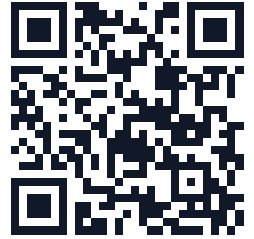


Ted's Cafe Escondido

700 N Interstate Dr 73072-4156 · +14053078337 · Updated: Jan 14, 2026

[View online menu](#)



ENSALADAS 3

Our Famous Guacamole Salad

made fresh twice daily using ripe avocados and no fillers. served on a bed of fresh lettuce, tomatoes, and cheese. large (6 scoops), small (4 scoops)

Taco Salad

large flour tortilla shell filled with beef and beans or chicken and rice. covered with lettuce, tomatoes, and cheese. served with a scoop of sour cream and guacamole on the side. lite portion available

Fajita Taco Salad

large flour tortilla shell filled with fajita chicken and rice, or fajita beef and beans. covered with lettuce, tomatoes, and cheese. served with a scoop of real sour cream and guacamole on the side. lite portion available

NACHOS & QUESADILLAS 8

Quesadillas

large flour tortilla filled with cheese and chicken or beef fajita meat, then buttered, folded, and grilled golden brown. served with a scoop of guacamole, sour cream, and pico de gallo. fajita beef or chicken or cheese

Ted's Favorite Dilla

with fajita chicken breast sauteed in butter, cheese, pico de gallo, & poblanos rajas. served with a scoop of guacamole and sour cream

Cheese Nachos

crisp tortilla chips, smothered in cheese

Bean And Cheese Nachos

crisp tortilla chips, topped with beans then smothered in cheese

Beef Nachos

crispy tortilla chips, topped with beef then smothered in cheese

Chicken Nachos

crispy tortilla chips, shredded chicken

Nachos Supreme

crispy tortilla chips, topped with beans, ground or shredded beef, or rice and chicken breast, then smothered in cheese. served with real sour cream, and a scoop of guacamole. combine chicken and beef if you like

Fajita Nachos Supreme

crispy tortilla chips, topped with chicken or beef fajita meat, grilled onions and peppers, then smothered in cheese. served with real sour cream, and a scoop of guacamole. jalapeños may be cooked into the nachos or requested on the side

AUTHENTICAS ESPECIALIDADES DE CAFE ESCONDIDO - CHICKEN, BEEF, OR COMBO 11

The Best Mexican Tacos

four corn tortillas filled with beef or chicken fajita meat, sautéed with onions and cilantro. served with rice, beans, and a scoop of our world famous guacamole. a very authentic mexican favorite. lite portion available

Pollo Primo

one chicken fajita enchilada filled with fresh sautéed spinach, topped with sour cream sauce and cheese with one crispy chicken best mexican taco. served with rice and beans

Pollo Ranchera

sliced marinated chicken, sautéed with onions and cilantro, then smothered with a blend of cheeses and our classic ranchera sauce. served on a bed of rice, with pappas mexicanos, and corn con crema. magnifico

Chicken Fajita Enchiladas

two flour tortillas filled with chicken fajita breasts sautéed in butter, cheese and pico de gallo. covered with sour cream sauce and cheese. served with rice and beans. lite portion available

Beef Fajita Enchiladas

two flour tortillas filled with beef fajita meat sautéed in butter, cheese and pico de gallo. covered with ranchera sauce and cheese. served with rice and beans. lite portion available

Chicken Chimi Rajas

chicken fajita meat sautéed with butter, poblanos rajas, cheese, and pico de gallo. stuffed in a fresh flour tortilla and fried to a crispy golden brown. served with rice, beans, and your choice of cheese sauce, salsa ranchera, tomatillo sauce or sour cream sauce on the side

Chimichangas

a fresh flour tortilla stuffed with your favorite meat, cheese and pico de gallo then fried to a crispy golden brown. served with rice, beans, and your choice of cheese sauce, salsa ranchera, tomatillo sauce, or sour cream sauce on the side. ground beef, shredded beef or chicken, or chicken or beef fajita

Tamales (2 Tamale Dinner)

combine beef or chicken tamales. served with beans and rice (our tamales are hand-made fresh daily) lite portion available

Chiles Rellenos

a poblano pepper stuffed full of your choice of chicken, beef, or cheese, then battered and fried to a golden brown and topped with salsa ranchera, cheese sauce and cheese. served with beans, rice, sour cream, and a scoop of our famous guacamole

Pork Chili Verde

pork tenderloin slowly cooked in our homemade tomatillo sauce. served on a bed of rice with steamed beans, steamed corn, and a scoop of guacamole

Ted's World Famous Fajitas

we marinate our meats with a blend of secret spices, grill to perfection, add fresh sautéed green peppers and onions, and dump 'em in a red hot skillet. served with rice and beans, cheese, pico de gallo, real sour cream, guacamole, and fresh homemade flour tortillas. the cafe's most popular dinner! we guarantee these will be the best fajitas you've ever had

MEXICAN DINNERS 10

Escondido Especial

two flour tortillas filled with chicken fajita breasts and spinach sautéed in butter, cheese and pico de gallo. covered with sour cream sauce and served with rice and beans. lite portion available

Chicken Fajita Spinach Enchiladas

two flour tortillas filled with chicken fajita breasts and spinach sauteed in butter, cheese and pico de gallo. covered with sour cream sauce and served with rice and beans. lite portion available

The Mexican Flag

one cheese enchilada topped with chili con carne, one shredded beef enchilada topped with tomatillo sauce, one chicken enchilada topped with sour cream sauce, served with rice and beans

Special Mexican Dinner

one cheese enchilada covered in chili sauce, one chicken enchilada covered with sour cream sauce, and one tamale of choice. served with rice and beans

Mexican Dinner

one cheese enchilada covered in chili sauce, one tamale of choice. served with rice and beans

Enchilada Dinner

your choice of two enchiladas, any combination of chicken with sour cream sauce, or beef or cheese with chili con carne. served with rice and beans. lite portion available

Spinach Enchiladas

two corn or flour tortillas filled with a blend of jack and cheddar cheese, fresh spinach, sautéed in butter, garlic, and lemon. covered with sour cream sauce and cheese. served with rice and beans. lite portion available

Burrito Dinner

a fresh cafe-made flour tortilla filled with your choice of ground or shredded beef and beans covered in chili con carne, or chicken and rice covered in cheese sauce, or bean and cheese covered in cheese sauce. topped with cheese and served with rice and beans. add beef or chicken fajita for an additional charge

Tostada Plate

two fried corn tortillas, one covered with beef and refried beans and one with chicken and rice. both topped with lettuce, tomatoes, and cheese. served with a scoop of sour cream and guacamole on the side

Chicken Monterey

a marinated 8 oz. fajita chicken breast grilled to perfection, covered with sautéed peppers and onions. topped with monterey jack & cheddar cheese. served with rice, beans, and a scoop of guacamole

ADD-ON ITEMS 12

Taco Or Enchilada

Tamale

Mexican Taco

Taco Al Carbon

Burrito

Chile Relleno

Rice

Beans

steamed or refried

Steamed Corn

Rice And Beans

Pappas Mexicanos

fresh new potatoes whipped with crème, green peppers, onions, cilantro, a special blend of spices, and a hint of jalapeño

Corn Con Crema

fresh sweet corn blended with crème, green chilies, cilantro, a special blend of spices, and a hint of jalapeño

TACOS 3

Tacos Al Carbon

our specially marinated chicken breast or beef sirloin, diced and rolled into homemade flour tortillas. served with rice, beans, fresh pico de gallo, and a scoop of guacamole. lite portion available

Taco Plate

two tacos, soft or crispy either chicken or beef. served with rice and beans. lite portion available

Tortilla Soup & Tacos

a bottomless bowl of our delicious broth filled with big chunks of marinated chicken slowly cooked in a special blend of spices. served with your choice of two, soft or crispy, beef or chicken tacos. we guarantee this will be the best tortilla soup you have ever had

A LA CARTE ITEMS 9

Enchilada

cheese, chicken, beef, or spinach. (1), (2), (3)

Taco

chicken or beef (crispy or soft). (1), (2), (3)

Tamale

chicken or beef. (1), (2), (3)

Burrito

chicken, beef, or bean and cheese

Mexican Taco

chicken or beef. (1), (2)

Taco Al Carbon

chicken or beef. (1), (2)

Chile Relleno

cheese, chicken, or beef

Chimichanga

cheese, chicken, beef, or spinach

Chicken Breast

5 oz., 8 oz.

SIDE ORDERS 7

Side Of Sour Cream

Side Of Sour Cream And Guacamole

Side Of Guacamole (single Dip)

Side Of Grated Cheese

Side Of Onions

(dine in only) no charge

Side Of Pico De Gallo

(dine in only) no charge

Side Of Tomatillo Or Ranchera Sauce

(dine in only) no charge

EXCELLENT AMERICAN SPECIALS 2

Fried Chicken

five chicken breast tenders served with french fries

Chicken Breast

8 oz. grilled marinated chicken breast topped with cheese. served with fries
