

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.**








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

FREE ADD - ONS

Sour Cream • Lowfat Yogurt • Grilled Corn

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.....	10.05	1014
LOCAL BEEF CHILI BURRITO		
Roaming Farm (Deerfield, MA)		
Beef chili, lettuce, cheese, pico de gallo & ranchero sauce.....	9.11	615-928
 THAI BURRITO [chicken, steak,  tofu, or  seitan]		
Basmati rice, cabbage slaw, lettuce, spicy Thai peanut sauce, fresh mint & onion.....	8.64	865-947
EAST/WEST BURRITO [chicken, steak,  tofu, or  seitan]		
Basmati rice, stir fried veggies & Asian plum sauce.....	8.64	803-885
 SALVADORAN BURRITO		
Rice & beans cooked with zucchini & peppers, lettuce, cheese, pico de gallo & sauce.....	7.24	849
add chicken.....	1.00	+80
 CHICKPEA & RED CURRY BURRITO		
Rice, lettuce, cheese, pico de gallo & sauce.....	7.24	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.....	7.94	935
add bacon and extra cheese.....	1.75	+250

STARTERS

 TORTILLA CHIPS	1.75	cals.
		296
 SALSA	FREE	18
 GUACAMOLE	1.75	107

GRILLED JALAPEÑOS

Stuffed with cream cheese and chopped grilled mushrooms - served with rice.  		cals.
EACH	2.25	190
ORDER OF THREE	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. **🔥**

		calcs.
V BEAN TACO [black or pinto]	2.94 ea.	300
CHICKEN, STEAK, OR PULLED PORK TACO	3.74 ea.	330
<i>[BBQ, 🔥 spicy BBQ, chipotle, or 🔥 buffalo - add .25]</i>		
V SAUTÉED SPINACH & GARLIC TACO	3.74 ea.	350
V SEITAN OR TOFU TACO [add any BBQ sauce]	4.25 ea.	350
V 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.

Add red peppers, zucchini, or portobello mushrooms **each +1.40**

		calcs.
V CHEESE QUESADILLA	8.18	1085
CHICKEN, STEAK, OR PULLED PORK	9.11	1267
<i>[regular, BBQ, 🔥 spicy BBQ, chipotle, or 🔥 buffalo]</i>		
CHICKEN & GRILLED RED ONION	9.11	1287
CHICKEN & FRESH SPINACH	9.35	1291
STEAK & MUSHROOM	9.35	1367
V SAUTÉED SPINACH & GARLIC	9.11	1155
V KIDS QUESADILLA	5.00	610
<i>[served with rice & 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**

		calcs.
VG BASIC GRILLED SALAD	8.18	685
WITH CHICKEN, STEAK, OR PULLED PORK	9.81	835
VG WITH ZUCCHINI & PORTABELLO	9.81	795
WITH GRILLED SHRIMP	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.

calcs.
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 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

935 RIVERDALE ST, WEST SPRINGFIELD, MA

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

413-737-1259 | BUENOYSANO.COM