

Bueno Y Sano

1 Boltwood Walk, Amherst, MA – Behind Newbury Comics
 Call Ahead for Pick Up (413) 253 4000 – For Delivery Call Delivery Express (413) 549-0077
 Open Daily 11a.m. – 10p.m.

Burritos \$5.75

Rice, beans, lettuce, cheese, pico de gallo (tomato, cilantro and onion) and mild sauce.
 *Ask for sour cream, chipotle sour cream or low fat yogurt – no charge!

FILLINGS – COMBINE ANY

Sauces – BBQ • Spicy BBQ • Chipotle • Buffalo • Teriyaki **Guacamole** – \$1.00 **Roasted Garlic** – Free!

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| Chicken (Choose any sauce - listed above) ... add 1.75 | Sautéed Spinach add 1.50 |
| Steak (Add any sauce - 25¢) add 1.75 | Grilled Red Pepper add 1.50 |
| Pulled Pork or BBQ Pulled Pork add 1.75 | Grilled Zucchini add 1.25 |
| Tofu or Seitan (Add any sauce - 25¢).... add 2.25 | Veggie Chili add 1.25 |
| Beef Chili add 1.75 | Grilled Tomato & Garlic..... add 1.25 |
| Red Onion & Mushroom add 1.25 | Grilled Seitan or BBQ Seitan..... add 2.50 |
| Sautéed Spinach (Add Garlic - Free!).... add 1.75 | Grilled Shrimp add 4.25 |
| Grilled Portabella Mushroom add 1.75 | Chickpea & Red Curry add 1.00 |
| Fresh Spinach add 1.00 | Sautéed Mushroom add 1.00 |
| Salvadoran (Rice made w/beans & veggies) add 1.00 | |

*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 - FREE!

Quesadillas \$6.75

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

ADD ANY BURRITO FILLING TO YOUR QUESADILLA OR TRY THESE COMBOS

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| Chicken & Red Onions add 1.75 |
| Chicken & Spinach add 1.75 |
| Steak & Mushrooms add 1.75 |

Salads \$6.75

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

ADDITIONS – COMBINE ANY

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| Grilled Chicken add 1.50 |
| BBQ Chicken add 1.75 |
| Portabella & Zucchini add 1.75 |
| Grilled Zucchini add 1.25 |
| Grilled Portabella Mushroom add 1.25 |
| Grilled Seitan or BBQ Seitan add 2.25 |

Chips & Dips

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| Tortilla Chips 1.00 |
| Salsa50 |
| Guacamole 1.00 |

Soft Tacos

Cheese, lettuce, pico de gallo, mild sauce and sour cream or low fat yogurt

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| Bean Taco 2.25 |
| Chicken Taco 3.25 |
| BBQ Chicken Taco 3.50 |
| Steak Taco 3.25 |
| Fresh Spinach and Black Bean Taco.... 3.00 |
| Chickpea & Red Curry Taco 2.75 |
| Tofu and Black Bean Taco 3.75 |

KIDS TACOS

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| Chicken & Cheese Only! 2.75 |
| Bean & Cheese Only! 2.00 |

Specials

THAI CHICKEN BURRITO \$7.75
 Marinated grilled chicken, Basmati rice, red cabbage slaw and a spicy Thai peanut sauce.

EAST/WEST BURRITO \$8.25
 Asain stir-fried veggies, Basmati rice and your choice of grilled chicken, steak or tofu – topped with an Asian plum sauce.

BUENO FISH TACOS \$7.75
 2 fish tacos topped with lettuce, pico de gallo, and a tangy creole dressing.