BEAN BURRITO
[black or pinto] chicken, Steak, or Pulled Pork
(regular, BBQ, spicy BBQ, chipotle, or buffalo sauce • add .38)
Sauteed spinach & Garlic
grilled shrimp
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.

SAUTÉED SPINACH & GARLIC
GRILLED SHRIMP
SEITAN OR TOFU
[add any BBQ sauce]
MIXED GRILL
[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
cals.
Roaming Farm (Deerfield, MA)
Beef chili, lettuce, cheese, pico de gallo & ranchero sauce 9.11 615-928
THAI BURRITO [chicken, steak, tofu, or seitan]
Embroided rice, cabbage slaw, lettuce, spicy Thai peanut sauce, fresh mint & onion 8.64 865-947
EAST/WEST BURRITO [chicken, steak, tofu, or seitan]
Embroided rice, stir fried veggies & Asian plum sauce 8.64 865-947
SALVADORAN BURRITO
cals.
Rice & beans cooked with zucchini & peppers, lettuce, cheese, pico de gallo & sauce 7.24 849
add chicken 1.00 +80
CHICKPEA & RED CURRY BURRITO
cals.
Rice, lettuce, cheese, pico de gallo & sauce 7.24 799-904
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
cals.
TORTILLA CHIPS 1.75 296
SALSA FREE 18 EACH 2.25 150
GUACAMOLE 1.75 107 ORDER OF THREE 4.25 370

GRILLED JALAPEÑOS
Stuffed with cream cheese and chopped grilled mushrooms - served with rice 11.78 407-720
SUBSTITUTE WHOLE WHEAT TORTILLA, BROWN RICE, OR LOW-FAT YOGURT ON ANY ITEM!
Before placing your order, please inform your server if a person in your party has a food allergy.

Bueno Y Sano
BEAN BURRITO
6.78 407-720
CHICKEN, STEAK, OR PULLED PORK
8.18 589-1037
SAUTÉED SPINACH & GARLIC
8.18 507-820
GRILLED SHRIMP
10.28 527-840
SEITAN OR TOFU
9.11 507-945
MIXED GRILL
8.41 537-830

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SOFT TACOS
[FLOUR OR CORN TORTILLAS]
Cheese, lettuce, pico de gallo, mild, medium, hot, or wicked hot sauce.

<table>
<thead>
<tr>
<th>Tacos</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEAN TACO (black or pinto)</td>
<td>2.94 ea.</td>
<td>300</td>
</tr>
<tr>
<td>CHICKEN, STEAK, OR PULLED PORK TACO</td>
<td>3.74 ea.</td>
<td>330</td>
</tr>
<tr>
<td>[BBQ, spicy BBQ, chipotle, or buffalo - add $2]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SAUTÉED SPINACH &amp; GARLIC TACO</td>
<td>3.74 ea.</td>
<td>350</td>
</tr>
<tr>
<td>SEITAN OR TOFU TACO (add any BBQ sauce)</td>
<td>4.25 ea.</td>
<td>350</td>
</tr>
<tr>
<td>KIDS BEAN &amp; CHEESE TACO</td>
<td>2.75 ea.</td>
<td>285</td>
</tr>
<tr>
<td>KIDS CHICKEN &amp; STEAK TACO WITH CHEESE</td>
<td>3.25 ea.</td>
<td>290</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Quesadilla</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEESE QUESADILLA</td>
<td>8.18</td>
<td>1085</td>
</tr>
<tr>
<td>CHICKEN, STEAK, OR PULLED PORK</td>
<td>9.11</td>
<td>1267</td>
</tr>
<tr>
<td>[regular, BBQ, spicy BBQ, chipotle, or buffalo]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHICKEN &amp; GRILLED RED ONION</td>
<td>9.35</td>
<td>1385</td>
</tr>
<tr>
<td>CHICKEN &amp; FRESH SPINACH</td>
<td>9.35</td>
<td>1385</td>
</tr>
<tr>
<td>STEAK &amp; MUSHROOM</td>
<td>9.35</td>
<td>1385</td>
</tr>
<tr>
<td>SAUTÉED SPINACH &amp; GARLIC</td>
<td>9.11</td>
<td>1155</td>
</tr>
<tr>
<td>KIDS QUESADILLA (served with rice &amp; beans - add chicken +$0.75)</td>
<td>5.00</td>
<td>90</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Salad</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASIC GRILLED SALAD</td>
<td>8.18</td>
<td>685</td>
</tr>
<tr>
<td>WITH CHICKEN, STEAK, OR PULLED PORK</td>
<td>9.81</td>
<td>835</td>
</tr>
<tr>
<td>WITH ZUCCHINI &amp; PORTABELLO</td>
<td>9.81</td>
<td>795</td>
</tr>
<tr>
<td>WITH GRILLED SHrimp</td>
<td>11.75</td>
<td>815</td>
</tr>
</tbody>
</table>

SPECIALTIES

<table>
<thead>
<tr>
<th>Food</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMOKED BRISKET TACO PLATE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organic Hadley corn tortillas, cheese, pico de gallo, mild sauce &amp; chipotle sour cream, with rice, beans &amp; grilled jalapeños</td>
<td>10.05</td>
<td>1014</td>
</tr>
<tr>
<td>CHICKEN BACON RANCH BURRITO</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice, beans, cheese, lettuce, &amp; pico de gallo with mild, medium, hot, or wicked hot sauce</td>
<td>8.75</td>
<td>1205</td>
</tr>
<tr>
<td>BURRITO OR TACO &quot;SPECIAL&quot;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Add a side of rice, black or pinto beans &amp; a chargrilled jalapeño to any burrito or two tacos</td>
<td>add 2.24</td>
<td>+340</td>
</tr>
<tr>
<td>FISH TACOS [2]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crispy breaded fish, grilled onion, lettuce, pico &amp; chipotle sour cream</td>
<td>8.18</td>
<td>642</td>
</tr>
<tr>
<td>KOREAN BBQ TACOS [2]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crispy pulled pork, Hostah Hill Ramenb, lettuce, cheese &amp; tangy BBQ sauce</td>
<td>8.50</td>
<td>585</td>
</tr>
</tbody>
</table>

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