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

**GRILLED JALAPEÑOS**

- **Tortilla Chips** 
  1.75 cals.
- **Salsa** 
  0.75 cals.
- **Guacamole** 
  2.75 cals.

**GRILLED JALAPEÑOS**

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

**STARTERS**

- **Tortilla Chips** 
  1.75 cals.
- **Salsa** 
  0.75 cals.
- **Guacamole** 
  2.75 cals.

**BURRITOS/BOWLS**

- **Bean Burrito** [black or pinto] 
  7.25 cals.
- **Chicken, Steak, or Pulled Pork**  
  8.60 cals.
- **Sauteéd Spinach & Garlic** 
  8.60 cals.
- **Seitan or Tofu** 
  9.50 cals.
- **Mixed Grill Veggie** 
  8.80 cals.

**SUBSTITUTE WHOLE WHEAT TORTILLA OR BROWN RICE ON ANY ITEM!**

**SPECIALTY BURRITOS**

- **Smoked Brisket Burrito** 
  10.50 cals.
- **Local Beef Chili Burrito** 
  9.50 cals.
- **Thai Burrito** [chicken, steak, seitan] 
  9.10 cals.
- **East/West Burrito** [chicken, steak, seitan] 
  9.10 cals.
- **Salvadoran Burrito** 
  7.75 cals.
- **Chickpea & Red Curry Burrito** 
  7.75 cals.
- **Breakfast Burrito** 
  8.50 cals.

**SOFT TACOS**

- **Bean Taco** [black or pinto] 
  3.25 cals.
- **Chicken, Steak, or Pulled Pork Taco** 
  4.00 cals.
- **Sauteéd Spinach & Garlic Taco** 
  4.00 cals.
- **Seitan or Tofu Taco** 
  4.25 cals.
- **Kids Bean & Cheese Taco** 
  2.75 cals.

**QUESADILLAS**

- **Cheese quesadilla** 
  8.60 cals.
- **Chicken, steak, or pulled pork** 
  9.75 cals.
- **Chicken & Grilled Red Onion** 
  10.25 cals.
- **Steak & Mushroom** 
  10.25 cals.
- **Kids Quesadilla** 
  6.00 cals.

**SPECIALTIES**

- **Smoked Brisket Taco Plate** 
  10.75 cals.
- **Chicken Bacon Ranch Burrito** 
  9.25 cals.
- **Burrito or Taco “Special”** 
  12.50 cals.
- **Fish Tacos [2]** 
  8.75 cals.
- **Korean BBQ Tacos [2]** 
  8.75 cals.

**SALADS**

- **Basic Grilled Salad** 
  9.00 cals.
- **With Chicken, Steak, or Pulled Pork** 
  10.50 cals.
- **With Zucchini & Portobello** 
  10.50 cals.
- **With Grilled Shrimp** 
  12.50 cals.

**ALL PRICES SUBJECT TO CHANGE**

**935 RIVERDALE ST, WEST SPRINGFIELD, MA**
**OPEN MON-SAT 11AM - 9PM | CLOSED SUNDAY**
**413-737-1259 | BUENOYSANO.COM**