**BEAN BURRITO**  
(black or pinto)  
6.78 cals.

**CHICKEN, STEAK, OR PULLED PORK**  
(regular, BBQ, spicy BBQ, chipotle, or buffalo sauce + add .38)  
8.18 cals.

**SAUTÉED SPINACH & GARLIC**  
8.18 cals.

**GRILLED SHRIMP**  
10.28 cals.

**SEITAN OR TOFU**  
(add any BBQ sauce)  
9.11 cals.

**MIXED GRILL**  
(red pepper, zucchini, portobello, onion)  
8.41 cals.

**FREE ADD-ONS**  
Sour Cream • Lowfat Yogurt • Grilled Corn

Substitute whole wheat tortilla, brown rice, or low-fat yogurt on any item!

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**SPECIALTY BURRITOS**

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

**LOCAL BEEF CHILI BURRITO**  
Roaming Farm (Deerfield, MA)  
Rice, chili, lettuce, cheese, pico de gallo & Ranchero sauce  
9.11 cals.

**THAI BURRITO**  
(chicken, steak, tofu, or seitan)  
8.64 cals.

**EAST/WEST BURRITO**  
(chicken, steak, tofu, or seitan)  
8.64 cals.

**SALVADORAN BURRITO**  
Rice & beans cooked with zucchini & peppers, lettuce, cheese, pico de gallo & sauce  
7.24 cals.

**CHICKPEA & RED CURRY BURRITO**  
Rice, lettuce, cheese, pico de gallo & sauce  
7.24 cals.

**BREAKFAST BURRITO**  
Chipotle scrambled eggs with onion & green pepper, pinto beans, cheese, pico de gallo, mild sauce and chipotle sour cream  
7.94 cals.

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**STARTERS**

**TORTILLA CHIPS**  
1.75 cals.

**SALSA**  
FREE

**GUACAMOLE**  
1.75 cals.

**GRILLED JALAPEÑOS**  
Stuffed with cream cheese and chopped grilled mushrooms - served with rice.  
2 cals.

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Before placing your order, please inform your server if a person in your party has a food allergy.
SOFT TACOS
[FLOUR OR CORN TORTILLAS]
Cheese, lettuce, pico de gallo, mild, medium, hot, or wicked hot sauce.

BEAN TACO (black or pinto).......................... 2.94 ea. 300
CHICKEN, STEAK, OR PULLED PORK TACO (BBQ, spicy BBQ, chipotle, or Buffalo + .25) 3.74 ea. 330
SAUTÉED SPINACH & GARLIC TACO.................. 3.74 ea. 350
SEITAN OR TOFU TACO (add any BBQ sauce)........ 4.25 ea. 350
KIDS BEAN & CHEESE TACO.......................... 2.75 ea. 285
KIDS CHICKEN & STEAK TACO WITH CHEESE........... 3.25 ea. 290

QUESADILLAS
Crispy tortilla with melted cheese, served with sides of rice, beans, sour cream & pico de gallo.
Red add peppers, zucchini, or portobello mushrooms each +1.40 calves.

CHEESE QUESADILLA........................................ 8.18 1085
CHICKEN, STEAK, OR PULLED PORK (regular, BBQ, spicy BBQ, chipotle, or Buffalo)........ 9.11 1287
CHICKEN & GRILLED RED ONION......................... 9.11 1287
CHICKEN & FRESH SPINACH.............................. 9.35 1291
STEAK & MUSHROOM........................................ 9.35 1367
SAUTÉED SPINACH & GARLIC.......................... 9.11 1155
KIDS QUESADILLA (served with rice & beans + add chicken +.75).......................... 5.00 610 +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.

BASIC GRILLED SALAD...................................... 8.18 685
WITH CHICKEN, STEAK, OR PULLED PORK............ 9.81 835
WITH ZUCCHINI & PORTABELLO......................... 9.81 755
WITH GRILLED SHRIMP..................................... 11.75 813

SPECIALTIES
SMOKED BRISKET TACO PLATE............................ 10.05 1014
CHICKEN BACON RANCH BURRITO
Rice, beans, cheese, lettuce, & pico de gallo with mild, medium, hot, or wicked hot sauce. .......... 8.75 1205
BURRITO OR TACO “SPECIAL”
Add a side of rice, black (or potato) beans & a charred jalapeño to any burrito or two tacos adds 2.24 +340
FISH TACOS [2]
Crispy breaded fish, grilled onion, lettuce, pico & chipotle sour cream........................... 8.18 642
KOREAN BBQ TACOS [2]
Crispy pulled pork, Hoshi-Ho Rice, lettuce, cheese & tangy BBQ sauce.......................... 8.50 585

All prices subject to change

BUENO Y SANO
1 BOLTWOOD WALK, AMHERST, MA 01002
OPEN 11 AM - 9 PM DAILY
413-253-4000 | BUENOSYANO.COM