Chilaquiles	5.25
*V 77. Sopa	3.50

DESSERTS

* 51. Fruit Crepes with Seasonal Fresh Fruit	4.50
* 52. Buñuelos and Ice Cream	4.50
53. Flan de RanchoS	4.25
54. Mango Homemade Ice Cream	4.95

(MORE TURN PAGE)





* = can be vegetarian.

V = can be vegan.

ALL DAY BREAKFAST

* 201.	Buenos Dias Burrito	5.25
*	Buenos Dias Torta (Breakfast Sandwich)	5.25
* V 202.	Burrito de Chorizo OR soy vegan chorizo	6.75
	203. Burrito de Beef Machaca	6.25
	204. Burrito de Chicken Machaca	6.25
*V 205.	Whole Wheat Tofu & Papa Burrito	5.50
*V 206	Mollete 1/2 Rancho Bread with Beans, Ranchero Sauce, and Cheese	5.25
	with egg add	1.25
*V 207.	Organic Multigrain OR Buttermilk Flapjacks	5.50
	232. with 3 Turkey Sausages, add	2.50
	233. with Organic Pure Maple Syrup, add	1.25
	234. with egg, add	1.25
	235. with Blueberry OR Banana, add	0.65
208.	Eggs Any Style with Potatoes, Turkey Sausage and choice of Ranchos toast or tortillas	5.25

BREAKFAST COMBINATIONS

Includes (rice or potatoes), beans, and tortillas.

209.	Shrimp and Mushroom Omelette with Cheese	8.95
* 210.	Buenos Dias Burrito	6.95
	<i>Topped with Ranchero sauce and cheese</i>	
* 211.	Huevos Rancheros	6.95
212.	Turkey Chorizo con Huevo	7.95
* 213.	Huevos a la Mexicana	6.50
* 214.	Huevos Revueltos con Papas de Rancho	6.50
	215. Beef Machaca con Huevo	7.95
* 216.	Chicken Machaca con Huevo or Shiitake Machaca	7.95
	217. Chorizo con Huevo	7.95
	218. Lobster Omelette w/Mushrooms & Cheese	11.75
	219. Carne Asada and Huevos Rancheros	8.50
*V 220.	Tofu Scramble with Mushrooms, Bell Pepper, and Onions	7.95
* 221.	Spanish Omelette	7.95
* 222.	California Omelette	8.50
	<i>Avocado, tomato and cheese.</i>	
* 223.	Florentino Omelette	8.50
	<i>Spinach, mushrooms, and cheese.</i>	
* 224.	Vegetable Fajita Omelette con Nopales (add.50)	8.50
*V 225.	Tofu Ranchero	7.95
*V 226.	Chilaquiles with Scramble Eggs or Tofu	7.95
*V 227.	Mollete with Egg or Tofu	6.95
*V 228.	Tofu Scramble Enchiladas Rancheras	8.25
* 229.	Breakfast Enchiladas with Green Sauce	8.25
*V 230.	Nopalitos con Huevo OR Tofu	7.95
*V 231.	Veggie Scramble with Egg OR Tofu	7.95
*V 134.	Mushroom Rancheros con nopales (add 50)	8.25
	with egg add	1.25
*V 237	Soy Vegan Chorizo con huevo OR Tofu.....	7.95

HOT BEVERAGES

Organic soy Milk available for 50 c more.

65.	Mexican Hot Chocolate	3.50
66.	Hot Tea or Ice Tea	1.75
67.	Cappuccino with Organic Coffee	3.50
68.	Espresso with Organic Coffee	2.50
69.	Mexican Mocha with Organic Coffee	3.50
70.	Cafe Latte with organic Coffee	3.50
71.	Organic Mexican Regular OR Decaf Coffee	1.75

LIQUADOS DE FRUTA

FRUIT LIQUADOS

Made with Organic Apple Juice, Fresh
Squeezed Orange Juice or Organic Soy Milk with Protein,
Spirulina, Bee Pollen, OR a combination, add.....50

30. Liquado 4.50

- 1 Strawberry-Banana
- 2 Blueberry-Banana
- 3 Papaya-Banana
- 4 Mango-Banana
- 5 Peach-Banana
- 6 Pineapple-Banana
- 7 Melon-Banana
- 8 Papaya-Strawberry
- 9 Mango-Strawberry
- 10 Pineapple-Mango
- 11 Combo (up to 3 favors)

31. LIQUADO OF THE DAY 4.25

AGUAS FRESCAS

32.	LIMONADA	1.75
33.	HORCHATA	1.75
34.	Honey Ginger Limonada	3.25
35.	Jamaica	1.75

FRESH JUICES

55.	Organic Apple or Fresh Orange	2.95
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SODA

	Coke, Diet Coke, Sprite, Orange (Refills .25)	1.75
36.	Ginger Brew	2.50
37.	Bottle of Sarsaparilla (like Root Beer)	2.50
38.	Kombucha	4.50

CERVEZA

80.	DOS XX	3.75
81.	DOS XX Lager	3.75
82.	Negra Modelo	3.75
83.	Pacifico	3.75
84.	Corona	3.75
85.	Miller Genuine Draft	3.50
86.	Miller Light	3.50
87.	Sharp — non-alcoholic	3.50
88.	Organic Beer	4.25
89.	Tecate	3.75

VINO (PLEASE ASK FOR WINE LIST)

90.	House Chardonnay, '01	3.95	15.95
91.	House White Zinfandel '01	3.95	15.95
92.	House Merlot, '01	3.95	15.95
93.	House cabernet	3.95	15.95
94.	Sangria	4.75	22.00
95.	Virgin Margarita	4.75	
96.	Margarita	4.75	22.00

We also serve Sangrias & margaritas by the pitcher

