

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 7.25	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 8.25	507-945
<i>[regular, BBQ, 🔥 spicy BBQ, chipotle, or 🔥 buffalo]</i>	
V Mixed Grilled Veggie 7.71	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

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

SOFT TACOS

[flour or GF soft corn tortillas]

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

V Bean Taco 2.71 ea.	300
<i>[black or pinto]</i>	
Chicken Taco 3.25 ea.	330
<i>[regular, BBQ, 🔥 spicy BBQ, chipotle, or 🔥 buffalo]</i>	
Steak Taco 3.25 ea.	330
Pulled Pork Taco 3.25 ea.	330
V Spinach & Garlic Taco 3.25 ea.	350
Fish Tacos 7.50 [two]	642
<i>grilled onions & chipotle sour cream</i>	
V Kids' Bean Taco 2.50 ea.	285
<i>with cheese</i>	
Kids' Chicken Taco 2.75 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 or Steak	8.81	1267
<i>[regular, BBQ, 🔥 spicy BBQ, chipotle, or 🔥 buffalo]</i>		
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 Grilled Pepper	8.81	1105
V Portbello	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	8.81	795
With Chicken	8.81	813
With Grilled Shrimp	10.25	813

SPECIALTIES

Smoked Brisket Tacos House smoked brisket, cheese, chargrilled jalapeño, grilled onions, pico & chipotle sour cream **9.75** 674
[comes with 2 tacos, pinto beans and rice]

🔥 Thai Burrito Basmati rice, red cabbage slaw, spicy Thai peanut sauce, fresh mint & red onion **8.18** 865-947
*[chicken, steak, **VG** tofu, or **VG** seitan]*

East/West Burrito Basmati rice, stir fried veggies & Asian plum sauce. **8.18** 803-885
*[chicken, steak, **VG** tofu, or **VG** seitan]*

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
add chicken OR sautéed spinach & garlic **1.75**

Breakfast Burrito Eggs, black beans, cheese, pico & chipotle sauce **8.18** 722-1035
add chicken OR sautéed spinach & garlic **2.00**

Chicken Bacon Ranch Burrito Rice, black beans, cheese, ranch dressing, lettuce, pico & mild sauce **8.18** 1079

Beef Chili Burrito Rice, cheese lettuce, pico & mild sauce **8.18** 1079

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 **1.50** 190

Order of Three **3.25** 370

880 SUMNER AVE. SPRINGFIELD, MA

OPEN DAILY 11 AM - 9 PM

413-301-0976 | BUENOYSANO.COM