

# FOREIGN MUCK

SCRATCH MADE BURGERS & BURRITOS

GLUTEN FRIENDLY

Although the ingredients used are gluten free, we understand levels of sensitivity vary. Therefore, we cannot guarantee against cross contamination between fryers and cutting surfaces.

## About Us, What's with The Name!?

Well first off, we definitely don't serve muck. Our menu offers mainly Mexican and American food, all made from scratch, the tortillas, the burger baps, everything right through to the ketchup. We only use the finest ingredients, and source local seafood, meats, and vegetables.

When we were kids in Saltash during the early 80's, we were lucky enough to go out for meals now and again. But we always remember how the old man was a little scared when it came to trying anything new. We could only persuade him to join us with the promise there'd be chicken and chips on the 'English menu'. It wasn't too long though before he was stealing from our plates and realizing what he'd been missing. Since then, he's become a regular at that revolutionary restaurant, and was probably there within the last month.

As a chef, I look at all this as a celebration of how far most of us have come, and obviously a little jab at the old man and anyone who still does, or used to mutter, 'I ain't eating that foreign muck'.

Cheers hope you enjoy! FM xx



## Appetizers

### Chips & Salsa

Fresh homemade corn tortilla chips, homemade salsa  
£3.5

### Guacamole

Fresh smashed avocado, lime, coriander, tomato, red onion, garlic, jalapeno  
With fresh homemade corn tortilla chips  
£7

### Queso Bean Dip

Homemade Mexican style beans with cheese, topped with pico de gallo. Served with homemade tortilla chips  
£6.5

### Artichoke Spinach Dip

Artichoke hearts, warm cream cheese sauce, wilted spinach, garlic. Served with homemade corn tortilla chips  
£7

### Chicken Wings

Crispy chicken wings in choice of buffalo sauce- mild, medium, hot, or Rambo.  
With homemade ranch, carrot and celery  
£8

### Quesadilla

Homemade corn tortillas filled with cheese, grilled until melted and crisp.  
Served with sour cream and salsa  
£7

Add Chicken £3 Steak £4, Shrimp £5, Veggies £3

## Burgers

Gluten free baps, Cornish ground beef with no fillers. Served with proper hand cut chips, or hand cut sweet potato fries – add £1

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Switch any burger patty for grilled chicken breast, or any of our veggie burgers (add £1.5 for Beyond TM plant-based burger)

## None of that Muck

Homemade bap, butter, burger.

£10

Go wild! Add cheese £1

## Royale with Cheese

Cheddar, pickles, lettuce, tomato, yellow onion, mayo, mustard, house made ketchup

£13.5

## Nothing to Dislike

Peanut butter, raspberry jam, bacon, cheddar

£13.5

## Chilli Burger

Beef or veggie chilli, cheddar, fresh jalapeno, lettuce, tomato, sour cream

£14

## Wild Mushroom & Swiss

Wild mushrooms, Swiss cheese, lettuce, tomato, red onion, wholegrain m mustard mayo

£16

## Bit Extravagant!

One whole portobello mushroom on top the burger, grilled & topped with Stilton. Wholegrain mustard mayo, lettuce, red onion.

£16.5

## Giddy Limit

Sweet fresh chilli relish, Swiss cheese, onion rings, lime mayo, butter lettuce, fresh coriander

£13.5

## Kalifornia

Swiss cheese, lettuce, tomato, avocado, Marie Rose

£13.5

## Booze Hounder

Runny fried egg, buttered bap, mushrooms, bacon, cheddar, fresh jalapeno

£14

## Porkies Revenge

Pulled carne adovada pork, cheddar, fresh jalapenos, lime mayo, lettuce and tomato

£15

Grilled marinated portobello mushroom, grilled red pepper, cheddar, lettuce, chipotle mayo, fresh jalapeno and red onion

£14

## Falafel Burger (V)

(Vegan)

House made falafel patty, pickles, lettuce, tomato, red onion, vegan chipotle mayo or coriander jalapeno hummus

£12

## Veggie Cow (V)

(Vegan by request)

Beyond TM plant-based burger patty, cheddar, pickles, onions, lettuce, tomato, mayo, ketchup, mustard

£14.5

## Buffalo Fried (V)

### Cauliflower

(Vegan by request)

Deep fried cauliflower drowned in house made buffalo sauce, lettuce, tomato, mayo

£12

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## Salads

Add Chicken £3, Steak £5, Shrimp £6

Falafel £3, Buffalo grilled cauliflower £3

## Garden Salad

Mixed greens, tomatoes, red onions, cucumbers, roasted red pepper dressing, or ranch

£6

## Ginger Kale

Kale, spinach, mixed greens, shredded carrot, pumpkin seeds, pickled red onions, rice, and roasted red peppers. Tossed in a spicy ginger soy dressing

£8

## Taco Salad

Fresh greens, pico de gallo, black beans, avocado, homemade corn tortilla strips, pickled red onions. Tossed in chilli coriander dressing

£8

## Caesar

Romaine, house made Caesar dressing, corn tortilla strips

£7

## Cobb

Mixed greens, bacon, chicken, cucumbers, boiled egg, cheddar cheese, red onions, tomatoes. Tossed in ranch dressing

£11

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## Burrito Bowls

All burrito bowls served with house hot sauce.

Over a choice of mixed greens, Mexican potatoes, rice and beans, or corn tortillas

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## Burgers continued...

## Portobello (V)

(Vegan and not spicy by request)

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## Carne Asada

Steak, rice, beans, cheddar, pico de gallo,  
Side of sour cream  
£10.5

## Pollo or Camarones

Marinated chicken breast or shrimp, beans, rice,  
pico de gallo, cheddar, side of lime crema  
£9.5/ £11

## Meat & Cheese

Steak, chicken, bacon, Mexican potatoes,  
cheddar  
£10

## Carne Adovada

Red chilli stewed pork, rice, beans, cheddar,  
pickled red onion, side of sour cream  
£11

## Arizona

Steak or chicken, Mexican potatoes,  
pico de gallo, cheddar, refried beans  
£10.5/ £9.5

## Chilli Con Carne

Homemade chilli con carne, rice, cheddar,  
lettuce, side of sour cream  
£9.5

## Veggie Chilli

(vegan by request)  
Homemade veggie chilli,  
cheddar, sour cream, lettuce, pico de gallo  
£9

## Veggie Arizona

(vegan by request)  
Grilled peppers & onions, portobello mushroom,  
potatoes, pico de gallo, cheddar, refried beans  
£10

## Bean Burrito

(Vegan by request)  
House beans, Mexican rice, crisp red cabbage,  
pickled red onion, pico de gallo, cheese  
£7.5

## Fajitas

Grilled onions and bell peppers, with choice of  
Shrimp £16, Beef £15, Chicken £14, or Mixed  
Vegetables £13.  
Served scorching, with sides of homemade corn  
tortillas, rice, beans, salsa, grated cheese,  
guacamole and sour cream

## Carne Adovada Plate

Red chilli stewed pork, open corn tortilla, rice,  
beans, cheddar, pico de gallo, pickled red onion,  
sour cream  
£13

## Nachos

Scratch corn tortilla chips, melted cheese, salsa,  
guacamole, fresh jalapeno, sour cream, beans  
£10

## Chilli Cheese Nachos

Scratch corn tortilla chips loaded with veggie or  
beef chilli, cheese, sour cream, guacamole  
£11.5

## Carne Adovada Nachos

Red chilli stewed pork, cheddar, pico de gallo,  
sour cream  
£12

## Mucky Chips

House cut proper chips with melted cheddar,  
plastered with choice of beef chilli, veggie chilli,  
carne adovada, or nacho toppings. All served  
with sour cream and salsa  
£10.5

## Chilli Con Carne

Homemade Veggie or Beef Chilli  
Over Mexican rice. Topped with grated cheddar  
and sour cream  
£9.5

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## Fajitas & Plates

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## Tacos

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Two for £7 or Three for £9

Add a side of rice and beans £2

## Crafty Gringo

Soft corn tortilla smothered in refried beans, wrapped around a crisp corn tortilla, filled with beef chilli, or veggie chilli, pico de gallo, cheddar and sour cream

## Carne Adovada

Red chilli stewed pork, cheddar, pico de gallo, pickled red onion, sour cream

## Carne Asada

Steak, rice, beans, cheddar, pico de gallo

## Pollo

Marinated chicken breast, pico de gallo, cheddar, lime crema, pickled red onion, crisp cabbage and coriander

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## Sides

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Hand Cut Proper Chips £4

Hand Cut Sweet Potato Fries £5

Mexican Potatoes £4

Mexican Rice £2

Beans (Refried, or not) £2

Guacamole £3

Sour Cream £2

Salsa £2

Sliced Fresh Jalapeno £1.5

Pico De Gallo £2

Coleslaw £2

Corn Tortilla Chips £3

Falafel £3

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## Desserts

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## Seasonal Crumble.

(Vegan by Request)

Served with vanilla ice cream or clotted cream  
£6.5

## Apple Caramel Crumble,

Served with vanilla ice cream or clotted cream  
£6.5

## Chocolate Bread and Butter Pudding.

Dark chocolate and brandy bread pudding served with vanilla ice cream or clotted cream  
£7

## Banoffee Pie

Topped with toasted almonds (optional) and dark chocolate shavings.  
£6

## Homemade Vanilla Ice Cream

£4

## Homemade Vanilla Vegan Ice Cream

£4.5

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## Coffees & Soft Drinks

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Homemade Still Lemonades, Strawberry or  
Traditional £1.75/ £3 pint £3

Coke, Diet, Schweppes lemonade £1.75/ £3 pint

Britvic, Orange, Cranberry, Lemon, Tomato,  
Ginger Ale, Pineapple, Grapefruit £2

Fanta, Sprite, Cans £2.6

ASK ABOUT OUR FANCY POPS

Irish Coffee £5.5 Flat White £2.6

Cappuccino £2.8 Café Latte £2.8

Americano £2.4 Espresso £2.4

Mug of Cornish Tea £1.9

Decaf Tea £1.9 Herbal Tea £2.4

Hot Chocolate £2.7

Hot Chocolate Delux £3

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