

Bueno Y Sano

1 Boltwood Walk, Amherst, MA – Behind Newbury Comics

Call Ahead for Pick Up (413) 253-4000 – For Delivery Call Delivery Express (413) 549-0077

Open Daily 11 a.m. – 10 p.m.



Burritos \$4.25

Rice, beans, lettuce, cheese, pico de gallo (tomato, cilantro and onion) and mild sauce.

*Ask for sour cream or low fat yogurt – no charge!

FILLINGS – COMBINE ANY

Chicken	add 1.25	Grilled Red Pepper.....	add 1.50
BBQ Chicken	add 1.50	Grilled Zucchini	add 1.25
Steak.....	add 1.50	Veggie Chili	add 1.00
Beef Chili	add 1.50	Grilled Tomato & Garlic.....	add 1.25
Red Onion & Mushroom	add 1.25	Seitan (Vegetarian beef substitute).....	add 2.50
Sauteed Spinach & Garlic.....	add 1.75	Grilled Shrimp	add 4.25
Portabella Mushrooma	add 1.75	Chickpea & Red Curry	add 1.00
Fresh Spinach.....	add 1.00	Sauteed Mushroom	add 1.00
Salvadoran (Rice made w/beans & veggies)	add 1.00		

*MAKE IT A GRANDE! (REAL BIG) ADD 50¢ or pequeño (small) for 50¢ less

*Extra Cheese 50¢ *Extra Sour Cream 25¢ *Guacamole \$ 1.00 *Roasted Garlic 50¢

Soft Tacos

Cheese, lettuce, pico de gallo, mild sauce and sour cream or low fat yogurt

ADDITIONS – COMBINE ANY

Bean Taco	1.50
Chicken Taco	2.50
BBQ Chicken Taco.....	2.75
Steak Taco	2.50
Fresh Spinach Taco	2.00
Salvadoran Taco (Rice made w/beans & veggies)	2.00
Chickpea & Red Curry Taco.....	1.75
Seitan Taco (Vegetarian beef substitute)....	3.00

KIDS TACOS

Chicken & Cheese Only!	2.00
Bean & Cheese Only!.....	1.25

Chips & Dips

Tortilla Chips75
Salsa25
Guacamole	1.00

Basic Salad \$ 5.00

Romaine lettuce, grilled red pepper and onions served with rice and beans and choice of balsamic or lemon vinaigrette

ADDITIONS – COMBINE ANY

Grilled Chicken.....	add 1.50
BBQ Chicken	add 1.75
Grilled Zucchini	add 1.00
Grilled Portabella.....	add 1.00
Seitan (Vegetarian beef substitute).....	add 2.50

Basic Quesadilla \$ 5.00

A crispy flour tortilla wrapped around melted cheese – served with pico de gallo, sour cream and black beans or rice

FILLINGS – COMBINE ANY

Chicken	add 1.25
BBQ Chicken	add 1.50
Steak.....	add 1.50
Grilled Red Pepper.....	add 1.50
Grilled Zucchini	add 1.25
Fresh Spinach.....	add 1.00
Seitan (Vegetarian beef substitute).....	add 2.50