

Bueno Y Sano

880 Sumner Ave., Springfield, MA
 Call Ahead for Pick Up (413) 301-0976 or (413) 301-0978
 - For Delivery Call Delivery Express (413) 781-0800
 Open Daily 11 a.m. - 9 p.m.

Burritos

Rice, beans, lettuce, cheese, pico de gallo (tomato, cilantro and onion) and mild sauce
 *Ask for sour cream or low fat yogurt - no charge!

Bean	5.75	Sautéed Spinach	7.00
Chicken	7.25	Salvadoran (Rice made w/beans & veggies) ...	6.75
BBQ Chicken	7.50	Grilled Red Pepper	7.00
Steak	7.50	Grilled Zucchini	6.75
Pulled Pork	7.50	Veggie Chili	6.75
Beef Chili	7.50	Grilled Tomato & Garlic	6.75
Red Onion & Mushroom	7.00	Grilled Shrimp	9.00
Sautéed Spinach & Garlic	7.25	Chickpea & Red Curry	6.75
Portabella Mushroom	7.25	Sauteed Mushroom	6.75
Fresh Spinach	6.75		

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

Bean Taco	2.25
Chicken Taco	3.00
BBQ Chicken Taco	3.00
Steak Taco	3.00
Pulled Pork Taco	3.00
Salvadoran Taco (Rice w/beans & veggies)	2.75
Chickpea & Red Curry Taco	2.75
Fresh Spinach	2.75

CAJUN CATFISH TACOS 7.25

Cajun battered catfish served on flour tortillas and topped with lettuce, pico, and a tangy creole dressing

Starters

Tortilla Chips	1.00
Salsa50
Guacamole	1.00

Grilled Jalapeños

Stuffed with cream cheese and diced grilled mushrooms - served with rice.
 Each

.....	1.50
Order of Three	2.75

Salads \$ 6.50

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

Quesadillas

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

FILLINGS - COMBINE ANY

Cheese	6.25
Chicken	8.00
BBQ Chicken	8.25
Chicken & Red Onions	8.50
Chicken & Spinach	8.50
Steak	8.00
Steak & Mushrooms	8.50
Pulled Pork	8.25
Grilled Red Pepper	8.00
Portabella Mushroom	8.00
Fresh Spinach	7.75
Sautéed Spinach & Garlic	8.50