

## Tortas

All tortas served with beans inside.

Shrimp	5.50
Mahi Mahi	6.00
Beef	4.75
Carne Asada	5.00
Chicken	4.75
Pollo Asada	5.00
Machaca	4.75
Chorizo	4.75
Tofu	4.75
Veggie	4.50

## Drinks

Soft Drinks	1.00
Orange Juice	1.25



Beer and Wine List  
Available On Request

## Tostadas

All tostadas are served with beans.

Bean	3.50
Beef	4.00
Chicken	4.00
Tofu	4.00

health  peace

## Soups

Mixed Garden Vegetable ..... 3.25  
Served with rice, limes and corn or flour tottrillas.  
Add 1/2 avacodo for 1.00

## Extras

Rice or Beans	1.50
Half Avocado	1.75
Guacamole	1.75
Cheese	.75¢
Sour Cream	.75¢
2 Flour Tortillas	.75¢
3 Corn Tortillas	.55¢
Sauteed Vegetables	1.75
Cabbage Salad	1.50

## Breakfast (Served All Day)

All breakfasts come with your choice of rice or beans and your choice of flour or corn tortillas.

Machaca	5.50
Eggs, shredded beef, sauteed onions, bell peppers and tomatoes.	
Carne Asada Eggs	5.50
Carne Asada with 2 eggs cooked just the way you like them.	
Gringo Breakfast	5.50
3 eggs any style and 3 strips of bacon.	
Huevos Con Chorizo	5.50
Scrambled eggs cooked with Mexican sausage.	
Huevos Rancheros	5.50
Soft Corn tortillas covered with beans and two fried eggs or tofu, smothered in a ranchero sauce, melted cheese, sour cream.	
Vegan Machaca	5.50
Sauteed tofu, onions, mushrooms, bell peppers and tomatoes.	
Spanish Omelette	5.50
3 eggs with shredded beef or tofu, ranchero sauce and melted cheese.	
Vegan Chorizo	5.25
Scrambled Tofu with Vegan Chorrizo.	
Chillaquiles	4.75
Corn Tortillas sauteed in Pokéz own hot sauce and cheese. Add two eggs or tofu for 4.75	
Jony's Breakfast Burrito	5.00
Bacon, potatoes, eggs, cheese, guacamole, sour cream, rice and beans.	

# POKÉZ

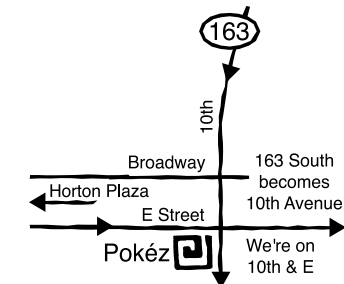
Mexican Restaurant and Vegetarian Cuisine

Hours: Mon-Fri 10am-9pm • Sat: 9am-9pm • Sun: 9am-9pm

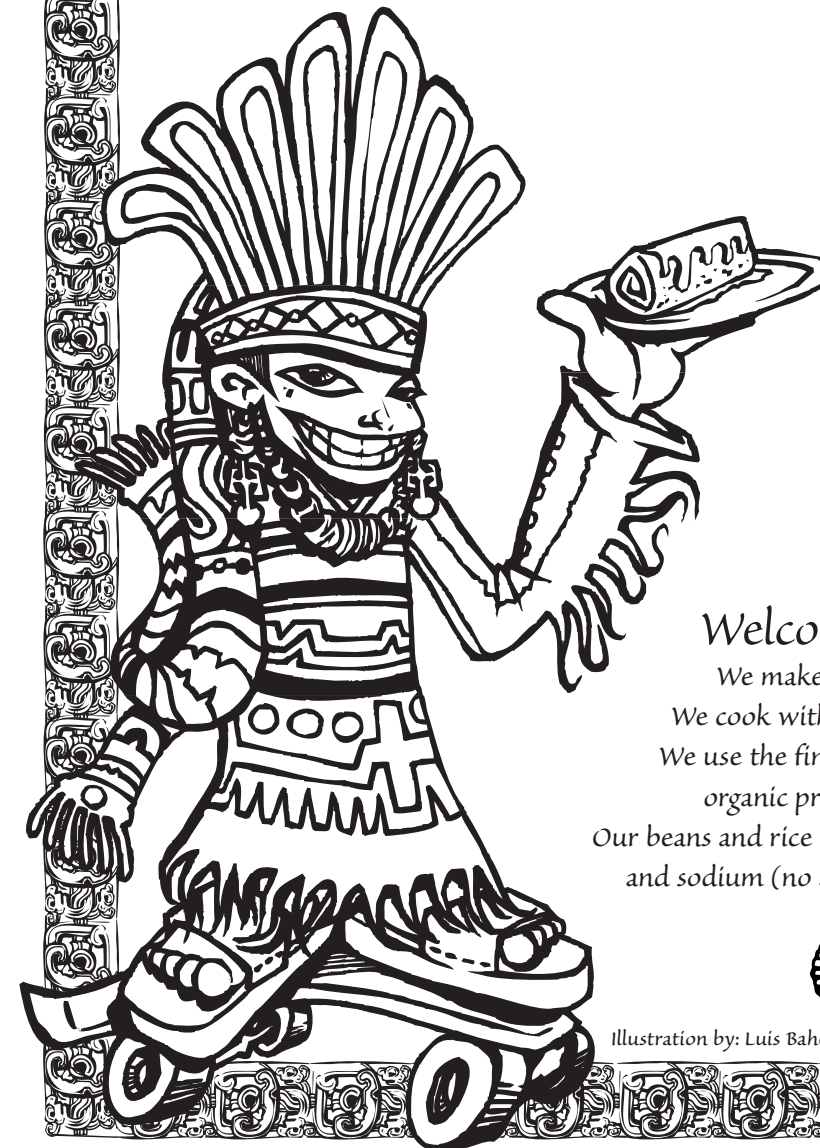
947 'E' Street, Downtown, San Diego, California

619-702-7160

Catering Available



One block from  
the Library and  
Post Office



## Welcome to Pokéz!

We make our food with love.

We cook with vegetable oil (no lard).

We use the finest ingredients including  
organic produce when possible.

Our beans and rice are 100% vegetarian, low in fat  
and sodium (no artificial coloring, no MSG).



Illustration by: Luis Baheña Menu Effective September 1, 2007



Items marked can be prepared Vegetarian (no beef, chicken or fish) or Vegan (no animal products).

All meals\* come with one complementary fresh basket of tortilla chips and home-made salsa. Additional baskets are 75¢



## Los Entrees De La Casa

- Chicken Ranchero ..... 7.25  
Tender chicken, mushrooms, onions, bell peppers and tomatoes sauteed to perfection.
- Steak Ranchero ..... 7.25  
Tender chunks of beef, mushrooms, onions, bell peppers and tomatoes sauteed to perfection.
- Mexican Steak ..... 7.25  
Sauteed chorizo with carne asada, salsa fresca, beans and rice, served with fresh tortillas.
- Fajitas ..... 8.75  
Sauteed strips of marinated chicken, steak, tofu or shrimp with tomatoes, bell peppers, mushrooms and onions. Garnished with guacamole, sour cream, salsa fresca and limes. Comes with rice, beans and your choice of corn or flour tortillas.
- Enchiladas Suiza ..... 7.00  
Two chicken enchiladas topped with a special green sauce, red chilles, cheddar cheese, and onions crowned with sour cream. Served with rice and beans.
- Chile Relleno ..... 4.25  
California chile peppers stuffed with jack cheese, with a golden flour coating. Topped with ranchero sauce and melted cheese.
- Chimichangas ..... 5.50  
A flour tortilla, deep fried and loaded with beans, cheese, onions and peppers. Topped with sour cream, guacamole and salsa. Your choice of chicken, beef, carne asada, veggie or tofu.
- Flautas ..... 6.00  
3 Beef, Chicken or Potato topped with guacamole, sour cream, salsa fresca, cheese and lettuce. Served with rice and beans.
- Nachos ..... 7.50  
Carne Asada, Pollo Asado or Tofu, beans, melted jack and cheddar cheeses topped with sour cream, guacamole, and salsa fresca.

## The Unusual Usuals

- Joey's Special ..... 6.50  
Sautéed strips of marinated chicken with green tomatillo or red sauce, melted cheese on top of the sauce and sour cream. Served with rice and beans, corn or flour tortillas.
- Tom's Deep Plate ..... 5.25  
Beans, rice, sour cream, guacamole, salsa fresca, and corn or flour tortillas.
- Shrimp Cocktail ..... 8.50

## Combos - 8.25

All combos served with rice and beans.

- 1 - Chile Relleno, Cheese Enchilada and Bean Tostada.
- 2 - Chicken Taco, Cheese Enchilada and Bean Tostada.
- 3 - Cheese Enchilada and Beef Taco and Bean Tostada.
- 4 - Bean Burrito, Quesadilla and Beef Taco.
- 5 - Beef Taco, Cheese Enchilada, Chile Relleno.
- 6 - Cheese Enchilada, Beef Taco and Chicken Taco (or any combo)
- 7 - 1 Cheese, 1 Chicken and 1 Beef Enchilada.
- 8 - Chile Relleno and Beef Enchilada with sour cream.
- 9 - Bean Burrito and Beef Tostada.
- 10 - Beef Taco and Beef Enchilada with sour cream.
- 11 - 2 Chile Rellenos.
- 12 - 2 Carne Asada Tacos.
- 13 - You don't want it!
- 14 - Chile Relleno and Carne Asada Taco.



## Salads

- Tostada Salad ..... 6.75  
This Fiesta includes eggs, tomatoes, lettuce, beans, cheddar cheese, salsa fresca, chicken or beef, topped with sour cream, served in a flour tortilla bowl.
- Tostada Tofu Salad ..... 6.75  
Same as the Tostada Salad except it has tofu instead of meat and no eggs.

## Enchiladas

- 2 Shrimp ..... 5.00
- 2 Mahi Mahi ..... 5.00
- 2 Cheese ..... 3.75
- 2 Bean ..... 3.75
- 2 Potato ..... 3.75
- 2 Tofu with Mushroom ..... 4.25
- 2 Beef ..... 4.50
- 2 Chicken ..... 4.50
- 2 Carne or Pollo Asada ..... 4.75
- 2 Mixed Veggies ..... 3.75

## Quesadillas

- Shrimp ..... 6.00
- Mahi Mahi ..... 6.50
- Jack or Cheddar Cheese ..... 3.75
- Chicken ..... 5.00
- Beef ..... 5.00
- Carne Asada ..... 5.75
- Pollo Asado ..... 5.75
- Corn ..... 1.25
- Potato ..... 4.75
- Mixed Veggie ..... 4.75
- Veggie ..... 4.75
- Beans, rice, lettuce, salsa fresca, guacamole

## Tacos

- Shrimp Taco ..... 4.00
- Mahi Mahi ..... 4.50
- Chicken ..... 3.25
- Beef ..... 3.25
- Carne Asada ..... 3.50
- Pollo Asado ..... 3.50
- Veggie ..... 3.25
- Potato ..... 3.25
- Tofu Potato and Mushroom ..... 3.50
- 5 Rolled Tacos ..... 3.75  
Beef or potato; with guacamole, sour cream, salsa fresca, cheese and lettuce  
Add rice and beans to your 5 rolled tacos for only 1.00 extra

## Burritos (Served in your choice of Flour, Whole Wheat or Spinach tortillas)

You can crown any Burrito with Salsa Ranchera and melted cheese. No extra charge

- Shrimp Burrito ..... 6.00
- Mahi Mahi ..... 6.50
- Bean and Cheese ..... 3.50
- Veggie ..... 4.75  
Comes with beans, rice, salsa fresca, guacamole, lettuce and cheese.
- Tofu ..... 5.25  
Comes with beans, rice, tofu, guacamole, salsa fresca, lettuce and cheese.
- Bean and Vegan Chorizo ..... 5.25
- Tofu, Potato and Mushroom ..... 5.25
- Potato ..... 5.25
- Vegan Chorizo ..... 5.00
- Beef ..... 5.25
- Chicken ..... 5.25
- Combo ..... 5.75  
Chicken or beef with rice or beans
- Carne Asada ..... 5.75  
Salsa fresca, guacamole, and sour cream.
- Pollo Asado ..... 5.75  
Salsa fresca, guacamole, and sour cream.
- Machaca ..... 5.00
- Chorizo ..... 5.00