

# Bueno Y Sano

213 College Street, Burlington, Vermont • Call Ahead for Pick Up: 864-9900

Open Daily: 11 a.m. – 9 p.m.

## Burritos \$6.50

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

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

### FILLINGS – COMBINE ANY

Chicken .....	add 1.50	Grilled Portabella Mushroom .....	add 1.75
Spicy Chipotlé Chicken .....	add 1.75	Fresh Spinach .....	add 1.00
BBQ Chicken .....	add 1.75	Sautéed Spinach .....	add 1.50
Steak .....	add 1.75	Grilled Red Pepper .....	add 1.50
Pulled Pork .....	add 1.50	Grilled Zucchini .....	add 1.25
BBQ Pulled Pork .....	add 1.75	Grilled Seitan or BBQ Seitan .....	add 2.50
Beef Chili .....	add 1.50	Chickpea & Red Curry .....	add 1.00
Red Onion & Mushroom .....	add 1.25	Sautéed Mushroom .....	add 1.00
Sautéed Spinach & Garlic .....	add 1.75	Marinated Tofu .....	add 1.75

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

\*Guacamole \$ 1.50 \* Extra Cheese 50¢ \* Extra Sour Cream 25¢ \* Roasted Garlic 50¢

## Quesadillas \$7.00

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

### FILLINGS – COMBINE ANY

#### ADD ANY BURRITO FILLING TO YOUR QUESADILLA OR TRY THESE COMBOS

Chicken & Red Onions .....	add 1.75
Chicken & Spinach .....	add 1.75
Spicy Chipotlé Chicken & Spinach .....	add 2.00
Steak & Mushrooms .....	add 1.75
Steak & Red Onions .....	add 1.75
Red Onion & Mushroom .....	add 1.25

## Specials

**THAI CHICKEN BURRITO** ..... \$8.50  
Marinated grilled chicken, Basmati rice, red cabbage slaw and a spicy Thai peanut sauce.

**EAST/WEST BURRITO** ..... \$8.50  
Asain stir-fried veggies, Basmati rice and your choice of grilled chicken, steak or tofu – topped with an Asian plum sauce.

**CAJUN FISH TACOS** ..... \$8.50  
White fish rubbed with cajun spices and topped with lettuce, pico, and a tangy creole dressing

## Soft Tacos

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

Bean Taco .....	2.75
Chicken Taco .....	3.50
Spicy Chipotle Chicken Taco .....	3.75
Steak Taco .....	3.50

### KIDS TACOS

Chicken & Cheese Only! .....	2.75
Bean & Cheese Only! .....	2.25

## Salads \$6.75

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

## Chips & Dips

Tortilla Chips .....	1.25
Salsa .....	.75
Guacamole .....	1.50