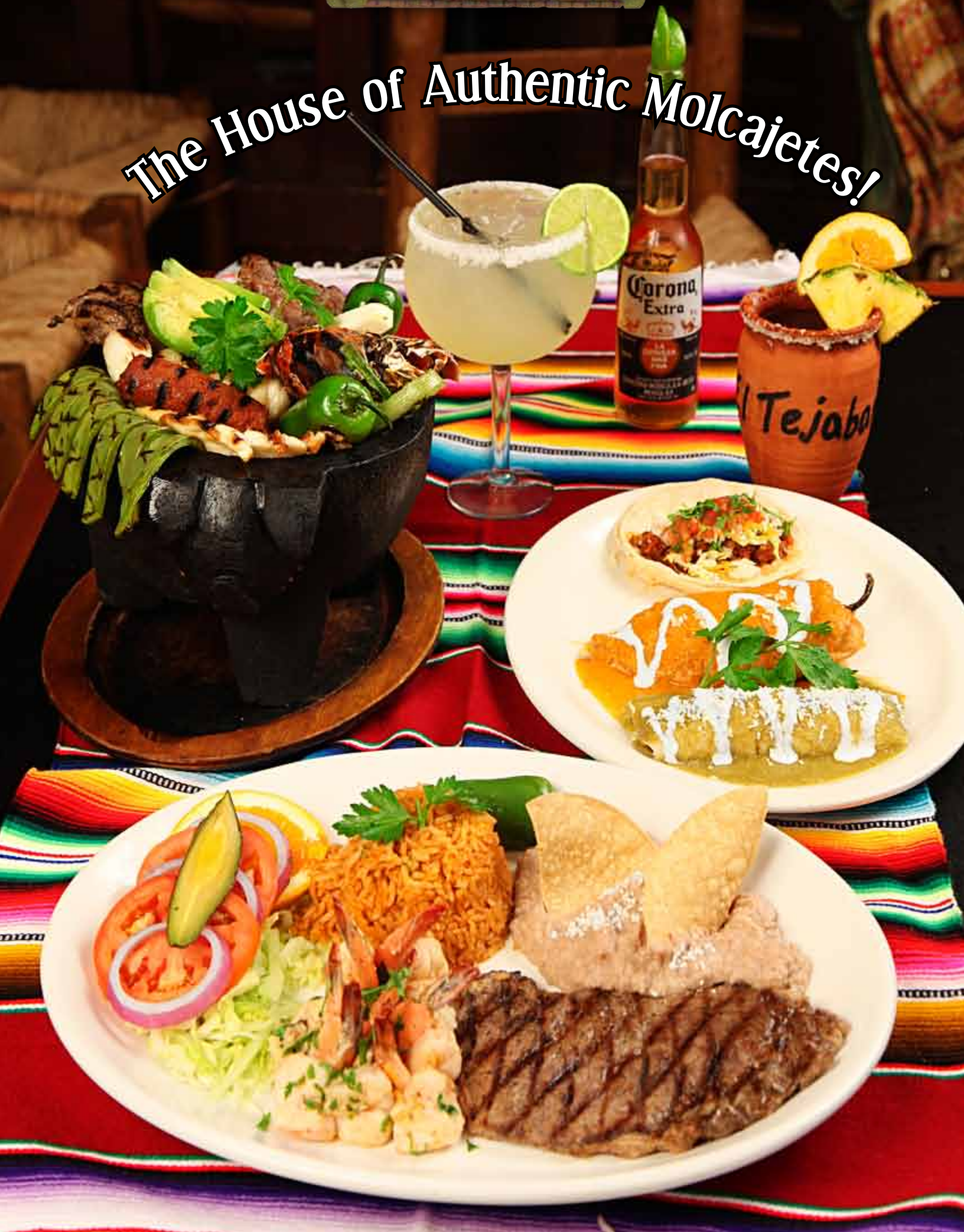


El Tejabán

Mexican Grill



The House of Authentic Molcajetes!





Molotes



Flautas

Desayunos/Breakfast

* Served with rice, beans and tortillas

- 1.- **Huevos Rancheros \$8.99 *** Two eggs over easy on fried tortilla topped with ranchera salsa and Mexican fresh cheese.
- 2.- **Huevos con Chorizo \$8.99 *** Two scrambled eggs with Mexican sausage.
- 3.- **Tostadas de Tinga (2) \$7.99** Topped with refried beans, Mexican cheese, lettuce and table sour cream.
- 4.- **Huevos a La Mexicana \$8.99 *** Two scrambled eggs with tomatoes, onions and jalapenos.
- 5.- **Papas Poblanas \$8.99 *** Potatoes with poblano pepper topped with eggs.
- 6.- **Chilaquiles \$9.99** Verdes o Rojos con Pollo o Cecina. (Cecina adobada \$1.00 extra) Two eggs with chicken breast or cesina and tortilla casserole. Your choice green or red salsa, topped with table sour cream and onions.
- 7.- **Totopos Cubiertos con Huevo y Queso \$8.99 *** Tortilla chips mixed with eggs topped with pico de gallo and cheese.

Ensaladas/Salads

Dressing choices:

Caesar • Ranch • Italian • Blue cheese • Raspberry vinaigrette

- 8.- **Taco Salad \$9.99 +\$1.25 **** Large flour tortilla fried shell, filled with refried beans, rice, lettuce, guacamole, pico de gallo and sour cream. Your choice of meat, asada/steak, grill chicken, carnitas or ground beef.
- 9.- **Nopal Tilapia Fish Salad \$10.99** Grilled tilapia, romaine lettuce, tomatoes, carrots, red onions, avocado, Mexican cheese crumble tossed with jalapeno vinegar. Or your choice.
- 10.- **Chicken Salad \$8.99** Lettuce, tomatoes, red onions, cucumber, carrots and avocado with grilled chicken breast and fried tortilla strips. Tossed with your choice of dressing.

Sopas/Soups

- 11.- **Consome de Pollo \$6.99 Small \$3.99** Traditional Mexican soup served with shredded chicken, carrots, peas and rice. Served with tortillas.
- 12.- **Sopa Poblana \$4.99 Small \$2.99** Creamy soup with shredded chicken, poblano pepper, corn, carrots and peas.

13.- **Pozole \$10.99** (Tostada choice of meat \$1.50 extra) Traditional soup from the north of Mexico. Shredded pork with special hominy and garnishes such as cabbage, onions, radish and oregano. Served with two tinga chicken tostadas topped with table sour cream, lettuce and Mexican fresh cheese.

- 14.- **Sopa Mixteca \$4.99 Small \$2.99** Creamy soup zucchini and corn.
- 15.- **Veggie Black Beans Soup \$4.99 Small \$2.99** Boiled beans, nopal and Mexican cheese.

Antojitos/Appetizers

- 16.- **Flautas (3) \$9.99** Chicken or potatoes deep fried, topped with refried beans, cheese, lettuce, table sour cream, guacamole and pico de gallo.
- 17.- **Guarachazo \$12.99 **** Home made tortilla topped with black or pinto beans, onions, lettuce, Mexican fresh cheese and cecina (steak filet.)
- 18.- **Choriqueso \$7.75 *** Six ounces of mozzarella cheese with Mexican sausage a side of flour tortilla.
- 19.- **Breaded Chicken Wings/Alitas (8) \$9.99** Served with celery, carrot, tossed with our special chipotle buffalo sauce.
- 20.- **Calamari \$8.99** Breaded calamari Tejaban style. Served with aioli dipping sauce.
- 21.- **Molotes \$8.99** Deep fried corn dough filled with Mexican sausage and potatoes topped with black beans, Mexican fresh cheese and garnishes such as lettuce, table sour cream, pico de gallo and guacamole.
- 22.- **Nachos \$10.99**** Topped with mozzarella cheese, beans, ground beef, pico de gallo, guacamole, sour cream and jalapeno pepper (choice of meat. \$1.25 extra).
- 23.- **Sope \$6.99** Home made corn tortilla topped with black or pinto beans, lettuce, onions, Mexican fresh cheese, table sour cream, salsa on the side and your choice of meat.
- 24.- **Taquitos \$9.99** Chicken or potato deep fried topped with refried beans, cheese, lettuce, table sour cream. Guacamole, pico de gallo and salsa on the side.
- 25.- **Quesadilla Deluxe \$10.99 **** Flour tortilla stuffed with mozzarella cheese with your choice of meat and garnishes such as lettuce. Guacamole, picode gallo and sour cream on the side.

Tacos

Meats of Choice: Steak/Asada • Chicken/Pollo • Roasted Pork/Carnitas • Barbacoa • Ground meat/Molida • Mexican sausage/Chorizo** + \$1.25 • Pastor ** + \$1.25



Tostadas



Quesadilla Deluxe

26.- Tacos: Soft Or Hard Shell (Your choice of meat.) \$2.50

* Mexican style: Cilantro, onions and hot sauce on the side.

** American style: Lettuce, cheese and pico de gallo

27.- Taco De Pescado \$2.99 Shrimp \$1.00 Extra. Tilapia fish taco. Served with pico de gallo and guacamole.

28.- Alambre \$12.99 Mixto+ \$1.25 Extra. This is a desirable combination. El Tejaban style beef, bacon, Mexican sausage, green and red pepper onions and jalapenos. Topped with mozzarella cheese.

29.- Huatulco Mexican Pizza \$11.99 combination. \$1.50 Extra. Out of the ordinary. Flour tortilla covered in a black or pinto beans, Mexican sausage, cheese mozzarella, red onions, pico de gallo, avocado and your choice of meat.

30.- Totopos And Queso Deep \$4.99 Tortilla chip and cheese deep.

31.- Frijoles Con Chorizo Y Queso \$5.99 Dipping pinto beans, Mexican fresh cheese and Mexican sausage served with totopos (tortilla chip).



Almuerzo/Lunch

Served with rice and beans

Enchiladas: (All mole \$1.50 extra)

32.- Tres Amigos \$ 11.99 Mole, green, ranchera salsa filled with mozzarella cheese, and your choice of meat.

33.- Enchiladas De Mole (2) \$11.99 Corn tortillas topped with mole salsa filled with mozzarella cheese and your choice of meat.

34.- Enchiladas Suizas (2) \$10.99 Filled with mozzarella cheese and your choice of meat, topped with green salsa, sour cream and avocado slices.

35.- Enchiladas Rancheras (2) \$10.99 Filled with mozzarella cheese and your choice of meat. Topped with ranchera salsa and sour cream.

36.- Enfrijoladas (3) \$11.99 This is a classic and authentic enchiladas, medium spicy with our authentic flavor, filled with cheese. Topped with black beans salsa, shredded chicken, Mexican cheese, table sour cream and onions. Served with rice and salad.



Burritos

Large flour tortilla, filled with rice refried beans (pinto or black) cilantro, chopped onion, ranchera salsa, lettuce, sour cream, pico de gallo and guacamole. Served with chips, drizzled with mozzarella cheese and Pico de gallo.

37.- Burrito Tradicional \$10.55 ** Filled with your choice of meat.

38.- Burrito De Pescado \$12.55 Tilapia burrito with our special seasoning

39.- Burrito De Mariscos \$13.55 Fish tilapia, shrimp and scallops.

40.- Burrito Enchilada Style \$11.50 ** Layer of green or ranchera salsa topped with melted cheese (Mole \$1.00 extra)

41.- Chimichanga \$12.55** Fried flour tortilla with your choice of meat. Filled with rice, pinto or black beans, cilantro and onions. Layer with your choice of ranchera or green salsa and melted cheese. (Mole \$1.00 Extra)



Tortas/Mexican Sandwich

42.- Torta Cubana \$10.99 Cuban sandwich filled with pinto beans, cheese, breaded steak, egg, ham, hot dog sausage, onions, Jalapenos, tomatoes, avocado, lettuce and mayo.

43.- Mexican Torta \$8.99 Your choice of meat, chicken chipotle (tinga), carnitas, grilled chicken, Mexican sausage with egg, ham with egg. Filled with pinto beans, cheese, avocado, jalapeno, onions, tomatoes, lettuce and mayo. Served with fries.

44.- Mexican Torta Special \$9.99 Your choice of meat: Milanese (breaded steak), asada (steak). Filled with cheese, avocado and jalapenos, onions, tomatoes, lettuce and mayo.

45.- Hamburguesa Mexicana \$8.99 Beef patty American cheese, ham, guacamole, onions, tomatoes, lettuce, mayo, side of jalapenos. Served with fries.

Tamales Served with rice and beans

46.- Tamales De Pollo O Puerco (2) \$10.99 Corn husks filled with corn meal and shredded chicken or pork, layer of green or ranchera salsa.



Ostiones en su Concha \$



Coctel de Camarones



Kids Menu Only For Kids/Solo Para Ninos

(Choice Of Meat) \$.75

- 47.- Kid Quesadilla \$4.99
- 48.- Chicken Tenders \$4.99
- 49.- Beans & Cheese Burrito \$4.99
- 50.- Cheese Taco (1) \$4.99
- 51.- Mini Dog (2) \$4.99
- 52.- Sincronizada/Ham And Cheese \$4.99

Mariscos/Seafood

53.- Camarones Botaneros 1 LB \$21.99 1/2 LB \$12.00 Grilled shrimp on a shell with butter, garlic, jalapenos and our special seasoning.

53.- Platillos Al Ajillo \$15.50

Options: Shrimp, Whole Tilapia, Fish Fillet or Calamari. Garlic, chile guajillo, orange and lime juice and olive oil. A low calorie dish with mouth watering flavor.

54.- Tostadas De Ceviche De Camarón (2) \$10.99 Shrimp marinated with lime juice. Mixed with onion, cilantro, tomatoes, cucumbers, jalapenos and avocado.

55.- Tostadas De Ceviche Campechano \$11.99 Shrimp, octopus and fish marinated with lime juice. Mixed with onions, tomatoes, jalapenos, cucumbers and avocado.

56.- Coctel De Camarón \$12.99 Shrimp cocktail. Served in a cocktail sauce with lime juice, tomatoes, cilantro, onions, jalapenos and avocado.

57.- Cocktail Gigante \$14.99 Shrimp, octopus and oysters. Served in a cocktail sauce with lime juice tomatoes, cilantro, onions, jalapenos and avocado.

58.- Caldo De Camarón \$13.99 Shrimp soup and vegetables.

59.- Caldo De Mariscos \$15.50 Seafood soup and vegetables.

60.- Mojarra Frita \$14.99 Deep fried whole tilapia served natural or al mojo de ajo (garlic sauce) cilantro and butter or maria la diablo style.

61.- Camarones Al Mojo De Ajo \$14.99 Garlic sauté shrimp with white wine cilantro and butter.

62.- Camarones 1800 \$14.99 Shrimp seasoned with Tequila 1800 and onions, red and green peppers and chipotle diablo salsa.

63.- Ostiones/Oysters Dozen \$16.99 1/2 Dozen \$9.99
One dozen or half oysters in a half shell. With pico de gallo \$ 1.99 extra.
Aguachile dozen \$6.00 Half dozen \$4.00 extra.

64.- Aguachile \$18.99 El Tejaban style . Shrimp cooked with lime juice topped with our special habanero spicy salsa, red onions cilantro and cucumbers.

Cena/Dinner

Picante/Spicy Hot

Served with rice and beans (pinto or black)

65.- Camarones Maria La Diabla \$14.99 Saute' shrimp prepared with chipotle diablo salsa garlic, wine and butter.

66.- Bistec Maria La Diabla \$13.99 Rib eye steak strips prepared with chipotle diablo salsa with garlic, wine and butter.

67.- Pollo Maria La Diabla \$12.99 Saute chicken strips prepared with chipotle diablo salsa with garlic, wine and butter.

68.- Filete De Pescado Maria La Diabla \$13.99 Fish fillet layer with chipotle diablo salsa.

Platillos Vegetarianos

69.- Burrito Vegetariano (Two Choice) \$11.99

1: Filled with rice, beans, cheese, mushroom, spinach, onions, red and green bell peppers, carrots grilled with garlic and butter.

2: filled with rice, beans, cheese, guacamole, pico de gallo, sour cream, and lettuce.

70.- Enchiladas Vegetarianas (2) \$11.99 Filled with cheese and grilled mushrooms, spinach, onion, red and green peppers, carrots and garlic. Layer of green or ranchera salsa and a drizzled of sour cream and Mexican cheese.

71.- Quesadilla Vegetarian \$10.99 Filled with cheese. Mushrooms, spinach, onions, carrots, red and green peppers. Served with lettuce, sour cream, guacamole and pico de gallo on the side.

72.- Tamales Vegetarian \$10.99 Corn husks filled with vegetables. Mushrooms, spinach, onion, red and green peppers layer of green or ranchera salsa. Served with rice and beans.

Carne A la Tampiqueña



Camarones Botaneros



Cena/Dinner

Served with rice and beans (black or pinto)

- 73.- Bistec Encebollado \$14.99** Rib eye special seasoned grilled steak onions and garlic.
- 74.- Carnitas \$13.99** Roasted pork, a traditional Mexican dish without the high calories. Served with avocado green salsa.
- 75.- Barbacoa de Res/Bbq Beef \$13.99** Roasted beef. Traditional Mexican dish with our special recipe using avocado leaves and guajillo pepper. Cilantro and onions on the side.
- 76.- Cecina \$13.99** Steak filet marinated with our special seasoning. Topped with grilled onions, jalapenos and potatoes. Served with green avocado salsa and Mexican fresh cheese. (Adobada \$ 1.00 extra)
- 77.- Tinga \$11.99** Traditional shredded chicken breast with onions and tomatoes and chipotle sauce.
- 78.- Chipotle Sour Cream Chicken \$11.99** This is the grandma's recipe. Chicken strips, onions and our special seasoning with chipotle sour cream.
- 79.- Chile Relleno de Queso \$11.99 +meat \$1.25** Poblano pepper filled with mozzarella cheese. Layer of ranchera salsa and sour cream.
- 80.- Mole de Olla /Beef Stew \$13.99** This is a traditional Mexican stew that you should have if you want to start speaking Spanish.
- 81.- Mar y Tierra \$18.99** Rib eye grilled to perfection served with shrimp in a garlic sauce.

Combinaciones/Combinations

Served with rice and pinto or black beans.

- 82.- Combination 1 \$12.99** Enchilada, 1 tamal and 1 taco your choice of meat.
- 83.- Combination 2 \$13.99** Chile relleno stuffed with cheese , 1 enchilada and 1 taco your choice of meat.
- 84.- Combination 3 \$12.99** 1 Enchilada, 1 tamal, 1 tostada. Pick your choice of meat.
- 85.- Combination 4 \$13.99** 3 in 1 dish. Carnitas, beef barbecue and tinga.

Especialidades/Specialties

Served with rice and beans (pinto or black).

- 86.- Bistec A La Mexicana \$12.99** A delicious tricolor dish. Beef strips marinated with our seasoning, jalapenos, tomatoes and onions.
- 87.- Combinación of Cecina Adobada and plain Cecina \$14.99** Pork filet roasted seasoning and steak filet marinated with our authentic Mexican spices. Served with grilled onions, jalapenos and potatoes seasoned with garlic and salt.
- 88.- Entomatado \$13.99** One of our specialties based on the authentic Mexican cuisine served only in EL TEJABAN. Strips of beef with tomatillo, garlic, chopped onions our special tejaban chipotle sauce and a touch of orange and lime juice.
- 89.- Taquiza \$32.99** Three meats of your choice. Beef barbecue, pork marinated roasted seasoning (PASTOR), ground beef, roasted pork (CARNITAS). Grilled steak (ASADA). Served with grilled jalapenos, baby onions, and nopales, cilantro, guacamole, pico de gallo, Mexican cheese and tortillas (15). Served 2 to 3 people.

Molcajetes

- 2x1: Sunday:** from 4 pm to 7 pm: Valid with four adults. NOTE: For every four adults, Buy One, Get one Free.
- 2x1 Domingo:** De 4 pm a 7 pm Valido con cuatro adultos. NOTA: Por cada cuatro adultos, compra uno y recibe uno gratis.
- 90.- Molcajete de Carnes \$35.99** Mexican hot stone bowl prepared with special salsas. Grilled steak, chicken and Mexican sausage. Topped with baby onions, nopales, cilantro, avocado, jalapenos and Mexican cheese. (Serves 2 to 3 people)
- 91.- Molcajete Acapulco \$ 38.99** Mexican hot stone bowl prepared with special salsa. Prepared with lobster, shrimp, fish filet, scallops, Mexican sausage, avocado, baby onions, jalapenos, cactus, nopales, cilantro and Mexican cheese (Serves 2 to 3 people).
- 92.- Molcajete Norteño \$32.99** Mexican hot stone bowl prepared with special salsa. Prepared with grilled steak, roasted pork and Mexican sausage. Topped with baby onions, nopal, cilantro, Mexican cheese, jalapenos and avocado (Serves 2 to 3 people)

Cecina Enchilada



Mar y Tierra



Combo de Cecinas



Dianna's Molcajete





Entomatado



Aguachile

- 93.- **Dianna's Molcajete Mix \$46.99** Mexican hot stone bowl. Served with special salsa. Prepared with Mexican cheese, lobster, shrimp, tilapia filet, grilled steak and chicken, scallop, mussels, and Mexican sausage. Topped with nopales, avocado, cilantro, jalapenos, baby onions and Mexican cheese (serves 2 to 3 people).
- 94.- **Parrillada de Mariscos \$46.99** Mixed grill with onions, lobster, shrimp, fish filet, scallops and Mexican sausage, cecina, rib beef, chicken. Served with avocado, Mexican cheese, jalapenos, baby onions and nopales (Serves 2 to 3 people).
- 95.- **Carne A La Tampiqueña \$13.99** Choice of meat \$.50 extra. Grilled rib eye steak accompanied with one mole cheese enchilada.
- 96.- **Carne Asada \$12.99** Special seasoned Rib eye. Served with onions and jalapenos.
- 97.- **Steak Picado \$14.99** Steak strips sautéed with bacon, diced onions, jalapenos, tomatoes, butter and chipotle diablo salsa.
- 98.- **Steak 1800 \$13.99** Steak strips with 1800 Tequila, diced onions, jalapenos, tomatoes, wine, butter and chipotle diablo salsa.
- 99.- **Chicken 1800 \$12.99** Chicken strips with Tequila 1800 with diced onions, red and green peppers, butter, wine and chipotle diablo salsa.

Fajitas

Sautéed red and green peppers, onions, garlic, huajillo adobo sauce in a hot skillet. Served with rice and beans, lettuce, cheese, sour cream and pico de gallo.

- 100.- **Res/Steak \$12.99**
101.- **Pollo/Chicken \$11.99**
102.- **Camarón/Shrimp \$14.99**
103.- **Vegetariana/Veggie \$10.99**
104.- **Res y Pollo/Beef and Chicken \$13.99**
105.- **Camarón con Pollo o Res/Shrimp with Chicken or Beef \$15.99**

Bebidas/Beverages

- 106.- **Vaso de Agua de Sabor/Flavored Water By the glass \$2.25** Jamaica (Hibiscus flower), Horchata (Rice water).
- 107.- **Jarra de Agua de Sabor/Flavored Water by the Pitcher \$5.99** (no ice \$1.00 extra)
- 108.- **Limónlito De Agave/Agave Limonada Refill \$3.25**
- 109.- **Coca-Cola Mexicana \$2.75**
- 110.- **Refrescos Mexicanos/Mexican Soft Drinks \$2.25**
- 111.- **Té Caliente/Hot Tea \$1.99** Chamomile/Manzanilla, Naranja/Orange, Te negro/Black tea, Green tea/Te verde.
- 112.- **Kid Natural Drinks \$1.75** Jamaica (Hibiscus flower), Horchata (Rice water), Chocolate milk, Orange juice, Apple juice
- 113.- **Jugo De Naranja/Orange Juice \$1.99**
- 114.- **Té Helado/Iced Tea (Refill) \$ 1.99**
- 115.- **Licados/Milk Shakes \$3.99** Fresa (Strawberry), Nuez (Nut), Platano (Banana), Chocolate.
- 116.- **Café/Coffee (Refill) \$1.99**
- 117.- **Leche/Milk \$1.99**

Extras/Side Orders

- 118.- **Pico De Gallo \$1.99**
119.- **Corn Tortilla (5) \$1.99**
120.- **Flour Tortilla (4) \$1.99**
121.- **Tortilla (1) \$.32**
122.- **Pan/Bread \$.99**
123.- **Arroz O Frijol/Rice Or Beans \$2.99**
124.- **Combo Arroz y Frijol/Rice and Beans \$2.99**
125.- **Queso Mozzarella/Mozzarella Cheese \$1.99**
126.- **Queso Fundido/Cheese Deep \$3.99**
127.- **Queso Fresco/Fresh Mexican Cheese \$2.99**
128.- **Guacamole \$3.99**
129.- **Aguacate/Avocado \$2.99**
130.- **Meat Portion \$3.99** (Chicken, Ground Beef, Or Roasted Pork)
131.- **Meat Portion \$4.99** (Asada, BBQ Pork, Mexican Sausage, Cecina, Pastor)
132.- **Rib Eye 9 Oz \$8.99**
133.- **Chile Relleno \$6.99**
134.- **Enchilada (1) \$2.99**
135.- **Tamal (1) \$2.99**
136.- **Lechuga/Lettuce \$1.50**
137.- **Papas Fritas/French Fries \$2.99**
138.- **Jalapenos Tostados/Grilled Jalapenos (4) \$2.75 (1) \$.50 Extra**
139.- **Jalapenos en Vinagre \$1.25**
140.- **Salsa/Side Sauce (4Oz) \$1.50**
141.- **Salsa Para Llevar/Salsa To Go (20z) \$.80**
142.- **Cebollitas/Baby Onions \$4.99**
143.- **Clamato 8 Oz \$1.99**
144.- **Crema/Sour Cream 2 Oz \$1.25**
145.- **Tostada Ceviche \$ 6.00**
146.- **Nopales/Cactus Plant \$4.99**
147.- **Camarones/Shrimp (6) \$5.99**
148.- **Filet Tilapia \$5.99**
149.- **Fruta/ Fruit \$2.99**
150.- **Galletas Saladas/Crackers (5) \$.99**
151.- **Cola De Langosta/Lobster Tail \$10.99**
152.- **Huevo/Extra Egg \$.99**
153.- **Veggie/Vegetales \$4.99**
154.- **Tostada (Your Choice Of Meat) \$3.99**
155.- **Chips \$1.99**
156.- **Guacamole 16Oz \$9.99 8Oz \$4.99**
157.- **Pico De Gallo 16Oz \$7.99 8Oz \$3.99**
158.- **Salsas Varias 16Oz \$5.99 8Oz \$2.99**

Warning Note: Eating raw oysters may cause severe illness and even death in persons who have liver disease, in example: Alcoholic cirrhosis, cancer or other chronic illnesses that weaken the immune system. We do not sell oysters for to go order, we are sorry for the inconvenience, thank you.

AVISO IMPORTANTE: El comer ostiones o cualquier otro producto crudo puede causar una enfermedad grave y hasta la muerte en las personas que padecen de enfermedades del hígado. Por ejemplo cirrhosis alcohólica, cáncer u otras enfermedades crónicas que debilitan el sistema inmunológico. No vendemos órdenes de ostiones para llevar. Lamentamos las inconveniencias que esto les cause, gracias.