

SMOOTHIES..... FROM £5.00

Dairy Free +£1

THICKSHAKE - with ice cream and milk

chocolate | strawberry | vanilla | salted caramel | honeycomb
add for +50p: snickers | malteser | skittles | mint aero
mars | m&m | crunchie

DATE SMOOTHIE dates, banana, almonds and ice cream

EXPRESSO SMOOTHIE two shots of Volcano espresso,
cinnamon, honey, banana, milk and ice cream

ACTIVE SMOOTHIE banana, blueberries and ice cream

POWER SMOOTHIE banana, peanut butter, chocolate
sauce and ice cream

PARADISE SMOOTHIE pineapple, orange, banana,
coconut water and ice cream

FRUITY NUTTER SMOOTHIE +80p banana, peanut
butter, blueberries, strawberries, honey and almond milk

BANANA BANG SMOOTHIE banana, cinnamon,
honey, ice cream, milk and ice

BERRY-LICIOUS SMOOTHIE berries, ice
cream, honey and apple

BERRY BLAST SMOOTHIE +50p mixed
berries, cranberry juice, banana, honey, ice

GREEN & GLORIOUS SMOOTHIE +50p
coconut water, spinach, avocado, apple juice, banana



FRESHLY SQUEEZED ORANGE JUICE £4.00

in-house freshly squeezed delicious orange juice

ORDER ONLINE

at www.toolandgaug.com
or call us on 01373 476334

small delivery fee may apply
some dishes are subject to availability

HOT DRINKS

FLAT WHITE, CAPPUCCINO, LATTE... £3.00

AMERICANO..... £2.80

MOCHA..... £3.20

ESPRESSO, MACCHIATO..... £2.20

ICE LATTE..... £3.50

add syrup for +60p: chocolate | vanilla | caramel
gingerbread | hazelnut | salted caramel

dairy alternatives for coffees: soy, almond, coconut or oat +£0.20

we serve volcano coffee as a double shot

extra shots +£0.50

large cup +£0.50

HOT CHOCOLATE..... £3.80

Freshly made with dark, milk or white chocolate
peanut butter | chocolate orange | caramel +£0.60
Whipped cream & Marshmallow options +£0.50

SELECTION OF TEAS..... £2.40

english breakfast | earl grey | yorkshire | rooibos green
tea chamomile | lemongrass | decaf breakfast | liquorice &
peppermint | super fruit

Cakes & Puddings

HOUSE MADE CHOCOLATE
BROWNIES (gf, df)..... £2.50

FLAPJACKS WITH STYLE (gf, df)..... FROM £2.50

CHOCOLATE & CLEMENTINE
TORTE (gf, df)..... £4.00

TRIPLE CHOCOLATE CAKE (gf, df)..... £3.50

BAKEWELL SLICE..... £3.50

FRUITY SLICE..... £3.50

TOOL & GAUGE



**IN-HOUSE, DELIVERY and
DRIVE THRU SERVICE**

OPEN: 8.30AM - 3PM MONDAY TO THURSDAY
8.30AM - 7PM FRIDAY | 8.30AM - 5PM SATURDAY

SEE OUR CHILLER FOR MORE OPTIONS & SPECIALS

LUNCH AND DINNER

GO ONLINE AND SIGN UP FOR OUR DAILY SPECIALS

MOUSSAKA (gf, df).....£12.00

a delectable variety of lamb mince, eggplant and tomato, stacked and baked

LAMB SAAG (gf, df).....£12.00

delicious lamb and spinach curry, with spring onions and mixed spices
add rice or fries +£1.50
add side salad +£2.50

ROAST SALMON OR PAN FRIED SEABASS (gf, df).....£11.00

our specialty roast salmon or fried seabass served with fries & mixed leaf salad
choose your fries type: skinny | thick | sweet potato (+£1)

FALAFEL SALAD BOWL (gf, df).....£9.00

deep fried falafels with a portion of homemade hummus, mayo slaw and mixed leaf salad

ROAST CHICKEN SALAD BOWL (gf, df).....£8.00

lightly roasted chicken slices on a bed of mixed leaf salad with aioli & chilli jam
add bacon +£1.50

LAMB RISsoles SALAD BOWL (gf, df).....£8.00

lightly fried delectable lamb rissole balls served on a bed of lettuce and fried spinach

JACKET POTATO (gf, df).....£7.50

with topping options, served with mayo slaw and salad garnish
choose your filling: beans and cheese | pulled pork | fried chicken with pomegranate and mayo | tuna mayo & red onion | tuna mayo and cheese

MINUTE STEAK AND FRIES (gf, df).....£13.00

westcountry steak, herb butter with fries and garnish

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

HOT SANDWICHES OF

THE DAY (gf, df options).....FROM £7.00

chicken, chorizo & cheese melt +£1 | bacon, ham, onion & cheese melt tuna, mayo & cheese melt | falafel, hummus & sweet chili sauce roast vegetables & cheese melt | the pizza edit | the italian | chicken caesar salad

COLD SANDWICHES (gf, df options)....FROM £4.50

cheese & pickle | cheese, tomato & mayo +50p | ham, cheese & mayo +50p | tuna mayo +50p | BLT +£2
add extra fillings to your sandwich from +60p

CLASSIC SAUSAGE ROLLS.....£2.00

classic pork sausage roll

FRIES & AIOLI (gf, df).....£4.00

skinny | thick
switch to sweet potato fries +£1.00
add melted cheese +£1.50

BURGERS

add fries and choose from skinny or thick 2.00 | sweet potato 3.00

THE FROME LAMB DOG (gf, df options).....£5.00

pulled lamb and caramelised onion in a hot dog

FARMERS BURGER (gf, df options).....£7.50

succulent west country beef with mayonnaise, lettuce, tomato and cheese

ZEN HEN BURGER (gf, df options).....£9.00

organic fried chicken with aioli, lettuce, tomato and smashed avocado

MEGA WORKS BURGER (gf, df options)....£10.00

your choice of chicken or beef burger with bacon, melted cheese, chilli jam onions and optional hash brown

FALAFEL BURGER (gf, df options).....£9.00

authentic falafel burger with aioli, lettuce, tomato, smashed avocado and sweet chilli sauce

TEXAS RANGER BURGER (gf, df options)....£9.00

barbecued pulled pork with fried onions, BBQ sauce and mayo slaw

ITALIAN BURGER (gf, df options).....£10.00

succulent beef burger with parma ham, salami, mozzarella, italian cheese, sundried tomatoes and rocket

MOROCCAN BURGER (gf, df options).....£9.50

juicy lamb burger with fresh lettuce, tomato, fried onions, aioli, smashed avo and drizzled with chilli sauce

BREAKFAST BURGER (gf, df options).....£10.00

all the great things about breakfast in a burger: burger patty with streaky bacon, fried egg, melted cheese, hash brown, topped with mayo and ketchup

ALL DAY BREAKFAST

BIG BREAKFAST (gf, df options).....£9.50

sausage, bacon, hash brown, mushroom, beans, 2 eggs your style, tomato & toast

VEGGIE BREAKFAST (gf, df options).....£9.00

scrambled, fried or poached eggs on toast with vegetarian sausage, roast tomato, fried spinach, baked beans, mushrooms & a hash brown

EGGS YOUR WAY (gf, df options).....FROM £4.00

Poached, fried or scrambled on toast of your choice
add bacon £1.50 | sausage £2 | avocado £1.50
tomato £1 | smoked salmon £4 | mushrooms £1.50
hash brown £1 | vege sausage £2 | beans £1
sourdough £1 | fried spinach £2

BAPS TO START THE DAY (gf, df options)

egg & hash brown..... £4.50
egg & bacon..... £5.00
egg & sausage..... £5.00
egg, bacon & sausage..... £7.00
egg, bacon, sausage, hash brown..... £7.00
vege sausage & hash brown..... £5.50

GRANOLA SMOOTHIE BOWL (gf, df)£7.00

homemade honey granola with strawberry and banana smoothie

PROTEIN PANCAKES WITH MAPLE

SYRUP (gf, df options).....£5.50

add bacon +£1.50 | berries +£1.25 | banana +£1
nut butter +£1.50 | ice cream +£1.50
homemade granola +£1.50

TOAST (gf, df options).....FROM £2.80

jam or honey +50p | peanut butter topping +£1.50
add cheese +£1.50 | beans +£2 | switch to sourdough +£1

FILLED CROISSANT.....FROM £3.50

bacon, avocado and tomato +£2 | salami & cheese | ham & cheese
cheese & tomato

MEGA CROISSANT.....£6.00

croissant filled to the max with cheese, salami, chorizo, tomato, avocado and chilli jam

MIXED PASTRIES.....FROM £1.50

croissant £1.50 | almond croissant £2 | pain au chocolat £1.50
cinnamon swirl £1.80

PORRIDGE (gf, df available).....£3.00

drizzled with honey
add blueberries +£1.50 | banana +£1.20 | homemade granola
+£1.50 | peanut butter +£1.50 | almond butter +£1.50