



Tijuana Flats

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Menu Prices — October 17, 2026

Tijuana Flats menu with prices in United States, updated April 2025: 75 items
across 11 categories, prices from \$1.29 to \$58.79.

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Tijuana Flats Menu with Prices (United States)

Tijuana Flats menu with prices in United States, updated April 2025: 75 items across 11 categories, prices from \$1.29 to \$58.79. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/tijuana-flats

Menu categories: Appetizers · Flavorful Specialties · Tacos, Burritos, Bowls & More · Beverages · Desserts · Kids · Sides · Hot Sauces · New · Power Protein · Meal Kits

Appetizers

ITEM	PRICE
Beefy Queso Signature gold queso topped with beef and tomatoes. Served with chips.	\$9.99
Atom Bombs Lightly fried flour tortillas, cream cheese, fresh jalapenos, and cheese. Served with Smack Sweet sauce and sour cream	\$8.79
Nachos Choice of chicken or beef, topped with queso, melted shredded cheese, choice of beans, sour cream, shredded lettuce, tom...	\$12.49
Chips and Salsa	\$6.29
Chips and Queso	\$7.49
Chips and Guacamole	\$8.79
Tijuana Trio Chips, Salsa, Queso and Guac.	\$8.79

Flavorful Specialties

ITEM	PRICE
Bangin' Chicken Bowl Crispy chicken tossed in our Smack My Ass Bangin' Chicken Sauce, grilled poblano peppers and onions, tomatoes, cheddar j...	\$14.99
Bangin' Chicken Burrito Crispy chicken tossed in our Smack My Ass Bangin' Chicken Sauce, grilled poblano peppers and onions, tomatoes, cheddar j...	\$14.99
Bangin' Chicken Quesadilla Grilled tortilla stuffed with crispy chicken tossed in our Smack My Ass Bangin' Chicken Sauce, grilled poblano peppers a...	\$14.99
Bangin' Chicken Salad Crispy chicken tossed in our Smack My Ass Bangin' Chicken Sauce, grilled poblano peppers and onions, tomatoes, cheddar j...	\$14.99
Cheesy Steak Flautas Two lightly fried tortillas with marinated steak, poblano peppers and onions, garlic lime sauce and cheese. Served with...	\$16.29
Classic Cheesy Chimichanga Choice of chicken or beef in a lightly fried tortilla, refried beans, melted cheddar jack, topped with sour cream, tomat...	\$14.29
Garlic Lime Shrimp Bowl Grilled shrimp, poblano peppers and onions, black beans, corn salsa, garlic lime sauce, guac, cotija cheese, cilantro ca...	\$16.29
Garlic Lime Shrimp Tacos (Flour Tortilla) Two hard corn or soft flour tortillas filled with grilled shrimp, poblano peppers and onions, corn salsa, garlic lime sa...	\$14.99
Garlic Lime Shrimp Tacos (Double Stack Flour) Two hard corn or soft flour tortillas filled with grilled shrimp, poblano peppers and onions, corn salsa, garlic lime sa...	\$15.99
Garlic Lime Shrimp Tacos (Hard Shell) Two hard corn or soft flour tortillas filled with grilled shrimp, poblano peppers and onions, corn salsa, garlic lime sa...	\$14.99

Tacos, Burritos, Bowls & More

ITEM	PRICE
Tacos (Dos Tacos) Hard corn or soft flour tortilla filled with your choice of protein, sour cream, tomatoes, onions and jalapeños	\$13.19
Tacos (Dos Mix and Match Tacos) Hard corn or soft flour tortilla filled with your choice of protein, sour cream, tomatoes, onions and jalapeños	\$13.19
Tacos (Mega Dos Mix and Match Tacos) Hard corn or soft flour tortilla filled with your choice of protein, sour cream, tomatoes, onions and jalapeños	\$18.18
Street Taco Trio A trio of mouthwatering street tacos. Served with a lime wedge, and chips.	\$12.99
Burrito Choice of rice, refried or black beans, your choice of protein and wrapped in a flour tortilla	\$13.49
Flautas Two lightly fried tortillas with melted cheddar jack and your choice of protein. Served with sour cream and your choice...	\$13.79
Quesadilla Grilled tortilla, melted cheddar jack and your choice of protein	\$13.09
Bowl Cilantro lime rice, refried or black beans and your choice of protein	\$13.49
Salad Tortilla shell, chopped romaine, refried or black beans, dressing and choice of protein	\$13.49
Cheese Quesadilla Grilled tortilla, melted cheddar jack	\$12.29

Beverages

ITEM	PRICE
Limited Time Only - Pomegranate Agua Fresca	\$4.09
Fountain Drink (Medium Drink) 0-266 CAL	\$3.79
Fountain Drink (Large Drink) 0-266 CAL	\$4.19
Topo Chico Bottled Mineral Water	\$4.49
Mexican Coke Bottle	\$4.49
Jarritos Bottled Soda - Mandarin	\$4.49
Jarritos Bottled Soda - Pineapple	\$4.49
Bottled Water	\$3.29

Desserts

ITEM	PRICE
Limited Time Only - Sopapilla Chips Deep fried flour tortilla chips dusted with cinnamon sugar, topped with honey and served with chocolate dipping sauce.	\$4.49
Churro Fries Warm and crispy on the outside, perfectly tender on the inside. Tossed in cinnamon sugar. Served with a side of chocolat...	\$6.29

ITEM	PRICE
3-Piece Cookie Dough Flautas	\$3.79
3 Piece Cookie Dough Flautas - chocolate chip cookie dough loaded in a tortilla, lightly fried and topped with powdered...	
Cookie Dough Flautas	\$6.29
“The Original” chocolate chip cookie dough loaded in a tortilla, lightly fried and topped with powdered sugar. Served wi...	
Chocolate Chip Cookies	\$2.49

Kids

ITEM	PRICE
Burrito (Kids)	\$8.79
Chicken, beef refried or black beans, cheese, lettuce and tomatoes. Includes chips, soft drink or apple juice, and apple...	
Tacos	\$8.79
Soft or hard shell. Chicken, beef, refried or black beans, cheese, lettuce and tomatoes. Includes chips, soft drink or a...	
Chicken Nuggets	\$8.79
Includes chips, unsweetened applesauce, or candy and soft drink or apple juice	
Quesadilla (Kids)	\$8.79
Chicken, beef or cheese. Includes chips, soft drink or apple juice, and applesauce or candy side	

Sides

ITEM	PRICE
Fresh Red Salsa (Small Salsa)	\$2.29
Fresh Red Salsa (Large Salsa)	\$3.59
Queso (Small Signature Gold)	\$3.79
Queso (Large Signature Gold)	\$6.29
Guacamole (Small Guacamole)	\$3.79
Guacamole (Large Guacamole)	\$6.29
Beans	\$2.39
Cilantro Lime Rice (Small Cilantro Lime Rice)	\$2.29
Cilantro Lime Rice (Large Cilantro Lime Rice)	\$3.49
Corn Salsa (Small Corn Salsa)	\$2.49
Corn Salsa (Large Corn Salsa)	\$3.79
Sour Cream (Small Sour Cream)	\$2.39
Sour Cream (Large Sour Cream)	\$3.59
Garlic Lime (Small Garlic Lime)	\$1.29
Garlic Lime (Large Garlic Lime)	\$2.09
Bag of Chips (Regular Size)	\$1.69
Our signature tortilla chips, made fresh daily, and ready for you to take home	
Bag of Chips (Large (2lb))	\$6.29
Our signature tortilla chips, made fresh daily, and ready for you to take home	

Hot Sauces

ITEM	PRICE
Smack My Sweet Ass and Call Me Sally (15oz)	\$9.50
Smack My Ass and Call Me Sally Habanero (5oz)	\$8.50
Smack My Ass and Call Me Sally Jalapeño (5oz)	\$8.50
Smack My Ass and Call Me Sally Bangin' Chicken Sauce (12oz)	\$9.50

New

ITEM	PRICE
Sopapilla Chips Deep fried flour tortilla chips dusted with cinnamon sugar, topped with honey and served with chocolate dipping sauce.	\$4.49
Pomegranate Agua Fresca	\$4.09

Power Protein

ITEM	PRICE
Fajita Power Bowl Crisp romaine topped with your choice of protein, fajita veggies, beans, pico, fresh guac, and a side of salsa — packed...	\$18.49
Garlic Lime Power Bowl Crisp romaine topped with your choice of protein, fajita veggies, beans, cilantro cabbage, corn salsa, pickled onions, c...	\$20.99
Minijuana Burrito Flour tortilla with your choice of protein and beans, filled with shredded lettuce, cheddar jack cheese, pico de gallo,...	\$9.79
Half Order of Grilled Flautas A half-order of grilled flautas filled with melty cheese and your choice of protein, served with shredded lettuce on the...	\$8.39
Power Protein Cup 8oz cup of your choice of protein — packed with up to 52g of protein*. The perfect snack or extra boost to power your da...	\$6.69

Meal Kits

ITEM	PRICE
Taco Meal Kit for 4 Includes 8 hard corn or soft flour, choice of protein, toppings & chips. Feeds up to four people.	\$33.99
Burrito Meal Kit for 6 Includes a choice of 6 large soft flour tortillas, chicken, beef, rice, beans, toppings and chips. Feeds four to six peo...	\$49.00
Fiesta Meal Kit for 6 Our Taco Take Home Meal Kit with 12 hard corn or soft flour tortillas, PLUS extra tortilla chips, queso, red salsa, guac...	\$58.79