


# 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

 <b>Bean Burrito</b> ..... 7.25 407-720 <i>[black or pinto]</i>
<b>Chicken</b> ..... 8.75 589-1027 <i>[regular, BBQ, spicy BBQ, chipotle, or buffalo]</i>
<b>Pulled Pork</b> ..... 8.75 507-820 <i>[regular, BBQ, spicy BBQ]</i>
<b>Grilled Steak</b> ..... 9.00 527-840
<b>Sauteed Spinach &amp; Garlic</b> ..... 8.75 527-840
 <b>Seitan or Tofu</b> ..... 9.00 507-945 <i>[regular, BBQ, spicy BBQ, chipotle, or buffalo]</i>
 <b>Fresh Spinach</b> ..... 8.25 517-830
 <b>Grilled Red Pepper</b> ..... 8.75 517-830
 <b>Portobello Mushroom</b> ..... 8.75 517-830

Substitute whole wheat tortilla on any burrito!


<b>Grande</b> <i>[really big]</i> ..... add 0.50 + 95
<b>Pequeño</b> <i>[small]</i> ..... subtract 0.50 - 75
<b>Burrito Special:</b> Add a side of rice, beans, & grilled jalapeño to any burrito ..... add 1.75 + 340

### FREE ADD-ONS

Grilled Garlic • Cilantro • Jalapeño

## SPECIALTIES

calories

 <b>Thai Burrito</b> Basmati rice, red cabbage slaw, spicy Thai peanut sauce & Shredded lettuce ..... 9.00 865-947 <i>[chicken, steak,  tofu or seitan]</i>
<b>East/West Burrito</b> Basmati rice, stir fried veggies, & Asian plum sauce. .... <b>Currently Unavailable</b> <i>[chicken, steak, tofu or seitan]</i>
<b>Fish Tacos</b> Pico de gallo, shredded lettuce & chipotle sour cream served with a side of rice ..... <b>Currently Unavailable</b>
 <b>Chickpea &amp; Red Curry Burrito</b> Rice, lettuce, cheese, pico de gallo & mild sauce ..... 8.25 722-904 add chicken OR sautéed spinach & garlic ..... 1.75
 <b>Breakfast Burrito</b> Eggs, black beans, cheese, pico & sauce. <b>Currently Unavailable</b> add spinach, mushrooms or onions.v ..... 0.75 ea.




Chips 1.50/bag 296 cal. • Guacamole 1.75 107 cal.

 gluten free  vegan  vegetarian  spicy

## QUESADILLAS

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

calories

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

## GRILLED SALADS

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

calories

 <b>Basic Grilled Salad</b> ..... 8.00 685
<b>With Chicken, Steak, or Pork</b> ..... 9.75 835
 <b>With Zucchini &amp; Portobello</b> ..... 9.75 671 add fresh spinach to any salad ..... 1.00 + 20



## SOFT TACOS

[flour or  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

 <b>Bean Taco</b> ..... 3.25 ea. 300 <i>[black or pinto]</i>
<b>Chicken</b> ..... 4.00 ea. 350
<b>Grilled Steak</b> ..... 4.00 ea. 350
<b>Pulled Pork</b> ..... 4.00 ea. 350
 <b>Kids' Bean &amp; Cheese Taco</b> ..... 2.75 ea. 285
<b>Kids' Chicken &amp; Cheese Taco</b> ..... 3.25 ea. 290

**Taco Special** Add a side of rice, beans & a grilled jalapeño to any 2 tacos ..... add 1.75 + 340

All prices subject to change

 gluten free  vegan  vegetarian  spicy

# BUENO Y SANO

BLUE MALL, 150 DORSET ST.  
SOUTH BURLINGTON, VT **Temporary Covid19 Hours**  
11AM - 7:30 PM, MON - SAT, CLOSED SUNDAY  
802-448-3317 | BUENOYSANO.COM

## DRINKS

We have a selection of drinks we can add to your takeout order. Not all will be available. Please ask when you place your order.

<b>Coca-Cola</b> ..... 2.50 <i>[Glass Bottle]</i>
<b>Honest Half &amp; Half</b> ..... 2.50
<b>Nantucket Nectars</b> ..... 2.25 <i>[Half &amp; Half, Lemonade, Orange Mango, Cranberry, Apple]</i>
<b>Poland Spring Seltzer</b> ..... 2.00 <i>[Raspberry Lime, Orange, Lemon]</i>
<b>Sanpellegrino</b> ..... 2.25 <i>[Lemon, Orange, Blood Orange, Grapefruit, Pomegranite Orange]</i>
<b>Smart Water</b> ..... 2.00
<b>Snapple Unsweetend Tea</b> ..... 2.50
<b>Stewart's Root Beer</b> ..... 2.50

## BEER!

We can now sell you unopened takeout beer and hard cider! Here's our current selection (subject to change). You will need to present a valid ID of course.

<b>The Alchemist</b> ..... 4.00 <i>[Heady Topper, Focal Banger]</i>
<b>Citizen Cider</b> ..... 4.75 <i>[Unified Press]</i>
<b>Sierra Nevada Pale Ale</b> ..... 3.75
<b>Stella Artois</b> ..... 3.75
<b>Zero Gravity</b> ..... 4.00 <i>[Green State Lager, Conehead IPA]</i>