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 (Shareable)

Chips & Salsa
Fresh homemade corn tortilla chips, homemade salsa
£8

Guacamole
Fresh smashed avocado, lime, coriander, tomato, red onion, garlic, jalapeno
With fresh homemade corn tortilla chips
£11

Queso Bean Dip
Homemade refried beans with pico de gallo, cheese, topped with pico
Served with homecmade tortilla chips
£10.5

Queso Dip
Warm cheese sauce with jalapeno, coriander, sautéed red onion and bell peppers. Served with house corn tortilla chips
£11

Artichoke Spinach Dip
Artichoke hearts, warm cream cheese sauce, wilted spinach, garlic. Served with homemade corn tortilla chips
£11

Chicken Wings
Crispy chicken wings in choice of buffalo sauce- mild, medium, hot, or Rambo.
With homemade ranch, carrot and celery
£13.5

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Burgers

Gluten free baps, Cornish in-house ground beef with no fillers. Served with proper chips or French fries
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.
£14
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
£19

Nothing to Dislike
Peanut butter, raspberry jam, bacon, cheddar
£20

Chilli Burger
Beef or veggie chilli, cheddar, fresh jalapeno, lettuce, tomato, sour cream
£20

Wild Mushroom & Swiss
Wild mushrooms, Swiss cheese, lettuce, tomato, red onion, wholegrain m
mustard mayo
£20.5

Bit Extravagant!
One whole portobello mushroom on top the burger, grilled & topped with Stilton. Wholegrain mustard mayo, lettuce, red onion.
£21

Giddy Limit
Sweet fresh chilli relish, Swiss cheese, onion rings, lime mayo, lettuce, fresh coriander
£20

Kalifornia
Swiss cheese, lettuce, tomato, avocado, Marie Rose
£20.5

Booze Hounder
Runny fried egg, buttered bap, mushrooms, bacon, cheddar, fresh jalapeno
£20

Porkies Revenge
Pulled carne adovada pork, cheddar, fresh jalapenos, lime mayo, lettuce and tomato
£20

Redneck Ray
Pulled spicy BBQ pork, cheddar, fresh jalapenos, lettuce and lime mayo coleslaw
£21

Burgers continued...

Portobello (V)
(Vegan and not spicy by request)
Grilled marinated portobello mushroom, grilled red pepper, cheddar, lettuce, chipotle mayo, fresh jalapeno and red onion
£19

Veggie Cow (V)
(Vegan by request)
Beyond TM plant-based burger patty, cheddar, pickles, onions, lettuce, tomato, mayo, ketchup, mustard
£19.5

Buffalo Grilled Cauliflower (V)
Grilled cauliflower drowned in house made buffalo sauce – mild, medium, hot or Rambo, lettuce, tomato, mayo
£19

Salads

Add Chicken £4, Steak £5, Shrimp £6 Buffalo grilled cauliflower £4

Garden Salad
Mixed greens, tomatoes, red onions, cucumbers, roasted red pepper dressing, or ranch
£8

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
£10.5

Taco Salad
Fresh greens, pico de gallo, black beans, avocado, homemade corn tortilla strips, pickled red onions. Tossed in chilli coriander dressing
£10.5

Caesar
Romaine, house made Caesar dressing, corn tortilla strips
£9.5

Cobb
Mixed greens, bacon, chicken, cucumbers, boiled egg, cheddar cheese, red onions, tomatoes. Tossed in ranch dressing
£15

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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

Carne Asada
Steak, rice, beans, cheddar, pico de gallo,
Side of sour cream
£17

Pollo or Camarones
Marinated chicken breast or shrimp, beans, rice, pico de gallo, cheddar, side of lime crema
£15/ £17.5

Meat & Cheese
Steak, chicken, bacon, Mexican potatoes, cheddar
£18

Carne Adovada
Red chilli stewed pork, rice, beans, cheddar, pickled red onion, side of sour cream
£18

Arizona
Refried beans, steak or chicken, potatoes, pico de gallo, cheddar
£18/ £16.5

Chilli Con Carne
Homemade chilli con carne, Mexican rice, cheddar, lettuce, side of sour cream
£14.5

Veggie Chilli
(vegan by request)
Homemade veggie chilli, Mexican rice, cheddar, sour cream, lettuce, pico de gallo
£13.75

Veggie Arizona
(vegan by request)
Refried beans, grilled peppers & onions, portobello mushroom, courgette, potatoes, pico de gallo, cheddar
£17

Bean Burrito
(Vegan by request)
House beans, refried beans, crisp red cabbage, Mexican rice, pickled red onion, pico de gallo, cheese
£13.5

Fajitas & Plates

Fajitas
Grilled onions and bell peppers, with choice of Shrimp £18, Beef £18.5, Chicken £17, or Mixed Vegetables £15.5
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
£18.5

Nachos
Scratch corn tortilla chips, melted cheese, salsa, guacamole, fresh jalapeno, sour cream, beans
£16.5

Chilli Cheese Nachos
Scratch corn tortilla chips loaded with veggie or beef chilli, cheese, sour cream, guacamole
£18

Carne Adovada Nachos
Scratch corn tortilla chips, red chilli stewed pork, cheddar, pico de gallo, sour cream
£18.5

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
£16.5

Chilli Con Carne
Homemade Veggie or Beef Chilli, open corn tortilla, over Mexican rice. Topped with grated cheddar, pico de gallo and sour cream
£14.5
GO WILD! – Add crisp cabbage and pickled red onions for £1.5

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Tacos

Two for £10 or Three for £14

Add a side of rice and beans £2.5

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

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

Machaca
Shredded beef, cheddar, pickled red onion, fresh coriander in a grilled taco

Sides

Proper Chips £5

French Fries £5

Mexican Potatoes (includes peppers, onions and sour cream) £6

Mexican Rice £2.5

Beans (Refried, or not) £2.5

Guacamole £5

Sour Cream £2

Salsa £3

Sliced Fresh Jalapeno £2

Pico De Gallo £2.5

Coleslaw £3.5

Made from scratch corn Tortilla Chips £3.5

Desserts (Shareable)

Homemade Ice Cream
Chocolate, Vanilla or Strawberry (3 scoops) £5

Vegan Vanilla Ice Cream
£5

Soft Drinks

Coke

£4.1 Pint/ £2.75 Half Pint

Diet Coke

£3.95 Pint/ £2.4 Half Pint

Schweppes Lemonade

£3.95 Pint/ £2.4 Half Pint

Homemade Still Strawberry Lemonade £3.5

Britvic £2.8

Orange Juice

Cranberry Juice

Pineapple Juice

Tomato Juice

Healeys Apple Juice £3.4

Grapefruit Ting £2.75

Pineapple Soda £2.75

Marlish Sparkling Water £1.85

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Soft Drinks continued...

Cornish Orchards (cans)

English Apple

Sicilian Lemonade

Elderflower

£3.2

Fever-Tree

Indian Tonic

Mediterranean Tonic

Elderflower Tonic

Light Tonic

Ginger Ale

Ginger Beer

£2.8

Bottles

Fanta

Sprite

Coke Zero

£2.95

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