

# FOREIGN MUCK

**SCRATCH MADE BURGERS & BURRITOS  
VEGETARIAN AND VEGAN**

## 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

(Vegan)

Fresh homemade corn tortilla chips, homemade salsa  
£3.5

### Guacamole

(Vegan)

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

### Queso Dip

Warm cheese sauce with jalapeno, coriander, sautéed red onion and bell peppers. Served with house corn tortilla chips  
£7

### Queso Bean Dip

(Vegan by Request)

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 tortilla chips  
£7

### Cauliflower Wings

(Vegan by request)

Crispy battered cauliflower bites in house Parliament BBQ, or choice of buffalo sauce- mild, medium, hot, or Rambo.  
With homemade ranch, carrot and celery  
£7

### Onion Rings

(Vegan by request)

Beer battered chunky onion rings, served with house made ketchup and ranch  
£6

### Quesadilla

Homemade flour tortilla filled with cheese, grilled until melted and crisp. Served with sour cream and salsa  
£6.5  
Add Veggies £3

### Mac Slayers

Mac and cheese breaded and deep fried:  
Served with homemade ranch & House hot sauce  
£7

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### Burgers

(All Available Vegan)

Homemade baps, with any of our vegan burgers-  
Falafel, grilled portobello, or Beyond TM plant-  
based burger- add £1.5

Served with proper hand cut chips, or hand cut  
sweet potato fries – add £1

### None of that Muck

Homemade bap, butter, burger.

£10

Add cheese £1

### Portobello

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

£14

### Falafel Burger

(Vegan)

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

£12

### Veggie Cow

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

£14.5

### Buffalo Southern Fried Cauliflower (V)

(Vegan by request)

Southern fried cauliflower drowned in house  
made buffalo sauce- mild, medium, hot, or Rambo  
Lettuce, tomato, mayo

£12

### Django

House made onion rings, mayo, mild spiced BBQ  
sauce, cheddar, lettuce, tomato

£14

### Nothing to Dislike

Peanut butter, raspberry jam, cheddar

£13.5

### Chilli Burger

Veggie chilli, cheddar, fresh jalapeno, lettuce,  
tomato, sour cream

£14

### Wild Mushroom & Swiss

Wild mushrooms, Swiss cheese, lettuce, tomato,  
red onion, wholegrain 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

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### Burgers continued....

### Giddy Limit

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

£13.5

### Kalifornia

Swiss cheese, lettuce, tomato, fried battered  
avocado, Marie Rose

£13.5

### Booze Hounder

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

£14

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### Salads

Add buffalo battered cauliflower or grilled  
cauliflower £3, Falafel £3  
(Vegan by Request)

### Garden Salad

(Vegan)

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

£6

### Ginger Kale

(Vegan)

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

(Vegan)

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

£8

### Caesar

Romaine, house made Caesar dressing, croutons

£7

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### Vegan Sides

Hand Cut Proper Chips £4 Hand Cut Sweet  
Potato Fries £5 Mexican Potatoes £4 Mexican  
Rice £2 Beans (Refried, or not) £2 Guacamole £3  
Salsa £2 Pico De Gallo £2 Sliced Fresh Jalapeno  
£1 Made from Scratch Tortilla Chips £3 Coleslaw  
£2 (Available Vegan) Sour Cream £2 (Not Vegan)  
Falafel £3

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## Burritos & Bowls

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Bowls - no tortilla, served over rice or mixed greens. All served with house hot sauce

### Beer Battered Avocado

Beer battered avocado, lime crema, rice, crisp cabbage, pickled red onion, pico de gallo  
£9

### Veggie Chilli

(Vegan by Request)  
Homemade veggie chilli, Mexican rice, 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

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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

(Vegan by Request)  
Soft flour tortilla smothered in refried beans, wrapped around a crisp corn tortilla, filled with veggie chilli, pico de gallo, cheddar and sour cream

### Beer Battered Avocado

Beer battered avocado, lime crema, cabbage, pickled red onions, coriander

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## Fajitas & Plates

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### Fajitas

(Vegan by Request)  
Grilled onions, bell peppers, portobello mushroom, corgettes £13.  
Served scorching, with sides of homemade flour tortillas, rice, beans, salsa, grated cheese, guacamole and sour cream

### Enchiladas

(Vegan by Request)  
Any of our burritos served 'enchilada style' covered in red & green enchilada sauce & melted cheese. Served with rice & beans, guacamole & sour cream  
Add £3 to burrito price

### Chimichangas

(Vegan by Request)  
Any of our burritos, deep fried, served with rice and beans, sour cream, guacamole and salsa  
Add £3 to burrito price

### Nachos

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

### Chilli Cheese Nachos

(Vegan by Request)  
Scratch tortilla chips loaded with veggie chilli, cheese, sour cream, guacamole  
£11.5

### Mucky Chips

(Vegan by Request)  
House cut proper chips with melted cheddar, plastered with choice of veggie chilli, or nacho toppings. Served with sour cream and salsa  
£10.5

### Chilli Con Carne

(Vegan by Request)  
Homemade Veggie Chilli  
Over Mexican rice. Topped with grated cheddar and sour cream  
£9.5

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