BURRITOS/BOWLS
Rice, beans, cheese, lettuce, pico de gallo, mild, medium, hot, or wicked hot sauce. A Substitute brown rice or whole wheat tortilla on any item. calories

1 Bean Burrito [black or pinto] 9.00 407-720
Grilled Chicken [regular, BBQ, spicy BBQ, chipotle, or A] 9.95 $89-1027
Grilled Steak 10.95 507-820
Pulled Pork [regular or BBQ] 10.95 507-820
Spinach & Garlic 10.50 507-820
Grilled Shrimp 12.95 527-840
Tofu or Seitan [regular, BBQ, spicy BBQ, chipotle, or A] 11.00 507-945
Mixed Veggie [red pepper, zucchini, portobello, onion] 10.50 517-830
Chorizo [with sautéed onions] 10.75 589-1027
Buffalo Chicken Bacon Ranch 11.25 687-1027
Cajun Fish [Chipotle Sour Cream and Grilled Onions] 11.25 522-1529
Meat Lovers [Chorizo, Ground Beef, Bacon, Peppers & Onions] 11.75 589-1027
Three Amigos [Grilled Chicken, Steak & Shrimp] 12.50 760-1100
Super Burrito [Grande Sized with Grilled Chicken & Steak with Bueno Sauce] 12.00 760-1100
Thai Burrito Basmati rice, red cabbage slaw, spicy Thai peanut sauce [chicken, steak, A tofu, or A seitan] 10.95 885-947
East/West Burrito Basmati rice, stir fried veggies & Asian plum sauce [chicken, steak, A tofu, or seitan] 10.95 809-885
Fajita Burrito Peppers, mushrooms, onions, rice, pinto beans, cheese, pico de gallo, lettuce 11.25 803-885
[Choice of: Chicken, Steak, Pork or A Tofu]
Baja Burrito Grilled chicken, bacon, white rice, black beans, cheese, pico de gallo, lettuce, diced onion & chipotle sour cream 11.25 722-904
Chickpea & Red Curry Burrito Rice, lettuce, cheese, pico & sauce add chicken OR sautéed spinach & garlic 10.00 722-904
Pork Carnitas Burrito Pork carnitas, basmati rice, peppers, onions, red cabbage slaw, pico de gallo & lettuce 11.25 886-1035
Breakfast Burrito Eggs, black beans, cheese & sour cream 9.95 386-1035
add spinach, mushrooms & onions 1.50 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 onions & fresh cilantro 12.50 1079
Make It Grande add 1.50 * 95
Guacamole add 2.00 * 95
Queso add 2.00 * 80
Burrito Special: Add a side of rice, beans, & grilled jalapeños when you order a burrito add 4.00 * 340

GF gluten free V veg W vegan E vegetarian P pica
All our beans and rice are vegan!

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

BUENO Y SANO
buenoysano.com/maynard-menu

QUESADILLAS
Crispy tortilla with melted cheese & sides of rice, beans, sour cream, & ranchero sauce.
calories
1 Cheese Quesadilla 9.95 1085
Chicken [regular, BBQ, spicy BBQ, chipotle, or A] 11.95 1267
Steak 13.50 1267
Pulled Pork [regular or BBQ] 12.00 1267
Chicken & Spinach 13.50 1267
Fajita Quesadilla 12.50 1155
Peppers, mushrooms & onions. [Choice of chicken, steak pork or tofu]
Steak & Mushroom 13.50 1267
Kids Quesadilla 8.00 610
with chicken 8.75 + 80
with beans 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. A

Basic Grilled Salad 10.95 685
With Zucchini & Portobello 12.00 795
With Grilled Chicken 13.50 813
With Grilled Shrimp 14.50 813
With Grilled Steak 13.95 813

SOFT TACOS [flour or corn tortillas]
Lettuce, cheese, & pico de gallo, with mild, medium, hot, or wicked hot sauce. A

Bean Taco 4.50 ea. 300
[black or pinto]
Chicken Taco 4.75 ea. 330
Steak Taco 4.75 ea. 330
Pulled Pork Taco 4.75 ea. 330
Black Bean & Spinach Taco 4.75 ea. 350
Fish Tacos 10.00 [two] 642
Kids Bean & Cheese Taco 4.85 ea. 285
Kids Chicken & Cheese Taco 4.50 ea. 290
Taco Special Add a side of rice, beans & grilled jalapeños when you order 2 tacos add 4.00 * 340

SALADS

STARTERS
Nachos Loaded with all the fixings! [Choice of chicken or steak] 12.50 1200-1325
Tortilla Chips 2.50 296
Side of Salsa 2.00 18
Side of Guacamole 3.00 107
Side of Queso 3.00 120
Grilled Jalapeños Stuffed with cream cheese and diced, grilled mushrooms - served with rice A 3.00 190
Each 3.00 190
Order of Three 6.95 370

OPEN FOR LUNCH & DINNER
2 DIGITAL WAY, MAYNARD MA
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