







BUENO Y SANO

BURRITOS/BOWLS

Rice, beans, cheese, lettuce, pico de gallo, mild, medium, hot, or wicked hot sauce. 

Substitute brown rice or whole wheat tortilla on any item! **calories**

V Bean Burrito 8.75	407-720
<i>[black or pinto]</i>	
Grilled Chicken 9.75	589-1027
<i>[regular, BBQ,  spicy BBQ, chipotle, or  buffalo]</i>	
Grilled Steak 10.25	507-820
Pulled Pork 10.00	589-1027
<i>[regular or BBQ]</i>	
V Spinach & Garlic 9.95	507-820
Grilled Shrimp 12.50	527-840
V Tofu or Seitan 10.25	507-945
<i>[regular, BBQ,  spicy BBQ, chipotle, or  buffalo]</i>	
V Mixed Veggie 9.95	517-830
<i>[red pepper, zucchini, portobello, onion]</i>	
Chorizo 10.25	589-1027
<i>[with sautéed onions]</i>	
Buffalo Chicken Bacon Ranch 10.75	687-1027
Cajun Fish 10.75	922-1262
<i>[Chipotle Sour Cream and Grilled Onions]</i>	
Meat Lovers 11.25	589-1027
<i>[Chorizo, Ground Beef, Bacon, Peppers & Onions]</i>	
Three Amigos 11.95	760-1100
<i>[Grilled Chicken, Steak & Shrimp]</i>	
Super Burrito 11.50	760-1100
<i>[Grande Sized with Grilled Chicken & Steak with Bueno Sauce]</i>	
 Thai Burrito Basmati rice, red cabbage slaw, spicy Thai peanut sauce, fresh mint, & red onion 10.25	865-947
<i>[chicken, steak, VG tofu, or VG seitan]</i>	
East/West Burrito Basmati rice, stir fried veggies & Asian plum sauce. 10.25	803-885
<i>[chicken, steak, VG tofu, or VG seitan]</i>	
V Fajita Burrito Peppers, mushrooms, onions, rice, pinto beans, cheese, pico de gallo, lettuce 10.75	803-885
<i>[Choice of: Chicken, Steak, Pork or VG Tofu]</i>	
Baja Burrito Grilled chicken, bacon, white rice, black beans, cheese, pico de gallo, lettuce, diced onion & chipotle sour cream 10.75	722-904
V Chickpea & Red Curry Burrito	
Rice, lettuce, cheese, pico & sauce 9.00	722-904
add chicken OR sautéed spinach & garlic 3.00	
Pork Carnitas Burrito Pork carnitas, basmati rice, peppers, onions, red cabbage slaw, pico de gallo & lettuce 10.25	885-1035
V Breakfast Burrito	
Eggs black beans, cheese & sour cream 9.25	885-1035
add spinach, mushrooms & onions 1.25 ea.	
add bacon or chorizo 2.50	
El Presidente Burrito Choice of grilled chicken or steak with shrimp, chipotle sauce, rice, black beans, cheese, pico de gallo, lettuce, diced onion & fresh cilantro 11.50	1079
Make It Grande add 1.25	+ 95
VG Guacamole add 2.00	+ 95
GF Queso add 2.00	+ 80
Burrito Special: Add a side of rice, beans, & grilled  jalapeño when you order a burrito add 4.00	+ 340

GF gluten free **VG** vegan **V** vegetarian  spicy

All our beans and rice are vegan!

**BEFORE PLACING
YOUR ORDER PLEASE
INFORM YOUR SERVER
IF ANYONE IN YOUR
PARTY HAS A FOOD
ALLERGY.**

QUESADILLAS

Crispy tortilla with melted cheese & sides of rice, beans, sour cream, & ranchero sauce.

calories

V Cheese Quesadilla	9.75	1085		
Chicken	10.75	1267		
<i>[regular, BBQ, 🔥 spicy BBQ, chipotle, or 🔥 buffalo]</i>				
Steak	11.25	1267		
Pulled Pork	10.95	1267		
<i>[regular or BBQ]</i>				
Chicken & Spinach	11.25	1287		
Fajita Quesadilla	11.95	1155		
<i>Peppers, mushrooms & onions. [Choice of chicken, steak pork or tofu]</i>				
Steak & Mushroom	11.50	1367		
V Kids Quesadilla	8.00	610		
<i>with chicken</i>			8.75	+ 80
<i>with beans</i>			8.50	+ 80

GRILLED SALADS

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

VG Basic Grilled Salad	10.00	685
VG With Zucchini & Portobello	12.00	795
GF With Grilled Chicken	12.00	813
GF With Grilled Shrimp	13.95	813
GF With Grilled Steak	12.95	813

SOFT TACOS

[flour or **GF** corn tortillas]

Lettuce, cheese, & pico de gallo, with mild, medium, hot, or wicked hot sauce. 🔥

V Bean Taco	4.25 ea.	300
<i>[black or pinto]</i>		
Chicken Taco	4.50 ea.	330
Steak Taco	4.50 ea.	330
Pulled Pork Taco	4.50 ea.	330
V Black Bean & Spinach Taco	4.50 ea.	350
Fish Tacos	10.00 [two]	642
<i>grilled onions & chipotle sour cream</i>		
V Kids Bean & Cheese Taco	3.95 ea.	285
Kids Chicken & Cheese Taco	4.25 ea.	290
Taco Special Add a side of rice, beans & 🔥 grilled jalapeño when you order 2 tacos	add 4.00	+ 340

STARTERS

Nachos	11.95	1200-1325
<i>Loaded with all the fixings! [Choice of chicken or steak]</i>		
GF Tortilla Chips	2.50	296
VG Side of Salsa	2.00	18
VG Side of Guacamole	3.00	107
GF Side of Queso	3.00	120
Grilled Jalapeños Stuffed with cream cheese and diced, grilled mushrooms - served with rice. 🔥 GF		
Each	3.00	190
Order of Three	6.95	370

**BUENO
Y SANO** 

buenoysano.com/acton-menu



**OPEN
FOR LUNCH
& DINNER**

**263 MAIN ST, ACTON MA
OPEN DAILY 11 AM - 8:30 PM
978-263-9200 BUENOYSANO.COM**