

Member



www.dinegreen.com
green restaurant
association

“Ranchos”

Mexican and Vegetarian
Cuisine

EATIN TAKE OUT CATERING
Monday- Sunday 8 A.M. - 10 P.M.

“All natural Rancho style cooking”



In 1995, Marcos Mouet realized his dream of opening a restaurant that served fresh, mostly organic, home-made Mexican cuisine. That dream of making nutritious and delicious food from scratch began when he was a young man in his 20s.

He had fond memories of this time, before refrigeration, when most people lived on "Ranchos" and grew their own food. Thus, the restaurant Ranchos was opened with the traditional spirit of the "Ranchos" of Mexico. As Marcos always says, Let's get back to Ranchos!" His continuing vision of creating a real "Rancho" is on the drawing table.

This will be a place where people can re-connect to the delectable visions and aromas of the fertile soil and feel the spirit of what living with nature is like. So come on everybody - Let's get back to Ranchos!

Thank You!!

Ranchos Cocina (619) 226-7619 1830 Sunset Cliffs Boulevard, #H Ocean Beach, CA 92107

e-mail: ranchosoficina@sbcglobal.net
www.ranchosnaturalfoods.com

* = can be vegetarian

V = can be vegan

APPETIZERS

Substitute any quesadilla with vegan cheese for \$2.00

* 250 vegetarian albondigas with choice of 2 sauce	\$7.95
* 97. Spinach Mushroom whole wheat quesadilla	\$8.95
*V 98. Soy Chorizo Quesadilla	\$8.95
* 99. Shiitake Whole Wheat Quesadilla	\$9.95
*V 100. Quesadillas Calabacitas elote y Pico de gallo	\$9.95
*V 101. Nachos	\$8.95
*V 118. Super Nachosbeef, chicken or tofu	\$9.95
*V 102. Quesadilla Plain	\$4.95
V 119. Quesadilla with Chicken or vegan chicken vegan and vegan cheese add \$2.00	\$7.95
*V 103. Quesadilla Suprema cheese,mushrooms,tomatoes,guacamole and rajas	\$9.95
104. Quesadilla with Carne Asada	\$9.95
105. Shrimp Quesadilla	\$9.95
*V 106. Whole Wheat Soy Veggie Quesadilla	\$9.95
107. Camarones Empanizados - Fried Shrimp	\$10.95
108. Ceviche Tostada	\$4.95
109. Shrimp and Calamari Empanizado	\$12.95
*V 110. Mollete Beans, Ranchero Sauce, and Cheese	\$6.75
111. Calamari Strips	\$10.75
112. Ranchos Shrimp Cocktail	\$10.75
*V 113. Guacamole and Chips	\$4.95
*V 114. Chips and Salsa	\$2.25
*V 115. Cucaracha Corn quesadilla with rajas,beans,cheese,guacamole and sour cream	\$5.75
*V 116.Organic Blue Corn Nachos with Guacamole,Black Beans,vegan Cheese and Pico de Gallo	\$9.95
261.Queso fundido (cheese dip) with Choice Of Vegan Chorizo Of Beef chorizo	\$4.95

COMBINATION PLATES

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

*V 117. Pick one enchilada,relleno,taco or tamale (choice of chicken,beef,veggie or shiitake)	\$5.95
* 121. Enchiladas Verdes Chicken,Shiitake or cheese,topped with green tomatillo	\$8.95
* V 122. Enchiladas Rojas chicken,beef ,cheese or vegan chicken topped with red sauce	\$8.95
* 123. Trio Enchiladas chicken,beef,cheese,or bean topped with:1 red, 1 green and 1 mole sauce	\$10.95
*V 124. Tofu Enchiladas Rancheras	\$ 8.95
*V 125. Enfrijoladas bean enchiladas topped with sauce	\$ 7.95
*V 126. Mole Enchiladas two,chicken,shiitake, cheese or vegan chicken topped with mole sauce.	\$ 9.95
*V 127. Two Tamales chicken or vegetarian,topped sauce	\$ 9.95
* 128. Tamales and Chile Relleno	\$ 9.95
*V 129. Taco and Enchilada beef, chicken cheese or vegan	\$ 8.95
* 130. Chile Relleno and Tostada	\$ 9.95
*V 131. Two Corn Avocado Enchiladas	\$ 8.95
132. Two Fish Tacos - Grilled upon request	\$ 9.95
* 133. Enchilada and Chile Relleno beef chicken,chesse or vegan.	\$ 8.95
*V 134. Mushrooms Rancheros (con nopales add \$1.00)	\$ 8.95
135. Black Bean Shrimp Tostada and One Green Tomatillo Cheese Enchilada	\$ 9.95
*V 136. Three Sopes - 1 chicken,1 beef, and 1 bean or vegan	\$ 9.95
*V 137. Veggie Trio Enchiladas; 1 Blue Corn Avocado, 1 Enfrilajada with mole, and 1 tofu	\$10.95
*V 138. Eggplant Enchiladas or Spinach Mushroom	\$ 8.95
139. Lobster Enchiladas	\$14.95
140. Salmon Tacos (2)	\$ 9.95
*V 120.Pick 4 combo tamale,enchilada,taco,relleno (choice of chicken,beef,shiitake,cheese or vegan)	\$ 12.95

ENSALADA Y SOPA

Organic salad bar by weight

*V 159. Rancho Escoba Salad	\$5.95
*V 160. Ranchos Dinner Salad Large \$6.95 161. Small \$5.95 Lettuce, spring mix, tomatoes, mushrooms,avocado, cheese With Chicken , Shiitake or veggie chicken add. \$2.25	
166. Caesar Salad plain OR with Salmon add \$3.25	\$6.95
167. Caesar Salad with Chicken or Shiitake	\$8.95
*V 170. Rancho Spinach Salad with chicken Shiitake , Tofu or veggie chicken add 1.95	\$7.95
*V 162. Tortilla Soup and tortillas	\$5.95
*V 163. Lentil or Black Bean Soup and tortillas	\$5.95
164. Mexican Seafood Chowder w/tortillas Fish, shrimp and a variety of vegetales in a spicy tomato broth.	\$7.95
*V 165. Veggie Soup and tortillas with veggie albondiga add \$1.50	\$5.95
168. Chicken Veggie Soup	\$5.95

SANDWICH DE RANCHOS

169. Vegan Burger add soy cheese \$0.75 add guacamole .\$.075	\$5.95
184. Angus Beef ½ Pounder Burger	\$6.95

(TORTAS)

Garnished with avocado, Letucce, tomato and onions.

*V 171. Soy Chorizo Torta	\$6.95
172. Calamari	\$8.95
*V 173. Tofu Torta w/Black Bean option	\$6.95
*V 174. Roasted Veggie Torta	\$6.95
*V 175. Pollo Asado (chicken) Torta or veggie chicken or vegan	\$6.95
*V 176. Spinach Pattie Torta	\$6.95
177. Carne Asada Torta	\$6.95
178. Pescado - Fish Torta (add \$2 for Salmon)	\$6.95
179. Lobster Torta	\$12.95
* 180. Breakfast Torta	\$5.95
181. Black beans,Pollo Asado,Rajas,and Cheese Torta.	\$6.95
182. Black Beans,Shrimp,and Cheese Torta.	\$8.95
*V 183. Eggplant Torta	\$6.95
*V 185. Shiitake or tempeh torta.	\$6.95

KID'S MENU

Includes rice and beans.

*V 186. Quesadilla Chiquita (Vegan cheese add 1.50)	\$4.95
*V 187. Mini Bean and Cheese Burrito.	\$4.95
* 188. Grilled Cheese Sandwich de Ranchos.	\$4.95
189. Chicken Rolled Taquitos with Sour Cream and Cheese.	\$4.95

SIDES & EXTRAS

*V 190. Side of Brown Rice	\$1.95
*V 191. Side of Rice	\$1.95
*V 192. Side of Beans	\$1.95
*V 193. Side of Black Beans	\$1.95
*V 194. Side of 1/2 Rice and 1/2 Beans.	\$3.50
*V 195. Hot Carrots.	\$2.50
*V 196. Guacamole, (side)	\$2.95
*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).	\$4.95
* 240. Cheese.	\$0.95
V 241. Vegan Cheese for Topping	\$1.75
V 242. Extra Guacamole	\$1.25
* 243. Sour Cream.	\$0.95
V 244. Tortillas corn, flour, whole wheat.	\$0.95
V 245. Vegan Cheese Filling.	\$2.00

* = shiitake pattie not vegan

* = veggie albondiga (meatballs) not vegan



V = vegan chicken

* = veggie chicken not vegan

“Whole Wheat Tortilla Upon Request”

RANCHO SUBSTANTIALS

Include rice, beans guacamole, and tortillas.

141. Seafood Chile Relleno with Black Bean Shrimp tostada	\$14.95
*V 142. Veggie Fajitas - with tofu Nopal , shiitake pattie or veggie chicken add 2.00	\$10.95
143. Fresh Fish Fajitas	\$14.95
144. Pollo Asado - Breast of chicken	\$11.95
145. Carne Asada - Beef	\$12.95
146. Chicken or Beef Fajitas	\$12.95
147. Shrimp Fajitas	\$13.95
148. Camarones al Mojo de Ajo- Shrimp in garlic.	\$14.95
149. Pollo Asado or Carne Asada and Shrimp Combo	\$14.95
150. Steak or Pollo Ranchero	\$12.95
151. Calamari Steak - Topped with mushrooms and shrimp.	\$14.95
152. Camaron Empanizado - Fried Shrimp	\$14.95
153. Pollo en Salsa de Mole	\$11.95
154. Combo Shrimp and Chiken Fajitas	\$14.95
155. Pescado Fresco - Fresh Catch of the Day	\$13.95
*V 156. Steamed vegetable plate on a bed of black beans.	\$10.95
*V 157. Papa Rancho (vegan)	\$8.95
158. Lobster Fajitas	\$18.95
238. Pescado a la Veracruzana	\$10.95
239. Pescado Empapelado (with fresh Salmon)	\$13.95

A LA CARTA

BURRITOS

(Wet burritos any sauce add \$ 1.00)

1. Shrimp	\$8.95
2. Fish	\$7.95
3. Carne Asada	\$6.95
4. Pollo Asado	\$7.95
5. Chicken or Beef	\$6.95
*V 6. Tofu Veggie Fajitas	\$6.95
*V 7. Veggie Fajitas	\$6.95
* 8. Bean and Cheese or Black Beans	\$4.95
9. Mixed. Shredded meat (beef or chicken) rice and beans	\$5.95
*V 10. Tocho Morocho (The Works) Carne Asada, lettuce, tomato, cheese, guacamole, rice, sour cream, and beans. (Choice of beef, chicken or shiitake).	\$7.95
11. Whole Wheat Black Bean Pollo Asado	\$7.75
*V 12. Whole Wheat Papa de Rancho	\$6.95
*V 13. Whole Wheat Black Beans, Papas, & Vegetables	\$6.95
*V 14. Tofu Scramble and Beans	\$6.95
*V 15. Eggplant Burrito	\$7.95
16. Lobster Burrito	\$12.95
*V 17. Shiitake Pattie Burrito , Tempeh or veggie chicken	\$7.95
*V 18. Lentil, Avocado and Cheese Burrito	\$6.95
* 19. Chimichanga (Chicken, Beef or Shiitake) Topped with sauce, cheese, guacamole and sour cream	\$8.95
*V 20. Vegan Burrito Black Beans, Rice, Pico de Gallo, Guacamole, Lettuce	\$5.75
21. Whole Wheat Fresh Salmon Burrito	\$8.95
*V202. Vegan Chorizo	\$6.95

TOSTADAS

22. Lobster Tostada	\$9.95
*V 23. Shiitake Tostada, Tempeh or Nopales	\$4.95
*V 24. Bean	\$4.75
25. Chicken or Beef	\$4.95
*V 26. Tofu Veggie Fajitas	\$4.95
*V 27. Giant Guadalajara Tostada...Beef, chicken, veggie or tofu	\$8.95
28. Black Bean and Shrimp	\$5.95
*V 29. Ranchos Soy Chorizo and Veggie Tostada	\$5.95
108. Ceviche Tostada	\$4.95

TACOS

*V 39. Beef, Chicken, Veggie, Tofu or Nopales	\$3.95
40. Fish Taco - Grilled upon request	\$3.95
41. Carne Asada	\$3.95
42. Shrimp	\$5.75
43. Three Rolled Taquitos - Beef or Chicken	\$5.95
*V 44. Three Rolled Taquitos de Papa	\$5.95
* 45. Three Rolled Taquitos Soy Chorizo	\$5.95
46. Pollo Asado	\$3.95
*V 47. Three Rolled Tofu Rolled Taquitos	\$5.95
48. Lobster Taco	\$8.95
49. Fresh Salmon Taco or Fresh Fish of the Day	\$4.75
*V 50. Shiitake Taco, Tempeh Taco or Soy Chorizo	\$3.95

ENCHILADAS

Topped with green or red sauce

56. Beef, Chicken or Shiitake with cheese on top	\$3.95
* 57. Cheese (vegan cheese add 1.25)	\$3.75
58. Shrimp	\$5.95
*V 59. Blue Corn Avocado	\$3.95
*V 60. Mole Enchilada - Chicken or Cheese	\$3.95
*V 61. Tofu Enchilada Ranchera or Tempeh	\$3.95
*V 62. Eggplant Enchilada or Nopales, or Spinach.	\$3.95
63. Carne or Pollo Asado.	\$3.95

OTHER

*V 72. Vegetarian Tamale, Pineapple Tamale or rajas and cheese	\$3.95
* 73. Chicken Tamale or vegan chicken mole	\$3.95
* 74. Chile Relleno	\$3.95
75. Seafood Chile Relleno	\$7.25
*V 76. Chilacaquiles	\$5.75
*V 77. Sope	\$3.75

DESSERTS

*V 51. Fruit Crepes with Seasonal Fresh Fruit	\$5.25
* 52. Buñuelos and Ice Cream	\$4.95
* 53. Flan de Ranchos	\$4.25
V 54. Mango Homemade Ice Cream	\$4.95
V 78. Vegan cake chocolate or coconut	\$4.25
V 270. Banana split (with vegan ice cream add 1.00)	\$5.25

(MORE TURN PAGE)

V = can be vegan

* = can be vegetarian

HOT BEVERAGES

Organic soy Milk available for .50 c more.

65. Mexican Hot Chocolate	\$3.95
66. Hot Tea or Ice Tea	\$2.25
67. Cappuccino with Organic Coffe	\$3.75
68. Espresso with Organic Coffee	\$2.50
69. Mexican Mocha with Organic Coffee	\$3.95
70. Cafe Latte. with Organic Coffee	\$3.75
71. Organic Mexican Regular or Decaf Coffee	\$2.25

ALL DAY BREAKFAST

* 201. Buenos dias Burrito	\$5.95
* 180 Buenos dias Torta (Breakfast Sandwich)	\$5.95
*V 202. Burrito de Chorizo or soy vegan chorizo.	\$6.95
203. Burrito de Beef Machaca	\$6.95
204. Burrito de Chicken Machaca	\$6.95
*V 205. Whole wheat Tofu & Papa Burrito	\$5.95
*V 206. Mollete 1/2 Rancho Bread with Beans, Ranchero Sauce, and Cheese with egg add \$1.25	\$5.95
*V 207. Organic Multigrain or Buttermilk Flapjacks	\$6.25
232. with 3 Turkey Sausages ,add	\$2.95
233. with Organic Pure Maple Syrup, add	\$1.50
234. with egg ,add	\$1.25
235. with Blueberry or Banana,add	\$0.75
208. Eggs Any Style with Potatoes, Turkey Sausage and Choice of Ranchos toast or tortillas.	\$5.95

BREAKFAST COMBINATIONS

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

209. Shrimp and Mushroom Omelette with Cheese	\$8.95
* 210. Buenos dias Burrito	\$7.95
Topped with Ranchero sauce and cheese	
* 211. Huevos Rancheros	\$6.95
212. Turkey Chorizo con Huevo	\$8.95
* 213. Huevos a la Mexicana	\$7.95
* 214. Huevos Revueltos con Papas de Rancho	\$7.95
215. Beef Machaca con Huevo	\$8.95
* 216. Chicken Machaca con Huevo or Shiitake Machaca	\$8.95
217. Chorizo con Huevo	\$8.95
218. Lobster Omelette w/Mushrooms, & Cheese	\$13.95
219. Carne Asada y and Huevos Rancheros	\$9.95
*V 220. Tofu Scramble with Mushroom, Bell Pepper, and Onions	\$8.95
* 221. Spanish Omelette	\$8.95
* 222. California Omelette	\$8.95
Avocado, tomato and cheese.	
223. Florentino Omelette	\$8.95
Spinach, mushrooms, and cheese.	
224. Vegetable Fajita Omelette (con Nopales add. \$1.00)	\$8.95
*V 225. Tofu Ranchero	\$7.95
*V 226. Chilaquiles with Scramble Eggs or Tofu	\$8.95
*V 227. Mollete with Egg or Tofu.	\$7.95
*V 228. Tofu Scramble Enchiladas Rancheras	\$8.95
229. Breakfast Enchiladas with Green Sauce.	\$8.95
*V 230. Nopalitos con Huevo or Tofu.	\$8.95
*V 231. Veggie Scramble with Egg or Tofu.	\$8.95
*V 134. Mushroom Rancheros (con Nopales add. \$1.00) with egg add \$1.25	\$8.95
*V 237. Soy Vegan Chorizo con huevo or Tofu.	\$8.95

LIQUADOS DE FRUTA (smoothies)

FRUIT LIQUADOS

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

30. Liquado .. 4.95

- 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 flavors)

260. Green Smoothie with organic greens 5.50

31. LIQUADO OF THE DAY .. 4.75

AGUAS FRESCAS

32. LIMONADA	\$2.25
33. HORCHATA	\$2.25
34. Honey Ginger Limonada	\$3.25
35. Jamaica	\$2.25

FRESH JUICES

55. Organic Apple or Fresh Orange	\$2.95
256. Fresh young coconut	\$3.25
257. Fresh carrot or combination	\$4.25

SODA

Coke, Diet Coke, Sprite, Orange (Refills .25)	\$2.25
36. Cold Yerba Mate (Flavors)	\$2.50
37. Sparkling Water	\$4.50
38. Kambucha	\$4.50

CERVEZA

80. Dos XX	\$4.25
81. Dos XX Lager	\$4.25
82. Negra Modelo	\$4.25
83. Pacifico	\$4.25
84. Corona	\$4.25
85. Miller Genuine Draft	\$3.95
86. Miller Light	\$3.95
87. Sharp - non- alcoholic	\$3.95
88. Organic Beer	\$4.50
89. Tecate	\$4.25

VINO (PLEASE ASK FOR WINE LIST)

90. House Chardonay	\$4.50	\$15.95
91. House White Zinfandel	\$4.50	\$15.95
92. House Merlot	\$4.50	\$15.95
93. House Cabernet	\$4.50	\$15.95
94. Sangria	\$4.95	\$22.00
95. Virgin Margarita	\$4.95	
96. Margarita	\$4.95	\$22.00

We also serve Sangrias & margaritas by the pitcher