

# Bueno Y Sano

880 Sumner Ave., Springfield, MA  
 Call Ahead for Pick Up (413) 301-0976 or (413) 301-0978  
 – For Delivery Call Delivery Express (413) 781-0800  
 Open Daily 11 a.m. – 9 p.m.

## Burritos

Rice, beans, lettuce, cheese, pico de gallo (tomato, cilantro and onion) and mild sauce

\*Ask for sour cream or low fat yogurt – no charge!

Bean.....	5.00	Sautéed Spinach.....	6.50
Chicken.....	6.25	Salvadoran (Rice made w/beans & veggies) ...	6.00
BBQ Chicken.....	6.50	Grilled Red Pepper.....	6.50
Steak.....	6.50	Grilled Zucchini.....	6.25
Pulled Pork.....	6.75	Veggie Chili.....	6.00
Beef Chili.....	6.50	Grilled Tomato & Garlic.....	6.25
Red Onion & Mushroom.....	6.25	Grilled Shrimp.....	8.50
Sautéed Spinach & Garlic.....	6.75	Chickpea & Red Curry.....	6.00
Portabella Mushroom.....	6.75	Sauteed Mushroom.....	6.00
Fresh Spinach.....	6.00		

\*MAKE IT A GRANDE! (REAL BIG) ADD 50¢ or pequeño (small) for 50¢ less

\*Extra Cheese 50¢ \*Extra Sour Cream 25¢ \*Guacamole \$ 1.00 \*Roasted Garlic 50¢

## Soft Tacos

Cheese, lettuce, pico de gallo, mild sauce

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

Bean Taco.....	1.75
Chicken Taco.....	2.75
BBQ Chicken Taco.....	2.75
Steak Taco.....	2.75
Pulled Pork Taco.....	3.00
Salvadoran Taco (Rice w/beans & veggies).....	2.00
Chickpea & Red Curry Taco.....	2.25
Fresh Spinach.....	2.00

## CAJUN CATFISH TACOS.....7.25

Cajun battered catfish served on flour tortillas and topped with lettuce, pico, and a tangy creole dressing

## Starters

Tortilla Chips.....	1.00
Salsa.....	.50
Guacamole.....	1.00

## Grilled Jalapeños

Stuffed with cream cheese and diced grilled mushrooms – served with rice.

Each.....	1.50
Order of Three.....	2.75

## Salads \$6.50

Romaine lettuce, grilled red pepper and onions served with rice and beans and choice of balsamic or lemon vinaigrette

### ADDITIONS – COMBINE ANY

Grilled Chicken.....	add 1.50
BBQ Chicken.....	add 1.75
Grilled Portabella & Zucchini.....	add 1.75
Grilled Zucchini.....	add 1.25
Grilled Portabella.....	add 1.50

## Quesadillas

A crispy flour tortilla wrapped around melted cheese – served with pico de gallo, sour cream and black beans and rice

### FILLINGS – COMBINE ANY

Cheese.....	6.00
Chicken.....	7.25
BBQ Chicken.....	7.50
Chicken & Red Onions.....	7.75
Chicken & Spinach.....	7.75
Steak.....	7.50
Steak & Mushrooms.....	7.75
Pulled Pork.....	7.75
Grilled Red Pepper.....	7.00
Portabella Mushroom.....	7.25
Fresh Spinach.....	6.75
Sautéed Spinach & Garlic.....	7.75