BURRITOS/BOWLS

Rice, beans, cheese, lettuce, & pico de gallo with mild, medium, hot, or wicked hot sauce. Make it Grande (+0.75) or +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 .90]
- Sauteed Spinach & Garlic 8.18 507-820
- Grilled Shrimp 10.28 527-840
- Seitan or Tofu [add any BBQ sauce] 9.11 507-945
- Mixed Grill Veggie [red pepper, zucchini, portobello, onion] 8.41 517-830
- Portobello 8.18 505-918
- Mushroom & Onion 8.18 500-813
- Add Guacamole add 1.75 +95
- Burrito & taco special add 2.24 +95

Add a side of rice, beans, or grilled jalapeño when you order burritos or tacos.

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 10.05 1014
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 [chicken, steak, tofu, or seitan] 8.64 865-947
Basmati rice, cabbage slaw, lettuce, spicy Thai peanut sauce, fresh mint & onion

- East/West Burrito [chicken, steak, tofu, or seitan] 8.64 803-885
Basmati rice, stir fried veggies & Asian plum sauce

- Salvadoran Burrito 7.24 849
Rice, chicken, peppers, lettuce, cheese, pico de gallo & sauce

- Chickpea & Red Curry Burrito 7.24 729-904
Rice, lettuce, cheese, pico de gallo & sauce
add chicken 1.75 +80

- Breakfast Burrito 7.94 935
Chipotle scrambled eggs with onion & green pepper, pinto beans, cheese, pico de gallo, mild sauce & chipotle sour cream
add bacon & extra cheese 1.75 +350

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

GLUTEN FREE  VEGAN  VEGETARIAN  SPICY

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

SOFT TACOS

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

- Bean Taco [black or pinto] 2.94 ea. 300 cals.
- Chicken, Steak, or Pulled Pork Taco [BBQ, spicy BBQ, chipotle, or buffalo - add .25] 3.74 ea. 330

- Sauteed 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 1287
- [regular, BBQ, spicy BBQ, chipotle, or buffalo]
- Chicken & Grilled Red Onion 9.58 1287
- Chicken & Fresh Spinach 9.58 1291
- Steak & Mushroom 9.58 1297
- Sauteed Spinach & Garlic 9.11 1155
- Kids Quesadilla 5.00 610 +80

KIDS QUESADILLA: Served with rice & beans - add chicken +.75

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

- 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

STARTERS

STUFFED JALAPENOS

- Tortilla Chips 2.96 296
- Salsa 75 18 Each 2.25 190
- Guacamole 2.75 277 Order of Three 4.25 370

GRILLED JALAPENOS

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