

BUENO Y SANO

BURRITOS/BOWLS

Rice, beans, cheese, lettuce, pico de gallo, mild, medium, hot, or wicked hot sauce. 🔥

Substitute brown rice or whole wheat tortilla on any item!

calories

V Bean Burrito 5.84	407-720
<i>[black or pinto]</i>	
Grilled Chicken 7.48	589-1027
<i>[regular, BBQ, 🔥 spicy BBQ, chipotle, or 🔥 buffalo]</i>	
Grilled Steak 7.71	507-820
Pulled Pork 7.94	589-1027
<i>[regular or BBQ]</i>	
V Spinach & Garlic 7.71	507-820
Grilled Shrimp 9.35	527-840
V Tofu or Seitan 8.64	507-945
<i>[regular, BBQ, 🔥 spicy BBQ, chipotle, or 🔥 buffalo]</i>	
V Mixed Grilled Veggie 7.94	517-830
<i>[red pepper, zucchini, portobello, onion]</i>	

Guacamole add 1.50 + 95

Grande *[really big]* add 0.50 + 95

Pequeño *[small]* subtract 0.50 - 75

Burrito Special: Any burrito with a side of rice, beans, & 🔥 grilled jalapeño add 1.50 + 340

SOFT TACOS

[flour or GF soft corn tortillas]

Lettuce, cheese, pico de gallo with mild, medium, hot, or wicked hot sauce. 🔥

V Bean Taco 2.76 ea.	300
<i>[black or pinto]</i>	
Chicken Taco 3.50 ea.	330
<i>[regular, BBQ, 🔥 spicy BBQ, chipotle, or 🔥 buffalo]</i>	
Steak Taco 3.74 ea.	330
Pulled Pork Taco 3.74 ea.	330
V Spinach & Garlic Taco 3.74 ea.	350
Fish Tacos 7.94 [two]	642
<i>grilled onions & chipotle sour cream</i>	
V Kids' Bean Taco 2.50 ea.	285
<i>with cheese</i>	
Kids' Chicken Taco 3.25 ea.	290
<i>with cheese</i>	

Taco Special any 2 tacos with a side of rice, beans & 🔥 grilled jalapeño add 1.50 + 340

FREE BURRITO & TACO ADD-ONS

Sour Cream • Grilled Garlic • Cilantro • 🔥 Jalapeño • Onion • Low-Fat Yogurt

GF gluten free **VG** vegan **V** vegetarian 🔥 spicy

All our beans and rice are vegan!

QUESADILLAS

Crispy tortilla with melted cheese & sides of rice, beans, sour cream, & pico de gallo.

calories

V Cheese Quesadilla	7.24	1085
Chicken	8.25	1267
<i>[regular, BBQ, 🔥 spicy BBQ, chipotle, or 🔥 buffalo]</i>		
Steak	8.81	1267
Pulled Pork	8.81	1267
<i>[regular or BBQ]</i>		
Chicken & Spinach	8.88	1287
Steak & Mushroom	8.88	1367
V Spinach & Garlic	8.81	1155
V Kids Quesadilla	4.00	610
<i>add chicken</i>	1.00	+ 80

GRILLED SALADS

Romaine lettuce, grilled red pepper & onions, balsamic or lemon herb dressing. Served with a side of black beans & rice. All salads are gluten-free. **GF**

VG Basic Grilled Salad	7.24	685
VG With Zucchini & Portobello	9.11	795
With Chicken	9.11	813
With Grilled Shrimp	11.00	813

SPECIALTIES

GF Smoked Brisket Tacos House smoked brisket, cheese, chargrilled jalapeño, grilled onions, pico & chipotle sour cream	9.75	674
<i>[comes with 2 tacos, pinto beans and rice]</i>		
Smoked Brisket Burrito Rice, lettuce, pinto beans, cheese, grilled onions, pico & chipotle sour cream	9.75	1014
🔥 Thai Burrito Basmati rice, red cabbage slaw, spicy Thai peanut sauce, fresh mint & red onion	8.18	865-947
<i>[chicken, steak, VG tofu, or VG seitan]</i>		
East/West Burrito Basmati rice, stir fried veggies & Asian plum sauce.	8.18	803-885
<i>[chicken, steak, VG tofu, or VG seitan]</i>		
Salvadoran Chicken Burrito Rice & beans cooked with zucchini & pepper, lettuce, cheese, pico & sauce	8.18	929
V Chickpea & Red Curry Burrito		
Rice, lettuce, cheese, pico & sauce	6.73	722-904
<i>add chicken OR sautéed spinach & garlic</i>	1.75	
Chicken Bacon Ranch Burrito Rice, black beans, cheese, ranch dressing, lettuce, pico & mild sauce	8.18	1079

Any burrito can be made into a bowl, free of charge!

STARTERS

GF Tortilla Chips	1.00	296
VG Salsa	FREE	18
VG Guacamole	1.50	107
Grilled Jalapeños Stuffed with cream cheese and diced, grilled mushrooms - served with rice. 🔥 GF		
Each	2.25	190
Order of Three	4.50	370

I BOLTWOOD WALK, AMHERST, MA 01002
OPEN 11 AM - 9 PM DAILY
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