

# FOREIGN MUCK

## SCRATCH MADE BURGERS & BURRITOS

### 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 realising 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 (Shareable)

#### Chips & Salsa

Fresh homemade corn tortilla chips, homemade salsa  
£6

#### Guacamole

Fresh smashed avocado, lime, coriander, tomato, red onion, garlic, jalapeno  
With fresh homemade corn tortilla chips  
£8.5

#### Queso Bean Dip

Homemade refried beans with pico de gallo, cheese, topped with pico  
Served with homemade tortilla chips  
£8

#### Queso Dip

Warm cheese sauce with jalapeno, coriander, sautéed red onion and bell peppers. Served with house corn tortilla chips  
£8.5

#### Artichoke Spinach Dip

Artichoke hearts, warm cream cheese sauce, wilted spinach, garlic. Served with homemade tortilla chips  
£9

#### Chicken Wings

Crispy chicken wings in house Parliament BBQ, or choice of buffalo sauce- mild, medium, hot, or Rambo.  
With homemade ranch, carrot and celery  
£10

#### Cauliflower Wings

Crispy battered cauliflower bites with house Parliament BBQ, or choice of buffalo sauce- mild, medium, hot, or Rambo.  
With homemade ranch, carrot and celery  
£9

#### Onion Rings

Beer battered chunky onion rings, served with house made ketchup and ranch  
£7.5

#### Quesadilla

Homemade flour tortilla filled with cheese, grilled until melted and crisp.  
Served with sour cream and salsa  
£8  
Add Chicken £4 Steak £5, Shrimp £6, Veggies £3

#### Mac Slayers

Mac and cheese balls breaded and deep fried.  
Served with homemade ranch & house hot sauce  
£9.5

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## SCRATCH MADE BURGERS & BURRITOS

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### Burgers

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Homemade baps, Cornish in-house ground beef with no fillers. Served with proper hand cut chips or French fries

Switch any burger patty for Southern fried chicken breast, 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 £1.5

Any other additions, including an extra patty, please ask your server

#### Royale with Cheese

Cheddar, pickles, lettuce, tomato, yellow onion, mayo, mustard, house made ketchup  
£16

#### Django

House made onion rings, mayo, bacon, mild spiced BBQ sauce, cheddar, lettuce, tomato  
£16.5

#### Nothing to Dislike

Peanut butter, raspberry jam, bacon, cheddar  
£16

#### Chilli Burger

Beef or veggie chilli, cheddar, fresh jalapeno, lettuce, tomato, sour cream  
£16

#### Wild Mushroom & Swiss

Wild mushrooms, Swiss cheese, lettuce, tomato, red onion, wholegrain mustard mayo  
£17

#### Bit Extravagant!

One whole portobello mushroom on top the burger, grilled & topped with Stilton. Wholegrain mustard mayo, lettuce, red onion.  
£18

#### Giddy Limit

Sweet fresh chilli relish, Swiss cheese, onion rings, lime mayo, lettuce  
£16.5

#### Kalifornia

Swiss cheese, lettuce, tomato, crisp battered avocado, Marie Rose  
£16.5

#### Booze Hounder

Runny fried egg, buttered bap, mushrooms, bacon, cheddar, fresh jalapeno  
£16.5

#### Porkies Revenge

Pulled carne adovada pork, cheddar, fresh jalapenos, lime mayo, lettuce and tomato  
£16.5

#### Redneck Ray

Pulled spicy BBQ pork, cheddar, fresh jalapenos, lettuce and lime mayo coleslaw,  
£17

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### Burgers continued...

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#### Portobello (V)

(Vegan and not spicy by request)  
Grilled marinated portobello mushroom, grilled red pepper, cheddar, lettuce, chipotle mayo, fresh jalapeno and red onion  
£16

#### Falafel Burger (V)

(Vegan)  
House made falafel patty, pickles, lettuce, tomato, red onion, vegan spicy chipotle mayo or coriander jalapeno hummus  
£15

#### Veggie Cow (V)

(Vegan by request)  
Beyond TM plant-based burger patty, cheddar, pickles, onions, lettuce, tomato, mayo, ketchup, mustard  
£17

#### Buffalo Southern Fried Cauliflower (V)

Southern fried cauliflower drowned in house made buffalo sauce- mild, medium, hot, or Rambo  
Lettuce, tomato, mayo  
£15.5

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### Salads

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Add Chicken £4, Steak £5, Shrimp £6, Southern Fried Cauliflower £4 Falafel £4

#### Garden Salad

Mixed greens, tomatoes, red onions, cucumbers, tossed in 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  
£8.5

#### Taco Salad

Fresh greens, pico de gallo, black beans, avocado, homemade tortilla strips, pickled red onions. Tossed in chilli coriander dressing  
£8.5

#### Caesar

Romaine, house made Caesar dressing, shaved parmesan, homemade croutons  
£7

#### Cobb

Mixed greens, bacon, chicken, cucumbers, boiled egg, cheddar cheese, red onions, tomatoes. Tossed in ranch dressing  
£11

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## SCRATCH MADE BURGERS & BURRITOS

### Burritos & Bowls

Served with house hot sauce. Bowls – no tortilla, served over rice, potatoes or mixed greens.

#### Carne Asada

Steak, rice, beans, cheddar, pico de gallo,  
Side of sour cream  
£12.5

#### Pollo or Camarones

Marinated chicken breast or shrimp, beans, rice,  
pico de gallo, cheddar, side of lime crema  
£11/ £13

#### Meat & Cheese

Steak, chicken, bacon, potatoes, cheddar  
£13.5

#### Carne Adovada

Red chilli stewed pork, rice, cheddar, pickled red  
onion, side of sour cream  
£14

#### Arizona

Steak or chicken, French fries (Burrito) or  
potatoes (Bowl), pico de gallo, cheddar,  
house beans  
£13.5/ £12.5

#### Chilli Con Carne

Homemade chilli con carne, Mexican rice,  
cheddar, pico de gallo, lettuce, side of sour  
cream  
£11

#### Beer Battered Hake

Beer battered or grilled Cornish hake, lime  
crema, crisp cabbage, pickled red onion, rice,  
pico de gallo  
£15

#### Beer Battered Avocado

Beer battered avocado, lime crema, rice, crisp  
cabbage, pickled red onion, pico de gallo  
£13

#### Veggie Arizona

(vegan by request)  
Grilled peppers & onions, portobello mushroom,  
French fries (Burrito) or potatoes (Bowl), pico de  
gallo, cheddar, house beans  
£12.5

#### Veggie Chilli

(vegan by request)  
Homemade veggie chilli, Mexican rice,  
cheddar, sour cream, lettuce, pico de gallo  
£11

#### Bean Burrito

(vegan by request)  
House beans, refried beans, crisp red cabbage,  
Mexican rice, pickled red onion, pico de gallo,  
cheese  
£10

#### Ealthy Ee

Coriander Jalapeno hummus, lettuce, tomato,  
red onion, pickles and red pepper tahini  
Choice of falafel or chicken  
£11/12.5

### Fajitas & Plates

#### Fajitas

Grilled onions and bell peppers, with choice of  
Shrimp £17, Beef £17, Chicken £16.5, or Mixed  
Vegetables £15.

Served scorching, with sides of homemade flour  
tortillas, rice, beans, salsa, grated cheese,  
guacamole and sour cream

#### Enchiladas

Any of our burritos served 'enchilada style'  
covered in red & green enchilada sauce & melted  
cheese. Served with rice & beans, guacamole &  
sour cream  
Add £4 to burrito price

#### Chimichangas

Any of our burritos, deep fried, served with rice  
and beans, sour cream, guacamole and salsa  
Add £4 to burrito price

#### Carne Adovada Plate

Red chilli stewed pork, open tortilla, rice, beans,  
cheddar, pico de gallo, pickled red onion, sour  
cream  
£16

#### Nachos

Scratch tortilla chips, melted cheese, salsa,  
guacamole, fresh jalapeno, sour cream, beans  
£12.5

#### Chilli Cheese Nachos

Scratch tortilla chips loaded with veggie or beef  
chilli, cheese, sour cream, guacamole  
£14

#### Carne Adovada Nachos

Red chilli stewed pork, cheddar, pico de gallo,  
sour cream  
£15

#### Mucky Chips

House cut proper chips with melted cheddar,  
plastered with choice of beef chilli, veggie chilli,  
nacho toppings or carne adovada (add £2)  
All served with sour cream and salsa  
£13

#### Chilli Con Carne

Homemade Veggie or Beef Chilli, open tortilla,  
Mexican rice with grated cheddar, pico de gallo  
and sour cream  
£11

GO WILD! – Add crisp cabbage and pickled red  
onions for £1.5

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### Tacos

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Two for £7.5 or Three for £9.5

Add a side of rice and beans £2.5

#### Fish Taco

Beer battered or grilled Cornish hake, lime crema, cabbage, pickled red onion, coriander

#### Shrimp Taco

Marinated shrimp, cabbage, pickled red onions, pico de gallo, green tomatillo salsa, lime crema

#### Crafty Gringo

Soft flour 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

#### Beer Battered Avocado

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

#### 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 £4.5

Hand Cut French Fries £4,5

Mexican Potatoes (includes peppers, onions and sour cream) £5

Mexican Rice £2

Beans (Refried, or not) £2

Guacamole £3

Sour Cream £2 Salsa £2

Sliced Fresh Jalapeno £1

Pico De Gallo £2

Coleslaw £2

Made from Scratch Tortilla Chips £3

Falafel £4

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### Desserts (Shareable)

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#### Seasonal Crumble

Served with vanilla ice cream or clotted cream  
£9

#### Apple Caramel Crumble

Served with vanilla ice cream or clotted cream  
£9

#### Chocolate Bread and Butter Pudding

Dark chocolate and brandy bread pudding served with vanilla ice cream or clotted cream  
£9

#### Banoffee Pie

Topped with toasted almonds (optional) and dark chocolate shavings.  
£8

#### Homemade Ice Cream

Vanilla £5 Trio £6 (ask for flavours)

#### Vegan Vanilla Ice Cream

£5

Fancy something a little stronger with your dessert...why not try one of our Signature Cocktails! Ask your server for our menu

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### Coffees & Soft Drinks

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Coke, Diet Coke, Schweppes lemonade £2/ £3.75

Homemade Still Lemonades; Original, Rosemary Strawberry £3.5

Britvic Orange, Cranberry, Pineapple, Tomato £2.5

Fevertree Mediterranean, Elderflower, Indian, Light Tonic, Ginger Ale, Ginger Beer £2.3

Cornish Navas Tonic or Ginger Beer £2.3

Sandford Orchards Apple or Elderflower £3

Grapefruit Ting £2.5

Pineapple Soda £2.5

Fanta, Sprite, Coke Zero – Bottles £2.75

Fentimans Rose Lemonade or Curiosity Cola £3.75

Flat White £3.2 Cappuccino/ Café Latte £3.6

Americano £3 Espresso £2.6

Cornish Tea £2.2 Decaf Tea £2.2

Herbal/ Fruit Tea (Green, Peppermint) £2.9

Hot Chocolate (with optional marshmallows) £3.5

IF YOU ARE VEGAN OR VEGETARIAN OR HAVE ANY ALLERGIES OR INTOLERANCES, PLEASE INFORM A MEMBER OF STAFF

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**Whatever**  
**Next!** Burrito of  
the Month (Ask)