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 realising what he'd been missing.

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
(Vegan)
Fresh homemade corn tortilla chips, homemade salsa
£8

Guacamole
(Vegan)
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 homemade 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 tortilla chips
£11

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
£12

Onion Rings
Beer battered chunky onion rings, served with house made ketchup and ranch
£9.75

Quesadilla
Homemade flour tortilla filled with cheese, grilled until melted and crisp. Served with sour cream and salsa
£11
Add Veggies £3

Mac Slayers
Mac and cheese breaded and deep fried:
Served with homemade ranch & House hot sauce
£13

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

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Burgers

Homemade baps, with either of our vegan burgers- Grilled portobello, or Beyond TM plant-based burger- add £1.5
Served with proper chips or French fries

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

Portobello
(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
Beyond TM plant-based burger patty, cheddar, pickles, onions, lettuce, tomato, mayo, ketchup, mustard
£19.5

Buffalo Southern Fried Cauliflower
Southern fried cauliflower drowned in house made buffalo sauce- mild, medium, hot, or Rambo
Lettuce, tomato, mayo
£19

Django
House made onion rings, mayo, mild spiced BBQ sauce, cheddar, lettuce, tomato
£21

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

Chilli Burger
Veggie chilli, cheddar, fresh jalapeno, lettuce, tomato, sour cream
£20

Wild Mushroom & Swiss
Wild mushrooms, Swiss cheese, lettuce, tomato, red onion, wholegrain 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, butter lettuce
£20

Burgers continued...

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

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

Jackie's Revenge
(Vegan by request)
Pulled jackfruit adovada, cheddar, fresh jalapenos, lime mayo, lettuce and tomato
£19

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

Salads

Add buffalo battered cauliflower or grilled cauliflower £4
(Vegan by Request)

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

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
£10.5

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

Caesar
Romaine, house made Caesar dressing, shaved parmesan, homemade croutons
£9.5

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Vegan 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

Salsa £3

Pico De Gallo £2.5

Sour Cream £2 (Not Vegan)

Sliced Fresh Jalapeno £2

Made from Scratch Tortilla Chips £3.5

Coleslaw £3.5 (Available Vegan)

Burritos & Bowls

All burritos & bowls served with house hot sauce.
Bowls – no tortilla, served over choice of mixed greens, Mexican potatoes, or rice and beans

Beer Battered Avocado
Beer battered avocado, lime crema, rice, crisp cabbage, pickled red onion, pico de gallo
£17.5

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

Jackfruit Adovada
(Vegan by Request)
Chilli stewed jackfruit, rice, cheddar, picked red onion, side of sour cream
£16.5

Veggie Arizona
(Vegan by Request)
Refried beans, grilled peppers & onions, portobello mushroom, courgette, French fries (Burrito) or potatoes (Bowl), 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

Tacos

Two for £10 or Three for £14

Add a side of rice and beans £2.5

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

Jackfruit Adovada
(Vegan by Request)
Chilli stewed jackfruit, rice, cheddar, picked red onion, sour cream

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

Fajitas & Plates

Fajitas
(Vegan by Request)
Grilled onions, bell peppers, portobello mushroom, courgettes £15.5
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 £5.5 to burrito price

Chimichangas
(Vegan by Request)
Any of our burritos, deep fried, served with rice and beans, sour cream, guacamole and salsa
Add £5.5 to burrito price

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

Chilli Cheese Nachos
(Vegan by Request)
Scratch tortilla chips loaded with veggie chilli or jackfruit adovada, cheese, sour cream, guacamole
£18

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Fajitas & Plates continued...

Mucky Chips

(Vegan by Request)
House cut proper chips with melted cheddar, plastered with veggie chilli or jackfruit adovada
Served with sour cream and salsa
£16.5

Veggie Chilli

(Vegan by Request)
Homemade Veggie Chilli, open tortilla, Mexican rice, with grated cheddar and sour cream
£13.75
GO WILD! – Add crisp cabbage and pickled red onions for £1.5

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

Orange Juice

Cranberry Juice

Pineapple Juice

Tomato Juice

£2.8

Bottles

Fanta

Sprite

Coke Zero

£2.95

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

Healeys Apple Juice £3.4

Grapefruit Ting £2.75

Pineapple Soda £2.75

Marlish Sparkling Water £1.85

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