

# Bueno Y Sano

213 College Street, Burlington, Vermont

Call Ahead for Pick Up: **864-9900** – For Delivery Call: **863-TOGO** (5-10 p.m.)

Open: Sun. – Thurs. 11 a.m. – 9 p.m., Fri. & Sat. 11 a.m. – 9:30 p.m.

## Burritos \$5.50

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 1.50	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 \$5.50

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

### FILLINGS – COMBINE ANY

Chicken .....	add 1.50
BBQ Chicken .....	add 1.50
Chicken & Red Onions .....	add 1.75
Chicken & Spinach .....	add 1.75
Steak .....	add 1.50
Steak & Mushrooms .....	add 1.75
Grilled Red Pepper .....	add 1.50
Grilled Portabella Mushroom .....	add 1.75
Grilled Zucchini .....	add 1.25
Fresh Spinach .....	add 1.00
Sauteed Spinach & Garlic .....	add 1.75
Grilled Seitan or BBQ Seitan .....	add 2.50

## Specials

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

**EAST/WEST BURRITO** ..... \$ 7.25  
Asain stir-fried veggies, Basmati rice and your choice of grilled chicken, steak or tofu – topped with an Asian plum sauce.

## Soft Tacos

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

### ADDITIONS – COMBINE ANY

Bean Taco .....	1.75
Chicken Taco .....	3.00
Steak Taco .....	3.00

### KIDS TACOS

Chicken & Cheese Only! .....	2.25
Bean & Cheese Only! .....	1.75

## Salads \$5.75

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 1.50
Portabella & Zucchini .....	add 1.75
Grilled Zucchini .....	add 1.25
Grilled Portabella Mushroom .....	add 1.75

## Chips & Dips

Tortilla Chips .....	.75
Salsa .....	.50
Guacamole .....	1.00