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] 7.70 507-720
- Chicken, Steak, or Pulled Pork [regular, BBQ, spicy BBQ, chipotle, or buffalo sauce - add 36] 8.95 589-1027
- Suited Spinach & Garlic 8.95 507-820
- Grilled Shrimp 10.55 517-940
- Seitan or Tofu [add any BBQ sauce] 9.95 507-945
- Mixed Grill Veggie [red pepper, zucchini, portobello, onion] 8.95 517-930
  - Portobello 8.95 505-818
  - Mushroom & Onion 8.95 500-813
  - Add Guacamole add 2.00 +95
  - Burrito & taco special add 3.25 +95
    + Add a side of rice, beans, & grilled jalapeño when you order burrito 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 cals. 10.50 1014
  + Rice, beans, cheese, grilled onions, pico de gallo & chipotle sour cream
- Local Beef Chili Burrito 9.75 615-928
  + Roaming Farm (Springfield, MA) Beef chili, rice, lettuce, cheese, pico de gallo & ranchero sauce
- Thai Burrito [chicken, steak, tofu, or seitan] 9.50 865-947
  + Basmati rice, cabbage saute, lettuce, spicy Thai peanut sauce, fresh mint & onion
- East/West Burrito [chicken, steak, tofu, or seitan] 9.50 803-885
  + Basmati rice, stir fried veggies & Asian plum sauce

- Salvadoran Burrito 7.95 849
  + Rice & beans cooked with zucchini & peppers, lettuce, cheese, pico de gallo & sauce
  + Add chicken 1.00 +80

- Chickpea & Red Curry Burrito 7.95 789-904
  + Add chicken OR sautéed spinach & garlic 1.75 +80

- Breakfast Burrito 8.95 935
  + 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

- Chicken Bacon Ranch Burrito 8.95 1205
  + Rice, beans, cheese, lettuce, & pico de gallo with mild, medium, hot, or wicked hot sauce

- Salvadoran Chicken Burrito 8.95 929
  + Rice & beans cooked with a bit of zucchini & peppers, lettuce, cheese, pico & mild sauce

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

GF GLUTEN FREE V VEGAN V VEGETARIAN SPICY

SOFT TACOS

[FLOUR OR C Cas ORN TORTILLAS]

Cheese, lettuce, pico de gallo, mild, medium, hot, or wicked hot sauce.

- Bean Taco [black or pinto] 3.75 ea. 300 cals.
- Chicken, Steak, or Pulled Pork Taco [BBQ, spicy BBQ, chipotle, or buffalo - add 25] 4.25 ea. 330
- Suited Spinach & Garlic Taco 4.25 ea. 350
- Fish Tacos [2] Crispy breaded fish, grilled onion, lettuce, pico & chipotle sour sauce 8.95 642
- Kids Bean & Cheese Taco 3.25 ea. 285
- Kids Chicken or Steak Taco with Cheese 3.95 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 8.95 1085 cals.
  + Chicken, steak, or pulled pork [regular, BBQ, spicy BBQ, chipotle, or buffalo] 10.55 1267
  + Chicken & Grilled Red Onion 10.95 1878
  + Chicken & Fresh Spinach 10.95 1851
  + Steak & Mushroom 10.95 1767
  + Spinach & Garlic 10.55 1775
  + Grilled Pepper 10.55 1615
  + Portobello 10.55 1795
  + Kids Quesadilla 8.95 1728
    [served with rice & beans - add chicken +1.00]

SALADS

Romaine lettuce, fresh spinach, grilled red pepper & onions with balsamic, lemon herb or jalapeño lime dressing. Served with a side of black beans & rice. All salads are gluten-free. df

- Basic Grilled Salad 9.50 685 cals.
- With Chicken, Steak, or Pulled Pork 10.95 835 cals.
- With Zucchini & Portobello 10.95 795 cals.
- With Grilled Shrimp 12.95 813 cals.

STARTERS

- Tortilla Chips 2.25 296 cals.
  df +250
- Salsa Free 18 Each 2.75 Order of Three 5.95 370 cals.

GRILLED JALAPEÑOS

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

- Guacamole 2.95 277 cals.

BUENO Y SANO

15 COOLEY STREET, SPRINGFIELD, MA
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