

Bueno Y Sano

134 Main Street, Northampton
 Call Ahead for Pick Up (413) 586-7311 – 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!

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

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

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

Tortilla Chips 1.00
Salsa50
Guacamole 1.00

Soft Tacos

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

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

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.