

Bueno Y Sano

134 Main Street, Northampton, MA — Call Ahead for Pick Up (413) 586-7311

For Delivery Call Delivery Express (413) 549-0077

Open Daily 11a.m. – 10p.m.

Burritos \$5.00

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

Quesadillas \$5.75

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

FILLINGS – COMBINE ANY

Chicken	add 1.25
BBQ Chicken	add 1.50
Chicken & Red Onions	add 1.50
Chicken & Spinach	add 1.50
Steak	add 1.50
Steak & Mushrooms	add 1.50
Grilled Red Pepper	add 1.50
Grilled Portabella Mushroom	add 1.25
Grilled Zucchini	add 1.25
Fresh Spinach	add 1.00
Sauteed Spinach & Garlic	add 1.00
Grilled Seitan or BBQ Seitan	add 2.50

Salads \$6.50

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

ADDITIONS – COMBINE ANY

Grilled Chicken	add 1.50
BBQ Chicken	add 1.75
Portabella & Zucchini	add 1.75
Grilled Zucchini	add 1.00
Grilled Portabella Mushroom	add 1.00

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
Steak Taco	2.50

KIDS TACOS

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

Specials

THAI CHICKEN BURRITO \$7.25
Marinated grilled chicken, Basmati rice, red cabbage slaw and a spicy Thai peanut sauce.

EAST/WEST BURRITO \$7.75
Asian stir-fried veggies, Basmati rice and your choice of grilled chicken, steak or tofu – topped with an Asian plum sauce.

CAJUN CATFISH TACOS \$7.25
Catfish rubbed with cajun spices and topped with lettuce, pico, and a tangy creole dressing.

Chips & Dips

Tortilla Chips75
Salsa25
Guacamole	1.00