


BUENO Y SANO

BURRITOS / BOWLS

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

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

calories

 Bean Burrito 6.75	407-720
<i>[black or pinto]</i>	
Chicken 8.50	589-1027
<i>[regular, BBQ, spicy BBQ, chipotle, or buffalo]</i>	
Pulled Pork 8.50	507-820
<i>[regular, BBQ, spicy BBQ]</i>	
Grilled Steak 8.50	527-840
Sauteed Spinach & Garlic 8.50	527-840
 Seitan or Tofu 8.75	507-945
<i>[regular, BBQ, spicy BBQ, chipotle, or buffalo]</i>	
 Fresh Spinach 8.00	517-830
 Grilled Red Pepper 8.25	517-830
 Portobello Mushroom 8.50	517-830

Substitute whole wheat tortilla on any burrito!

Grande *[really big]* add 0.50 + 95

Pequeño *[small]* subtract 0.50 - 75

Burrito Special: Add a side of rice, beans, & grilled jalapeño to any burrito add 1.50 + 340

FREE ADD-ONS

Grilled Garlic • Cilantro • Jalapeño

SPECIALTIES

calories

 Thai Burrito Basmati rice, red cabbage slaw, spicy Thai peanut sauce & Shredded lettuce 8.75	865-947
<i>[chicken, steak,  tofu or seitan]</i>	
East/West Burrito Basmati rice, stir fried veggies, & Asian plum sauce. 8.75	803-885
<i>[chicken, steak, tofu or seitan]</i>	
Fish Tacos Pico de gallo, shredded lettuce & chipotle sour cream served with a side of rice 8.75	642
 Chickpea & Red Curry Burrito Rice, lettuce, cheese, pico de gallo & mild sauce 8.00	722-904
<i>add chicken OR sautéed spinach & garlic 1.75</i>	
 Breakfast Burrito Eggs, black beans, cheese, pico & sauce. 7.50	885-1035
<i>add spinach, mushrooms or onions 0.75 ea.</i>	

Chips 1.25/bag 296 cal. • **Guacamole** 1.50 107 cal.

 gluten free  vegan  vegetarian  spicy

QUESADILLAS

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

calories

V Cheese Quesadilla 7.25	1085
<i>[black or pinto]</i>	
Chicken, Steak, or Pulled Pork 9.00	1267
Chicken & Spinach 9.25	1287
Chicken & Grilled Red Onion 9.25	1291
Steak & Mushroom 9.25	1367
V Sautéed Spinach & Garlic 9.00	1155
V Kids' Quesadilla 4.25	610
<i>add chicken</i> 1.50	+ 80

GRILLED SALADS

Romaine lettuce, grilled red pepper, onions, & balsamic or lemon herb dressing. Served with sides of black beans & rice.

calories

VG Basic Grilled Salad 7.50	685
With Chicken, Steak, or Pork 9.25	835
VG With Zucchini & Portobello 9.25	671
<i>add fresh spinach to any salad</i> 1.00	+ 20

SOFT TACOS

[flour or **GF** soft corn tortillas]

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

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

calories

V Bean Taco 3.25 ea.	300
<i>[black or pinto]</i>	
Chicken 4.00 ea.	350
Grilled Steak 4.00 ea.	350
Pulled Pork 4.00 ea.	350
V Kids' Bean & Cheese Taco 2.50 ea.	285
Kids' Chicken & Cheese Taco 3.00 ea.	290
Taco Special Add a side of rice, beans & a grilled jalapeño to any 2 tacos add 1.50	+ 340

All prices subject to change

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

BUENO Y SANO

BLUE MALL, 150 DORSET ST.
SOUTH BURLINGTON, VT
OPEN: 11AM - 9PM, MONDAY - SATURDAY
12PM - 8PM, SUNDAY
802-448-3317 | BUENOYSANO.COM