

# 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 cal.

|                                                                                                                                                                                                                                     |          |          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
|  <b>BEAN BURRITO</b> [black or pinto].....                                                                                                           | 6.54     | 407-720  |
| <b>CHICKEN, STEAK, OR PULLED PORK</b> .....                                                                                                                                                                                         | 7.94     | 589-1027 |
| [regular, BBQ,  spicy BBQ, chipotle, or  buffalo sauce - add .38] |          |          |
|  <b>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  |
| [add any BBQ sauce]                                                                                                                                                                                                                 |          |          |
|  <b>MIXED GRILLED VEGGIE</b> .....                                                                                                                  | 8.18     | 517-830  |
| [red pepper, zucchini, portobello, onion]                                                                                                                                                                                           |          |          |
| <b>PORTOBELLO</b> .....                                                                                                                                                                                                             | 7.94     | 505-818  |
| <b>MUSHROOM &amp; ONION</b> .....                                                                                                                                                                                                   | 7.94     | 500-813  |
| <b>GUACAMOLE</b> .....                                                                                                                                                                                                              | add 2.00 | +95      |
| <b>BURRITO &amp; TACO SPECIAL</b> .....                                                                                                                                                                                             | add 2.00 | +95      |
| Add a side of rice, beans, &  grilled jalepeño when you order burrito or tacos                                                                   |          |          |

### PLEASE ASK FOR SOUR CREAM

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** [chicken, steak, tofu, or seitan]

Basmati rice, cabbage slaw, lettuce,

spicy Thai sauce, fresh mint & onion ..... 8.41 865-947

### **EAST/WEST BURRITO** [chicken, steak, tofu, or seitan]

Basmati rice, stir fried veggies & Asian plum sauce ..... 8.41 803-885

### **CHICKPEA & RED CURRY BURRITO**

Rice, lettuce, cheese, pico de gallo & sauce ..... 7.00 729-904

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

### CHICKEN BACON RANCH BURRITO

Rice, beans, cheese, lettuce, & pico de gallo

with mild, medium, hot, or wicked hot sauce.  ..... 8.75 1205

### SALVADORAN CHICKEN BURRITO

Rice & beans cooked with a bit of zucchini &

peppers, lettuce, cheese, pico & mild sauce ..... 8.18 929

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. **🔥**

|          |                                                                                      |          |             |
|----------|--------------------------------------------------------------------------------------|----------|-------------|
| <b>V</b> | <b>BEAN TACO</b> [black or pinto] .....                                              | 2.76 ea. | <b>300</b>  |
|          | <b>CHICKEN, STEAK, OR PULLED PORK TACO</b> .....                                     | 3.74 ea. | <b>330</b>  |
|          | <i>[BBQ, <b>🔥</b> spicy BBQ, chipotle, or <b>🔥</b> buffalo - add .25]</i>            |          |             |
| <b>V</b> | <b>SPINACH &amp; GARLIC TACO</b> .....                                               | 3.74 ea. | <b>350</b>  |
|          | <b>SMOKED BRISKET TACOS [2]</b> .....                                                | 9.75     | <b>1014</b> |
|          | <i>Comes with pinto beans, rice, and a grilled jalapeño</i>                          |          |             |
|          | <b>KOREAN BBQ TACOS [2]</b> .....                                                    | 8.50     | <b>585</b>  |
|          | <i>Crispy pulled pork, Hostah Hill Kimchi, lettuce, cheese &amp; tangy BBQ sauce</i> |          |             |
|          | <b>FISH TACOS [2]</b> .....                                                          | 7.50     | <b>585</b>  |
| <b>V</b> | <b>KIDS BEAN &amp; CHEESE TACO</b> .....                                             | 2.75 ea. | <b>285</b>  |
|          | <b>KIDS CHICKEN &amp; CHEESE TACO</b> .....                                          | 3.25 ea. | <b>290</b>  |

# 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**

|          |                                                                          |      |             |
|----------|--------------------------------------------------------------------------|------|-------------|
| <b>V</b> | <b>CHEESE QUESADILLA</b> .....                                           | 7.71 | <b>1085</b> |
|          | <b>CHICKEN, STEAK, OR PULLED PORK</b> .....                              | 9.11 | <b>1267</b> |
|          | <i>[regular, BBQ, <b>🔥</b> spicy BBQ, chipotle, or <b>🔥</b> buffalo]</i> |      |             |
|          | <b>CHICKEN &amp; SPINACH</b> .....                                       | 9.11 | <b>1291</b> |
|          | <b>CHICKEN &amp; RED ONION</b> .....                                     | 9.11 | <b>1291</b> |
|          | <b>STEAK &amp; MUSHROOM</b> .....                                        | 9.11 | <b>1367</b> |
| <b>V</b> | <b>SPINACH &amp; GARLIC</b> .....                                        | 9.11 | <b>1155</b> |
| <b>V</b> | <b>GRILLED PEPPER</b> .....                                              | 8.81 | <b>1105</b> |
| <b>V</b> | <b>PORTOBELLO</b> .....                                                  | 8.81 | <b>1155</b> |
| <b>V</b> | <b>KIDS QUESADILLA</b> .....                                             | 5.00 | <b>610</b>  |
|          | <i>[served with rice &amp; beans - add chicken +.75]</i>                 |      |             |

# GRILLED 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**

|           |                                             |       |            |
|-----------|---------------------------------------------|-------|------------|
| <b>VG</b> | <b>BASIC GRILLED SALAD</b> .....            | 7.76  | <b>685</b> |
|           | <b>CHICKEN, STEAK, OR PULLED PORK</b> ..... | 9.58  | <b>835</b> |
| <b>VG</b> | <b>ZUCCHINI &amp; PORTABELLO</b> .....      | 9.58  | <b>795</b> |
|           | <b>GRILLED SHRIMP</b> .....                 | 11.50 | <b>813</b> |

## STARTERS

|           |                             |      |            |
|-----------|-----------------------------|------|------------|
| <b>GF</b> | <b>TORTILLA CHIPS</b> ..... | 1.50 | <b>296</b> |
| <b>VG</b> | <b>SALSA</b> .....          | FREE | <b>18</b>  |
| <b>VG</b> | <b>GUACAMOLE</b> .....      | 1.75 | <b>107</b> |

## GRILLED JALAPEÑOS

|  |                                                                                                |      |
|--|------------------------------------------------------------------------------------------------|------|
|  | Stuffed with cream cheese and chopped grilled mushrooms - served with rice. <b>GF</b> <b>🔥</b> |      |
|  | <b>EACH</b> .....                                                                              | 2.00 |
|  | <b>ORDER OF THREE</b> .....                                                                    | 4.00 |

*All prices subject to change*

# BUENO Y SANO

**880 SUMNER AVE. SPRINGFIELD, MA**

**OPEN 11 AM - 9 PM DAILY**

**413-301-0976 | BUENOYSANO.COM**