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 8.18 589-1037
  (regular, BBQ, spicy BBQ, chipotle, or buffalo sauce - add 38)
- Sauteéed Spinach & Garlic 8.18 507-820
- Grilled Shrimp 10.28 587-840
- Seitan or Tofu 9.11 507-945
  (add any BBQ sauce)
- Mixed Grill Veggie 8.41 517-830
  [red pepper, zucchini, portobello, onion]
- 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 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] 9.11 615-928
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 & beans cooked with zucchini & peppers, lettuce, pico de gallo & sour cream
  add chicken 1.75 +80
V Chickpea & Red Curry Burrito 7.24 729-904
Rice, lettuce, cheese, pico de gallo & sauce
  add chicken OR sautéed spinach & garlic 1.75 +80
Breakfast Burrito 7.94 935
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 +250

GRILLED JALAPEÑOS

Stuffed with cream cheese and chopped grilled mushrooms - served with rice.
- Guacamole 2.75 277
- Salsa 75 18
- Tortilla Chips 1.75 296
- Each 2.25 190
- Order of Three 4.25 370

Specialties

Smoked Brisket Taco Plate 10.05 1014
Organic Hadley corn tortillas, cheese, pico de gallo & chipotle sour cream, with rice, beans & grilled jalapeños
Chicken Bacon Ranch Burrito 8.75 1205
Rice, beans, cheese, lettuce, pico de gallo with mild, medium, hot, or wicked hot sauce.
Burrito or Taco "Special"  add a side of rice, black (or pinto) beans & a chargrilled jalapeño to any burrito or two tacos +22.44 +340
Fish Tacos [2] 8.18 642
Crispy breaded fish, grilled onion, lettuce, pico & chipotle sour cream
Korean BBQ Tacos [2] 8.50 585
Crispy pulled pork, Hoshah Full Kimchi, lettuce, cheese & tangy BBQ sauce

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]
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
  (BBQ, spicy BBQ, chipotle, or buffalo - add 25)
- Sauteéed Spinach & Garlic Taco 3.74 ea. 330
- Seitan or Tofu Taco 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
- Cheese quesadilla 8.18 1085
- Chicken, steak, or pulled pork (BBQ, spicy BBQ, chipotle, or buffalo)
- Chicken & Grilled Red Onion 9.58 1287
- Chicken & Fresh Spinach 9.58 1287
- Steak & Mushroom 9.58 1287
- Sauteéed Spinach & Garlic 9.11 1155
- Kids Quesadilla [served with rice & beans - add chicken +75] 5.00 610
  +80

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

BUENO Y SANO
935 RIVERDALE ST, WEST SPRINGFIELD, MA
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