

BUENO Y SANO

BURRITOS/BOWLS

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

Ask for sour cream, chipotle sour cream or low-fat yogurt – no charge!

 Bean Burrito 407-720	calories
[black or pinto]	
Chicken 589-1027	
[regular, BBQ, spicy BBQ, chipotle, or buffalo]	
Pulled Pork 507-820	
[regular, BBQ, spicy BBQ]	
Grilled Steak 527-840	
Sauteed Spinach & Garlic 527-840	
 Seitan or Tofu 507-945	
[regular, BBQ, spicy BBQ, chipotle, or buffalo]	
 Fresh Spinach 517-830	
 Grilled Red Pepper 517-830	
 Portobello Mushroom 517-830	

Substitute whole wheat tortilla on any burrito!

Grande [really big] + 95	
Pequeño [small] - 75	
Burrito Special: Add a side of rice, beans, & grilled jalapeño to any burrito + 340	

FREE ADD-ONS

Grilled Garlic • Cilantro • Jalapeño

SPECIALTIES

 Thai Burrito Basmati rice, red cabbage slaw, spicy Thai peanut sauce & Shredded lettuce 865-947	calories
[chicken, steak,  tofu or seitan]	
East/West Burrito Basmati rice, stir fried veggies, & Asian plum sauce. 803-885	
[chicken, steak, tofu or seitan]	
 Chickpea & Red Curry Burrito Rice, lettuce, cheese, pico de gallo & mild sauce 722-904	
add chicken OR sautéed spinach & garlic	
 Breakfast Burrito Eggs, black beans, cheese, pico & sauce. 885-1035	
add spinach, mushrooms or onions	

Chips 296 cal. • **Guacamole** 107 cal.

 gluten free  vegan  vegetarian  spicy

QUESADILLAS

Crispy tortilla with melted cheese, sides of rice, beans, sour cream & pico de gallo.

 Cheese Quesadilla 1085	calories
[black or pinto]	
Chicken, Steak, or Pulled Pork 1267	
Chicken & Spinach 1287	
Chicken & Grilled Red Onion 1291	
Steak & Mushroom 1367	
 Sauteed Spinach & Garlic 1155	
 Kids' Quesadilla 610	
add chicken + 80	

GRILLED SALADS

Romaine lettuce, grilled red pepper, onions, & balsamic or lemon herb dressing. Served with sides of black beans & rice.

 Basic Grilled Salad 685	calories
With Chicken, Steak, or Pork 835	
 With Zucchini & Portobello 671	
add fresh spinach to any salad + 20	

SOFT TACOS

[flour or  soft corn tortillas]

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

Ask for sour cream, chipotle sour cream or low-fat yogurt – no charge!

 Bean Taco 300	calories
[black or pinto]	
Chicken 350	
Grilled Steak 350	
Pulled Pork 350	
 Kids' Bean & Cheese Taco 285	
Kids' Chicken & Cheese Taco 290	

Taco Special Add a side of rice, beans & a grilled jalapeño to any 2 tacos **+ 340**

All prices subject to change

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BUENO Y SANO

BLUE MALL, 150 DORSET ST., STE 300
SOUTH BURLINGTON, VT
11AM - 7:30 PM, MON - SAT, CLOSED SUN
802-448-3317 | BUENOYSANO.COM