



413-781-0800

http://springfield.deliveryexpress.com

Bueno Y Sano Spfld

Utensils

- Fork
- Knife
- Spoon

Beverages

Vitamin Water \$2.85
Various changing flavors

Burritos/Bowls

Rice, beans, cheese, lettuce, & pico de gallo with mild, medium, hot, or wicked hot sauce. Make it Grande for .75

- Bean Burrito \$10.15
- Chicken Burrito \$11.35
Standard burrito with chicken. Add any sauce for \$0.38
- Pulled Pork Burrito \$11.35
Pulled pork burrito .
- Steak Burrito \$11.35
Standard burrito with steak. Add any sauce for \$0.38.
- Sauteed Spinach and Garlic Burrito \$11.35
Standard burrito with sauteed spinach and garlic.
- Grilled Shrimp Burrito \$13.45
- Mixed Grill Veggie Burrito \$11.15
- Seitan Burrito \$12.45
Standard burrito with seitan.
- Tofu Burrito \$12.45
Standard burrito with tofu.

Quesadillas

Crispy tortilla with melted cheese, served with sides of rice, beans, sour cream & pico de gallo. Add red peppers, zucchini or portobello mushrooms for 1.40

- Cheese Quesadilla \$11.35
- Pulled Pork Quesadilla \$13.35
- Steak Quesadilla \$13.35
- Chicken Quesadilla \$13.35
Add any sauce for \$0.25
- Chicken and Grilled Red Onions Quesadilla \$13.75
chicken and red onions.
- Chicken and Fresh Spinach Quesadilla \$13.75
Add chicken and spinach to a quesadilla
- Steak and Mushrooms Quesadilla \$13.75
Add steak and mushrooms to a quesadilla
- Spinach and Garlic Quesadilla \$13.35

Kids Quesadilla

- Kid's Cheese Quesadilla \$9.30
- Kid's Chicken Quesadilla \$10.35

Chips, Dips, and Sides

- Side of Mild Salsa \$0.75
- Side of Hot Salsa \$0.75
- Tortilla Chips \$3.65
- Side of Rice \$2.85
- Side of Beans \$2.95
- Chargrilled Jalapeno (1) \$3.15
- Chargrilled Jalapeno (3) \$6.75
- Side of Guacamole \$3.35
- Side of Pico \$1.00
- Side of Sour Cream \$0.25
- Side of Chipotle Sour Cream \$0.25
- Side of Mild Ranchero Sauce \$0.25
- Side of Hot Ranchero Sauce \$0.25
- Side of Green Tomatillo Salsa \$0.75

Salads

Romaine lettuce, fresh spinach, grilled red pepper, onions, & balsamic, lemon herb or jalapeno lime dressing. Served with a side of black beans & rice. All salads are gluten free.

- Basic Grilled Salad \$11.35
Grilled peppers and onions on a bed of lettuce, served with rice and black beans, choice of dressing.
- Salad w/ Grilled Chicken \$13.45
Basic salad with grilled chicken.
- Salad w/ Steak \$13.45
- Salad w/ Pulled Pork \$13.45
- Salad w/ Portabella and Zucchini \$13.45
Basic salad with portabella and

Soft Tacos

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

- Bean Taco \$5.45
- Chicken Taco \$5.45
- Steak Taco \$5.45
- Pulled Pork Taco \$5.45
- Sauteed Spinach and Garlic Taco \$5.45
- Tofu Taco \$5.95
- Seitan Taco \$5.95

Kids Tacos

- Kids Chicken Taco \$5.45
Chicken and cheese only!
- Kids Steak Taco \$5.45
With cheese
- Kids Bean Taco \$5.15
Bean and cheese only!

Specialty Burritos

- Smoked Brisket Burrito \$13.00
- Local Beef Chili Burrito \$12.25
From Roaming Farm (Deerfield, MA). Beef chili, lettuce, cheese, pico de gallo, & ranchero sauce
- Thai Burrito \$11.70
Choice of chicken, steak, tofu or seitan. Basmati rice, cabbage slaw, lettuce, spicy Thai peanut sauce, fresh mint & onion
- East/West Burrito \$11.70
Basmati rice, stir fried veggies & Asian plum sauce
- Salvadoran Burrito \$10.40
Rice & beans cooked with zucchini & peppers, lettuce, cheese, pico de gallo & sauce.
- Chickpea and Red Curry Burrito \$10.40
Rice, lettuce, cheese, pico de gallo & sauce
- Breakfast Burrito \$11.35
Chipotle scrambled eggs with onion & green pepper, pinto beans, cheese, pico de gallo, mild sauce, and chipotle sour cream.

Specialties

- Smoked Brisket Taco Plate \$14.50
Organic Hadley corn Tortillas, cheese, pico de gallo, mild sauce & chipotle sour cream, served with rice, beans, and grilled jalapenos.
- Chicken Bacon Ranch Burrito \$11.70
Rice, beans, cheese, lettuce, & pico de gallo with mild, medium, hot, or wicked hot sauce
- Fish Tacos [2] \$11.35
Crispy breaded fish, grilled onion, lettuce, pico & chipotle sour cream
- Korean BBQ Tacos [2] \$11.35
Crispy pulled pork, Hostah Hill Kimchi, lettuce, cheese, tangy BBQ sauce.

zucchini.
Salad w/ Grilled Zucchini \$13.45
Basic salad with grilled zucchini.
Salad w/ Grilled Portabella \$13.45
Mushroom
*Basic salad with grilled portabella
mushrooms.*
Salad w/ Grilled Shrimp \$15.55