

Bueno Y Sano

213 College Street, Burlington, Vermont • Call Ahead for Pick Up: 864-9900

Open Daily: 11 a.m. – 9 p.m.

Burritos \$6.25

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

Chicken	add 1.50	Grilled Portabella Mushroom	add 1.75
Spicy Chipotlé Chicken	add 1.75	Fresh Spinach	add 1.00
BBQ Chicken	add 1.75	Sautéed Spinach	add 1.50
Steak	add 1.50	Grilled Red Pepper	add 1.50
Pulled Pork	add 1.50	Grilled Zucchini	add 1.25
BBQ Pulled Pork	add 1.75	Grilled Seitan or BBQ Seitan	add 2.50
Beef Chili	add 1.50	Chickpea & Red Curry	add 1.00
Red Onion & Mushroom	add 1.25	Sautéed Mushroom	add 1.00
Sautéed Spinach & Garlic	add 1.75	Marinated Tofu	add 1.75

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

*Guacamole \$ 1.25 * Extra Cheese 50¢ *Extra Sour Cream 25¢ * Roasted Garlic 50¢

Quesadillas \$6.50

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

FILLINGS – COMBINE ANY

ADD ANY BURRITO FILLING TO YOUR QUESADILLA OR TRY THESE COMBOS

Chicken & Red Onions	add 1.75
Chicken & Spinach	add 1.75
Spicy Chipotlé Chicken & Spinach	add 2.00
Steak & Mushrooms	add 1.75
Steak & Red Onions	add 1.75
Red Onion & Mushroom	add 1.25

Specials

THAI CHICKEN BURRITO \$8.25
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.

CAJUN FISH TACOS \$8.25
White fish rubbed with cajun spices and topped with lettuce, pico, and a tangy creole dressing

Soft Tacos

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

Bean Taco	2.50
Chicken Taco	3.25
Spicy Chipotle Chicken Taco	3.50
Steak Taco	3.25

KIDS TACOS

Chicken & Cheese Only!	2.50
Bean & Cheese Only!	2.00

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 1.75

Chips & Dips

Tortilla Chips	1.25
Salsa75
Guacamole	1.25