


# 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> [black or pinto].....	6.54	407-720
<b>CHICKEN, STEAK, OR PULLED PORK</b> .....	7.94	589-1027
<i>[regular, BBQ,  spicy BBQ, chipotle, or  buffalo sauce - add .38]</i>		
 <b>SAUTÉED SPINACH &amp; GARLIC</b> .....	7.94	507-820
<b>GRILLED SHRIMP</b> .....	9.95	527-840
 <b>SEITAN OR TOFU</b> .....	8.88	507-945
<i>[add any BBQ sauce]</i>		
 <b>MIXED GRILL</b> .....	8.18	517-830
<i>[red 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

<b>SMOKED BRISKET BURRITO</b>		cals.
Rice, beans, cheese, grilled onions, pico de gallo & chipotle sour cream.....	9.75	1014
<b>LOCAL BEEF CHILI BURRITO</b>		
Roaming Farm (Deerfield, MA)		
Beef chili, lettuce, cheese, pico de gallo & ranchero sauce.....	8.75	615-928
 <b>THAI BURRITO</b> [chicken, steak,  tofu, or  seitan]		
Basmati rice, cabbage slaw, lettuce, spicy Thai peanut sauce, fresh mint & onion.....	8.41	865-947
<b>EAST/WEST BURRITO</b> [chicken, steak,  tofu, or  seitan]		
Basmati rice, stir fried veggies & Asian plum sauce.....	8.41	803-885
 <b>SALVADORAN BURRITO</b>		
Rice & beans cooked with zucchini & peppers, lettuce, cheese, pico de gallo & sauce.....	7.00	849
add chicken.....	1.00	+80
 <b>CHICKPEA &amp; RED CURRY BURRITO</b>		
Rice, lettuce, cheese, pico de gallo & sauce.....	7.00	729-904
add chicken OR sautéed spinach & garlic.....	1.75	+80
<b>BREAKFAST BURRITO</b>		
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
<b>ORDER OF THREE</b> .....	4.00
	cals. 190 370

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
[BBQ, <b>🔥</b> spicy BBQ, chipotle, or <b>🔥</b> buffalo - add .25]		
<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
<b>KIDS CHICKEN &amp; CHEESE TACO</b> .....	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
[regular, BBQ, <b>🔥</b> spicy BBQ, chipotle, or <b>🔥</b> buffalo]		
<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
[served with rice & beans - add chicken +.75]		+80

## 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.....	7.76	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.

		calcs.
.....	9.75	1014

### CHICKEN BACON RANCH BURRITO

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

		calcs.
.....	8.75	1205

### BURRITO OR TACO "SPECIAL"

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

<b>🔥</b> a chargrilled jalapeño to any burrito or two tacos.....	add 2.00	+340
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### FISH TACOS [2]

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

		calcs.
.....	7.94	642

### KOREAN BBQ TACOS [2]

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

		calcs.
.....	8.50	585

All prices subject to change

# BUENO Y SANO

935 RIVERDALE ST, WEST SPRINGFIELD, MA

OPEN 11 AM - 9 PM DAILY | SUN 11 AM - 7 PM

413-737-1259 | BUENOYSANO.COM