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.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEAN BURRITO (black or pinto)</td>
<td>$6.78</td>
<td></td>
</tr>
<tr>
<td>CHICKEN, STEAK, OR PULLED PORK</td>
<td>$8.18</td>
<td>(regular, BBQ, spicy BBQ, chipotle, or buffalo sauce + add $0.50)</td>
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<tr>
<td>SPINACH &amp; GARLIC</td>
<td>$8.18</td>
<td></td>
</tr>
<tr>
<td>GRILLED SHRIMP</td>
<td>$10.28</td>
<td></td>
</tr>
<tr>
<td>SEITAN OR TOFU</td>
<td>$9.11</td>
<td>(add any BBQ sauce)</td>
</tr>
<tr>
<td>MIXED GRAILLED VEGGIE</td>
<td>$8.41</td>
<td>(red pepper, zucchini, portobello, onion)</td>
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<tr>
<td>PORTOBELLO</td>
<td>$8.18</td>
<td></td>
</tr>
<tr>
<td>MUSHROOM &amp; ONION</td>
<td>$8.18</td>
<td></td>
</tr>
<tr>
<td>ADD GUACAMOLE</td>
<td></td>
<td>add $1.75 +95</td>
</tr>
<tr>
<td>BURRITO &amp; TACO SPECIAL</td>
<td></td>
<td>Add a side of rice, beans, &amp; grilled jalapeño when you order burrito or tacos add $2.24 +95</td>
</tr>
</tbody>
</table>

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 10.05 1014 cals.
Rice, beans, cheese, grilled onions, pico de gallo & chipotle sour cream

LOCAL BEEF CHILI BURRITO 9.11 615-928
Roaming Farm (Deerfield, MA)
Beef chili, lettuce, cheese, pico de gallo & ranchero sauce

THAI BURRITO 8.64 865-947 [chicken, steak, tofu, or seitan]
Basmati rice, cabbage slaw, lettuce, spicy Thai sauce, fresh mint & onion

EAST/WEST BURRITO 8.64 803-885 [chicken, steak, tofu, or seitan]
Basmati rice, stir fried veggies & Asian plum sauce add chicken OR sautéed spinach & garlic $1.75 +80

CHICKPEA & RED CURRY BURRITO 7.24 799-904 cals.
Rice, lettuce, cheese, pico de gallo & sauce add chicken OR sautéed spinach & garlic $1.75 +80

BREAKFAST BURRITO 7.94 935 cals.
Chipotle scrambled eggs with onion & green pepper, pinto beans, cheese, pico de gallo, mild sauce and chipotle sour cream add bacon and extra cheese $1.75 +50

CHICKEN BACON RANCH BURRITO 8.75 1205 cals.
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.

Before placing your order, please inform your server if a person in your party has a food allergy.

GF GLUTEN FREE VG VEGAN V VEGETARIAN SPICY
SOFT TACOS
[FLOUR OR CORN TORTILLAS]

Stuffed with cream cheese and chopped grilled mushrooms - served with rice.

- BEAN TACO (black or pinto) 2.94 ea. 300
- CHICKEN, STEAK, OR PULLED PORK TACO [BBQ, spicy BBQ, chipotle, or buffalo - add .25] 3.74 ea. 330
- SPINACH & GARLIC TACO 3.74 ea. 350
- SMOKED BRISKET TACOS (2) 10.05 1014
- KOREAN BBQ TACOS (2) Crispy pulled pork, Hana Hill Kimchi, lettuce, cheese & tangy BBQ sauce 8.50 586
- FISH TACOS (2) 8.18 586
- KIDS BEAN & CHEESE TACO 2.75 ea. 285
- KIDS CHICKEN & STEAK TACO WITH CHEESE 3.25 ea. 390

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 cal.

- CHEESE QUESADILLA 8.18 1085
- CHICKEN, STEAK, OR PULLED PORK [regular, BBQ, spicy BBQ, chipotle, or buffalo] 9.11 1267
- CHICKEN & SPINACH 9.35 1291
- CHICKEN & RED ONION 9.11 1291
- STEAK & MUSHROOM 9.35 1267
- SPINACH & GARLIC 9.11 1291
- GRILLED PEPPER 9.11 1105
- PORTOBELLO 9.11 1155
- KIDS QUESADILLA [served with rice & beans - add chicken +.75] 5.00 610

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.

- BASIC GRILLED SALAD 8.18 685
- CHICKEN, STEAK, OR PULLED PORK 9.81 835
- ZUCCHINI & PORTOBELLO 9.81 795
- GRILLED SHRIMP 11.75 813

STARTERS

- TORTILLA CHIPS 1.75 206
- SALSA FREE 18 EACH 2.25 260
- GUACAMOLE 1.75 107 ORDER OF THREE 4.25 370

GRILLED JALAPEÑOS

Stuffed with cream cheese and topped with grilled mushrooms - served with rice.

All prices subject to change

BUENO Y SANO
2 ELM ST, SOUTH DEERFIELD, MA
OPEN 11 AM - 9 PM DAILY
413-665-4241 | BUENOYSANO.COM