LUNCH AND DINNER

GO ONLINE AND SIGN UP FOR OUR DAILY SPECIALS

 T&G INCREDIBLE BURGERS
 £8.95

 beef, chicken or falafel burger (gf,df, vg options)
 add fries £1.50, sweet potatoes fries £2.50



SOUP OF THE DAY......MED £4.00 LG £5.00 seasonal soup - add bread £1 (gf, df, vg)

LOADED HOT SANDWICH OF THE DAY..£5.95 (df, gf, vegetarian & vegan options)

T&G SANDWICH OF THE DAYFROM 3	:3.00
PORK OR VEGAN SAUSAGE ROLL \$	2.95
	E 5 .95
fillings include tuna mayo $\&$ cheese or homemade beans $\&$ c	cheese

FRIES & AIOLI / MAYO£	3.
sweet potato fries upgrade £1 - melted cheese £1	

SHEPARD'S PIE	.£8.95
MEXICAN MIXED BEAN STEW	.£8.95
THAI CHICKEN SATAY RICE BOWL	£8.95
FALAFEL SALAD BOWL	.£8.95
HOUSE FRITTATA	£5.95
MINUTE STEAK & FRIES	.£9.95

ORDER ONLINE at www.toolandgauge.com or call us on 01373 476334

Something Sweet

HOUSE MADE BROWNIES (gf, df)	.£3.00
FLAPJACKS (gf, df) plain	£2,00
choc dippedorange, cranberry and ginger	.たてるっ
BAKEWELL SLICE (v)	
SLICE OF LEMON DRIZZLE CAKE	£3,50
SLICE OF CARROT CAKE LOAF	£3.50
SLICE OF DOUBLE CHOCOLATE CAKE.	£4.50
FRUITY SLICE	£2,95



your first online order



We use lots of different ingredients in our kitchen, so we can't guarantee our food is completely free of any allergens. Please let our staff know of any allergens you have before you order

FROME

MANOR RD. MARSTON TRADING ESTATE, FROME BA11 4FN

OPEN 7AM - 7PM - 7 DAYS A WEEK

COFFEE RECOMMENDED FOR COLLEC	TION ONLY
ESPRESSO, MACCHIATO	.£2.50
FLAT WHITE, CAPPUCCINO, LATTE	.£2,95
AMERICANO	£2.60
МОСНА	£3.00

dairy alternatives: soy, almond, coconut or oat...20p all coffee is served as a double shot - extra shots 50p extra large cup 50p

HOT

HOT CHOCOLATE£3.00

SMOOTHIES...... £4.95

THICKSHAKE - with ice cream - chocolate / strawberry / vanilla / superfood - date, banana & acai berries (vg or df available)

FRUITY NUTTER banana, peanut butter, blueberries & almond milk

BERRY BOOST acai berries, banana, cranberry & lemon

GREEN MACHINE spinach, avocado, parsley, mint, cucumber, kiwi, lemon juice & spirulina

TROP' NOTCH pineapple, banana, melon, mango, lemon juice & coconut milk

 $\mbox{\bf BLACK FOREST}$ dark chocolate, berries, almond milk & cacao nibs

U/e Also Serve

PRE-MADE DELICIOUS MEALS DELIVERED DAILY FOR YOU TO HEAT UP AT HOME

ORDER YOUR GROCERY BOX BOX FOR YOU AND YOUR FAMILY CORPORATE AND CARE PACKAGES AVAILABLE



More Online =

DAILY SPECIALS, FRESHLY BAKED CAKES, COOKIES AND SNACKS



fresh, locally sourced produce gf - gluten free | df - dairy free | rsf - refined-sugar free | vg - vegan

ALL DAY BREAKFAST

THE BIG BREAKFAST.....FROM £7.95 full english or vegetarian. Customise yours online

T&G PASTRIES mixed pastries.......£2,00ea

salami & cheese / ham & cheese
cheese & tomato croissant£2.75

HOUSE BAPS

egg & hash brown	0
egg & bacon£3.9	5
egg & sausage£39	5
egg, bacon & sausage £4.8	5
egg, bacon, sausage, hash brown£5.4	5

PORRIDGE

drizzled with warm honey£3.00)
with warm honey, banana & blueberries)

PROTEIN PANCAKESFROM £4.95
buckwheat pancakes served with pure maple syrup, customise your
dish by adding sides (gf)

BREAKFAST POTS

egg & beans	E1.95
egg, sausage & beans	£2,75
egg, avocado & smoked salmon	E3,25

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small delivery fee may apply some dishes are suject to availability