


# BUENO Y SANO

## BURRITOS / BOWLS

Rice, beans, cheese, lettuce, & pico de gallo with mild, medium, hot, or wicked hot sauce.  Make it **GRANDE** [really big] add 0.75 +95 cals.

 <b>BEAN BURRITO</b> ..... 6.54 <span style="float: right;">407-720</span> <i>[black or pinto]</i>
<b>CHICKEN, STEAK, OR PULLED PORK</b> ..... 7.94 <span style="float: right;">589-1027</span> <i>[regular, BBQ,  spicy BBQ, chipotle, or  buffalo sauce - add .38]</i>
 <b>SAUTÉED SPINACH &amp; GARLIC</b> ..... 7.94 <span style="float: right;">507-820</span>
<b>GRILLED SHRIMP</b> ..... 9.95 <span style="float: right;">527-840</span>
 <b>SEITAN OR TOFU</b> ..... 8.88 <span style="float: right;">507-945</span> <i>[add any BBQ sauce]</i>
 <b>MIXED GRILL</b> ..... 8.18 <span style="float: right;">517-830</span> <i>[pepper, zucchini, portobello, onion]</i>




### FREE ADD - ONS

Sour Cream • Grilled Garlic • Cilantro •  Jalapeño • Onion • Corn  
*Substitute whole wheat tortilla, brown rice, or low-fat yogurt on any item!*

## SPECIALTY BURRITOS

**SMOKED BRISKET BURRITO** cals.  
Rice, beans, cheese, grilled onions, pico de gallo & chipotle sour cream ..... 9.75 1014

**LOCAL BEEF CHILI BURRITO**  
Roaming Farm (Deerfield, MA)  
Beef chili, lettuce, cheese, pico de gallo & ranchero sauce ..... 8.75 615-928

 **THAI BURRITO**  
Basmati rice, cabbage slaw, lettuce,  
spicy Thai peanut sauce, fresh mint & onion ..... 8.41 865-947  
*[chicken, steak,  tofu, or  seitan]*



**EAST/WEST BURRITO**  
Basmati rice, stir fried veggies & Asian plum sauce ..... 8.41 803-885  
*[chicken, steak,  tofu, or  seitan]*

 **SALVADORAN BURRITO**  
Rice & beans cooked with zucchini &  
peppers, lettuce, cheese, pico de gallo & sauce ..... 7.00 849  
*add chicken* ..... 1.00 +80

 **CHICKPEA & RED CURRY BURRITO**  
Rice, lettuce, cheese, pico de gallo & sauce ..... 7.00 849  
*add chicken OR sautéed spinach & garlic* ..... 1.75 +80

**BREAKFAST BURRITO**  
Chipotle scrambled eggs with onion & green pepper,  
pinto beans, cheese, pico de gallo, mild sauce and chipotle sour cream ..... 7.76 935  
*add bacon and extra cheese* ..... 1.75 +250

## STARTERS

 <b>TORTILLA CHIPS</b> ..... 1.50	cals. 296
 <b>SALSA</b> ..... FREE	18
 <b>GUACAMOLE</b> ..... 1.75	107

## GRILLED JALAPEÑOS

Stuffed with cream cheese and chopped grilled mushrooms - served with rice.  	
<b>EACH</b> ..... 2.00	cals. 190
<b>ORDER OF THREE</b> ..... 4.00	370

Before placing your order, please inform your server if a person in your party has a food allergy.

 **GLUTEN FREE**    **VEGAN**    **VEGETARIAN**    **SPICY**

# SOFT TACOS

[FLOUR OR **GF** CORN TORTILLAS]

Cheese, lettuce, pico de gallo, mild, medium, hot, or wicked hot sauce. **🔥**

		calcs.
<b>V</b> BEAN TACO [black or pinto] .....	2.76 ea.	300
<b>CHICKEN, STEAK, OR PULLED PORK TACO</b> .....	3.74 ea.	330
<i>[BBQ, <b>🔥</b> spicy BBQ, chipotle, or <b>🔥</b> buffalo - add .25]</i>		
<b>V</b> SAUTÉED SPINACH & GARLIC TACO .....	3.74 ea.	350
<b>V</b> SEITAN OR TOFU TACO [add any BBQ sauce] .....	4.25 ea.	350
<b>V</b> KIDS BEAN & CHEESE TACO .....	2.75 ea.	285
KIDS CHICKEN & CHEESE TACO .....	3.25 ea.	290

## QUESADILLAS

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

Add red peppers, zucchini, or portobello mushrooms **each +1.40**

		calcs.
<b>V</b> CHEESE QUESADILLA .....	7.71	1085
<b>CHICKEN, STEAK, OR PULLED PORK</b> .....	9.11	1267
<i>[regular, BBQ, <b>🔥</b> spicy BBQ, chipotle, or <b>🔥</b> buffalo]</i>		
<b>CHICKEN &amp; GRILLED RED ONION</b> .....	9.11	1287
<b>CHICKEN &amp; FRESH SPINACH</b> .....	9.11	1291
<b>STEAK &amp; MUSHROOM</b> .....	9.11	1367
<b>V</b> SAUTÉED SPINACH & GARLIC .....	9.11	1155
<b>V</b> KIDS QUESADILLA .....	5.00	610
<i>[served with rice &amp; beans - add chicken +.75]</i>		

## SALADS

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

		calcs.
<b>VG</b> BASIC GRILLED SALAD .....	7.95	685
<b>WITH CHICKEN, STEAK, OR PULLED PORK</b> .....	9.58	835
<b>VG</b> WITH ZUCCHINI & PORTABELLO .....	9.58	795
<b>WITH GRILLED SHRIMP</b> .....	11.50	813

## PLATES & SPECIALTIES

### SMOKED BRISKET TACO PLATE

Organic Hadley corn Tortillas, cheese, pico de gallo, mild sauce & chipotle sour cream, with rice, beans & grilled jalapeños. ....

9.75 1014

### HONEY MISO SALAD

Egg noodles, grilled chicken, beef or seitan, bok choy, daikon radish, Napa cabbage, scallion, sesame seeds, chili flakes & miso dressing. ....

9.75 785

### BURRITO OR TACO "SPECIAL"

Add a side of rice, black [or pinto] beans &

**🔥** a chargrilled jalapeño to any burrito or two tacos. .... add 2.00 +340

### FISH TACOS [2]

Crispy breaded fish, grilled onion, lettuce, pico & chipotle sour cream. ....

7.94 642

### KOREAN BBQ TACOS [2]

Crispy pulled pork, Hostah Hill Kimchi, lettuce, cheese & tangy BBQ sauce. ....

8.50 585

*All prices subject to change*

# BUENO Y SANO

134 MAIN STREET, NORTHAMPTON, MA

OPEN MON-SAT 11AM-10PM | SUN 11AM-9PM

413-586-7311 | BUENOYSANO.COM