







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
<i>[regular, BBQ,  spicy BBQ, chipotle, or  buffalo sauce - add .38]</i>		
 Sautéed Spinach & Garlic	8.18	507-820
Grilled Shrimp	10.28	527-840
 Seitan or Tofu	9.11	507-945
<i>[add any BBQ sauce]</i>		
 Mixed Grill Veggie	8.41	517-830
<i>[red pepper, zucchini, portobello, onion]</i>		
Add Guacamole	1.75	
Free Add-Ons: Sour Cream, Lowfat Yogurt, Grilled Corn	free	

Substitute Whole wheat tortilla or brown rice 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	1.75	+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	296
 Salsa75	18
 Guacamole	2.75	277

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  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	3.74 ea.	330
<i>[BBQ,  spicy BBQ, chipotle, or  buffalo - add .25]</i>		
 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.

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

 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	9.58	1287
Chicken & Fresh Spinach	9.58	1291
Steak & Mushroom	9.58	1367
 Sautéed Spinach & Garlic	9.11	1155
 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. 

 Basic Grilled Salad	8.18	685
With Chicken, Steak, or Pulled Pork	9.81	835
 With Zucchini & Portobello	9.81	795
With Grilled Shrimp	11.75	813

SPECIALTIES

Smoked Brisket Taco Plate		cals.
Organic Hadley corn tortillas, cheese, pico de gallo, mild sauce & chipotle sour cream, with rice, beans & grilled jalapeños	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

I BOLTWOOD WALK, AMHERST, MA 01002

OPEN 11 AM - 9 PM DAILY

413-253-4000 | BUENOYSANO.COM