

# 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> ..... 6.78 407-720 <i>[black or pinto]</i>
<b>CHICKEN, STEAK, OR PULLED PORK</b> ..... 8.18 589-1027 <i>[regular, BBQ,  spicy BBQ, chipotle, or  buffalo sauce - add .38]</i>
 <b>SAUTÉED SPINACH &amp; GARLIC</b> ..... 8.18 507-820
<b>GRILLED SHRIMP</b> ..... 10.28 527-840
 <b>SEITAN OR TOFU</b> ..... 9.11 507-945 <i>[add any BBQ sauce]</i>
 <b>MIXED GRILL</b> ..... 8.41 517-830 <i>[pepper, zucchini, portobello, onion]</i>

### FREE ADD - ONS



Sour Cream • Lowfat Yogurt • Grilled Corn

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


## SPECIALTY BURRITOS

<b>SMOKED BRISKET BURRITO</b> ..... 10.05 1014	cals.
<i>Rice, beans, cheese, grilled onions, pico de gallo &amp; chipotle sour cream</i>	
<b>LOCAL BEEF CHILI BURRITO</b> ..... 9.11 615-928	
<i>Roaming Farm (Deerfield, MA) Beef chili, lettuce, cheese, pico de gallo &amp; ranchero sauce</i>	
 <b>THAI BURRITO</b> ..... 8.64 865-947	
<i>Basmati rice, cabbage slaw, lettuce, spicy Thai peanut sauce, fresh mint &amp; onion [chicken, steak,  tofu, or  seitan]</i>	
<b>EAST/WEST BURRITO</b> ..... 8.64 803-885	
<i>Basmati rice, stir fried veggies &amp; Asian plum sauce [chicken, steak,  tofu, or  seitan]</i>	
 <b>SALVADORAN BURRITO</b> ..... 7.24 849	
<i>Rice &amp; beans cooked with zucchini &amp; peppers, lettuce, cheese, pico de gallo &amp; sauce</i>	
<i>add chicken</i> ..... 1.00 +80	
 <b>CHICKPEA &amp; RED CURRY BURRITO</b> ..... 7.24 849	
<i>Rice, lettuce, cheese, pico de gallo &amp; sauce</i>	
<i>add chicken OR sautéed spinach &amp; garlic</i> ..... 1.75 +80	
<b>BREAKFAST BURRITO</b> ..... 7.94 935	
<i>Chipotle scrambled eggs with onion &amp; green pepper, pinto beans, cheese, pico de gallo, mild sauce and chipotle sour cream</i>	
<i>add bacon and extra cheese</i> ..... 1.75 +250	

## STARTERS

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

## GRILLED JALAPEÑOS

<i>Stuffed with cream cheese and chopped grilled mushrooms - served with rice.</i>	
 <b>EACH</b> ..... 2.25 190	cals.
<b>ORDER OF THREE</b> ..... 4.25 370	

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. **🔥**

		cals.
<b>V</b> BEAN TACO [black or pinto] .....	2.94 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
<b>KIDS CHICKEN &amp; STEAK TACO WITH CHEESE</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**

		cals.
<b>V</b> CHEESE QUESADILLA .....	8.18	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> .....	9.35	1291
<b>STEAK &amp; MUSHROOM</b> .....	9.35	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**

		cals.
<b>VG</b> BASIC GRILLED SALAD .....	8.18	685
<b>WITH CHICKEN, STEAK, OR PULLED PORK</b> .....	9.81	835
<b>VG</b> WITH ZUCCHINI & PORTABELLO .....	9.81	795
<b>WITH GRILLED SHRIMP</b> .....	11.75	813

# SPECIALTIES

## SMOKED BRISKET TACO PLATE

Organic Hadley corn tortillas, cheese, pico de gallo, mild sauce & chipotle sour cream, with rice, beans & grilled jalapeños. .... **10.05** 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 2.24** +340

## FISH TACOS [2]

Crispy breaded fish, grilled onion, lettuce, pico & chipotle sour cream. .... **8.18** 642

## KOREAN BBQ TACOS [2]

Crispy pulled pork, 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**