

Desserts

Millionaire's shortbread  331 kcal Two vanilla ice cream scoops, shortbread biscuit, Belgian chocolate sauce, toffee sauce	2.42
Vanilla ice cream  257 kcal Two scoops, toffee sauce, Belgian chocolate sauce	2.07
Cookie crunch  287 kcal Two vanilla ice cream scoops, chocolate cookie, Belgian chocolate sauce	2.07
Mini warm chocolate brownie  397 kcal Belgian chocolate sauce, vanilla ice cream	3.23
Mini warm cookie dough sandwich  347 kcal Salted caramel filling, toffee sauce, vanilla ice cream	3.23
Mini American-style pancakes  373 kcal Two pancakes, maple-flavour syrup, vanilla ice cream	3.69
Fresh fruit and ice cream   379 kcal Apple, banana, blueberries, strawberries, vanilla ice cream	3.49
Salted caramel sticky toffee pudding  799 kcal Vanilla ice cream	5.24
Warm chocolate fudge cake  832 kcal. Vanilla ice cream	5.58
Warm chocolate brownie  697 kcal Belgian chocolate sauce, vanilla ice cream	5.58
Warm cookie dough sandwich  601 kcal Salted caramel filling, toffee sauce, vanilla ice cream	5.58
British Bramley apple crumble  602 kcal. Vanilla ice cream	5.87
American-style pancakes  650 kcal Four pancakes, maple-flavour syrup, vanilla ice cream	5.14
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Add: Vanilla ice cream scoop  (97 kcal) 99p ; Toffee sauce  (66 kcal) 47p Belgian chocolate sauce  (61 kcal) 47p ; Banana  (110 kcal) 60p Strawberries  (14 kcal) 60p ; Blueberries  (17 kcal) 60p	

BREAKFAST Served 8am – 12 noon

Large breakfast 1320 kcal Two fried eggs, bacon, two Lincolnshire sausages, baked beans, three hash browns, mushroom, two slices of toast	6.59
Traditional breakfast 774 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, two hash browns, slice of toast	4.99
Small breakfast  435 kcal Fried egg, bacon, Lincolnshire sausage, baked beans, hash brown	2.99
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Add: Black pudding (178 kcal) 80p	
Freedom breakfast 581 kcal Two fried eggs, bacon, baked beans, two hash browns, mushroom, tomato	3.10
Large vegetarian breakfast  1075 kcal Two fried eggs, three vegan sausages, baked beans, three hash browns, mushroom, tomato, two slices of toast	6.59
Vegetarian breakfast  729 kcal Two fried eggs, two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast	4.99
Small vegetarian breakfast   281 kcal Fried egg, vegan sausage, baked beans, hash brown, tomato	2.99
Vegan breakfast  416 kcal Two vegan sausages, baked beans, two hash browns, mushroom, tomato, slice of toast, vegan spread	2.99
American breakfast 1258 kcal Two fried eggs, two hash browns, maple-cured bacon, two Lincolnshire sausages, four pancakes, maple-flavour syrup	7.00
Small American breakfast 629 kcal Fried egg, hash brown, maple-cured bacon, Lincolnshire sausage, two pancakes, maple-flavour syrup	5.14

Eggs Benedict 756 kcal Two poached eggs, on an English muffin, with Wiltshire cured ham, Hollandaise sauce, rocket	5.29
Mushroom Benedict  667 kcal Two poached eggs, on an English muffin, with mushroom, Hollandaise sauce, rocket	5.29
Miner's Benedict 970 kcal Two poached eggs, on an English muffin, with black pudding, Hollandaise sauce, rocket	5.29
American-style pancakes – choose: Four pancakes, banana, strawberries, blueberries, maple-flavour syrup.  694 kcal	5.14
Four pancakes, maple-cured bacon, maple-flavour syrup. 645 kcal Four pancakes, maple-flavour syrup.  554 kcal	5.14 4.45
Small American-style pancakes – choose: Two pancakes, maple-cured bacon, maple-flavour syrup.  322 kcal Two pancakes, maple-flavour syrup.   277 kcal	3.69 3.40
Scrambled egg on toast  570 kcal Three eggs, buttered white bloomer toast	2.99
Beans on toast  566 kcal. Buttered white bloomer toast Vegan option available with vegan spread   460 kcal	2.99
Small beans on toast   252 kcal. Buttered white bloomer toast	2.49
Fresh fruit   186 kcal. Apple, banana, blueberries, strawberries	2.99
Fresh fruit and yoghurt   320 kcal Apple, banana, blueberries, strawberries, Greek-style honey yoghurt	3.49
Porridge   253 kcal (plain) Add: Banana  (110 kcal) 60p ; Strawberries  (14 kcal) 60p Blueberries  (17 kcal) 60p ; Honey  (152 kcal) 30p Sliced apple  (46 kcal) 60p ; Maple-flavour syrup  (104 kcal) 30p	1.99

Breakfast extras

Add any of the following:		
Black pudding 178 kcal	80p Hash brown  82 kcal	51p
Two back bacon rashers 131 kcal	1.67 Two mushrooms  94 kcal	98p
Lincolnshire sausage 168 kcal	1.15 Two tomato halves  16 kcal	57p
Vegan sausage  72 kcal	1.15 Hollandaise sauce  299 kcal	1.92
Fried egg  56 kcal	98p Slice of toast  192 kcal	1.23
Poached egg  63 kcal		98p
Two scrambled eggs  136 kcal		1.73
Baked beans  126 kcal		98p

Tea, coffee and hot chocolate

FREE REFILLS

TEA, COFFEE AND HOT CHOCOLATE

— ALL DAY EVERY DAY —

LAVAZZA

TORINO, ITALIA, 1895

100% ARABICA BEANS

SEVEN COFFEE

£1.81

each

Biscuits

Walkers shortbread  151 kcal

Stem ginger biscuit  123 kcal

Belgian chocolate biscuit  129 kcal

71p

each

for the facts

drinkaware.co.uk

jdwetherspoon.com

FOOD Main menu 11.30am – 11pm. Children's menu available.

The Trawl Boat Inn

Lytham St Annes

The name of this pub recalls the inn at the corner of Heyhouses Lane and North Houses Lane. It was used by fishermen when this was the sparsely populated area known as West End. The old Trawl Boat still stands, but is no longer an inn. The present pub with this name began as two lodging houses, built in c1880. After World War II, one became a doctor's surgery and the other a solicitor's practice.

TABLE SERVICE

Download the Wetherspoon app or scan this QR code.

Or note your table number and order at the bar.

Use the app to: Order food and/or drinks • Search for a pub • Book a hotel • Save your favourites • Find an ale

FOOD HYGIENE RATING

1

2

3

4

5

SEVEN COFFEE

Food hygiene rating

We have been awarded the maximum food hygiene rating of 5 in this pub.

Sustainable fish

The cod and haddock we serve come from fisheries which have been certified as well-managed and sustainable fisheries.

Free-range eggs

100% of the eggs we use are free range. All shell eggs are certified with the British Lion quality mark and are RSPCA assured, ensuring the highest standards of animal welfare.

Breakfast

8am – 12 noon

Traditional breakfast

£4.99

Tea, coffee and hot chocolate

Free refills

£1.81 each

Wings, bites and strips

Mix and match

£2.99 each

2 for £5.49 | 3 for £7.49

Small plates

Mix and match

3 for £14.99

Deli Deals

INCLUDES A DRINK

Featuring southern-fried chicken wrap just-a-wrap, without a drink

£5.39

soft drink* £6.57 | alcoholic drink* £8.10

Afternoon deals

INCLUDES A DRINK

Mon - Fri, 2pm - 5pm

Featuring small freshly battered fish and chips

soft drink* from £7.17 | alcoholic drink* from £8.70

Burger meals

INCLUDES A DRINK

Featuring the classic burger

soft drink* £8.69 | alcoholic drink* £10.22

INCLUDES A DRINK

Choose from over 150 drinks

wetherspoon hotels

Over 50 hotels and 1,329 rooms across England, Ireland, Scotland and Wales.

Not available' on Booking.com or any website apart from our own.

Book direct.

Our rooms' are only available at jdwwetherspoon.com, on the app or by phone.

UK hotels only.

Scan to find out more.

All weights are approximate uncooked. Fish, chicken and meat dishes may contain bones. Specifications may change periodically, and Calories and other nutritional values stated (which exclude drinks options) are subject to change. Prices (in pounds sterling, including VAT) may vary per pub. Subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See website for full details: jdwwetherspoon.com "Offer (excluding take-away) applies on day of purchase, during one visit; is non-transferable. Exclusions apply. "Statement of daily Calorie needs from the Department of Health & Social Care. "Excluding decaffeinated tea and decaffeinated coffee. *Drinks exclude bottled wine, sparkling wine, Prosecco by the bottle (200ml and 750ml), cocktail pitchers, liqueurs, bombs, shots and any drink not listed on the drinks menu. Mixers exclude J20 and all canned soft drinks, except Monster. An alternative may be offered for Coldwater Creek wines. Spirit measure offered is 25ml in all free houses, except Northern Ireland (35ml).

Small plates | 3 for £14.99

8" pizzas. Sourdough base - proved, stretched, topped and freshly baked to order.		
Margherita  UNDER 500 475 kcal. Mozzarella, fresh basil	6.29	
NEW Spicy chicken   UNDER 500 706 kcal	6.86	
Mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket		
Pepperoni  556 kcal. Mozzarella, pepperoni	6.86	
Ham and mushroom 512 kcal. Mozzarella, ham, mushroom, rocket	6.86	
BBQ chicken 562 kcal	6.86	
Mozzarella, chicken breast, BBQ sauce, red onion, rocket		
Roasted vegetable  522 kcal	6.86	
Mozzarella, mushroom, roasted pepper, courgette, onion, fresh basil		
Vegan roasted vegetable   UNDER 500 358 kcal	6.86	
Mushroom, roasted pepper, courgette, onion, fresh basil		
Spicy meat feast   606 kcal	7.45	
Mozzarella, ham, pepperoni, chicken breast, sliced chillies, rocket		

11" garlic pizza bread  778 kcal	5.82	
Nachos   768 kcal. Cheese, guacamole, salsa, sour cream, sliced chillies	6.06	
Bowl of chips  964 kcal	3.99	
Bowl of chips with curry sauce  1082 kcal	5.39	
Cheesy chips  1256 kcal	5.59	
Loaded chips 1303 kcal. Cheese, maple-cured bacon, sour cream	5.89	
NEW Shawarma-chicken-topped chips   1387 kcal	5.89	
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces		
Halloumi-style fries   UNDER 500 458 kcal. Sweet chilli sauce	5.21	
Chicken bites  UNDER 500 403 kcal	6.34	
Ten battered chicken breast pieces, BBQ sauce		
Southern-fried chicken strips  547 kcal	6.34	
Five chicken breast strips, Jack Daniel's® Tennessee Honey glaze		
Chicken wings   1113 kcal. Ten spicy chicken wings, Naga chilli sauce	7.00	
Quorn™ nuggets   UNDER 500 345 kcal	5.44	
Eight coated pieces, sweet chilli sauce		

Wings, bites and strips

Mix and match		
Five chicken wings   UNDER 500 445 kcal	2.99	
Spicy chicken wings		
Five chicken bites UNDER 500 161 kcal	2 for	
Battered chicken breast pieces	5.49	
Three southern-fried chicken strips  UNDER 500 276 kcal	3 for	
Chicken breast strips	7.49	
Five Quorn™ nuggets  UNDER 500 177 kcal. Five coated pieces		
Add: Sweet chilli sauce   (62 kcal)		
Naga chilli sauce   (136 kcal); BBQ sauce  (83 kcal)		
Jack Daniel's® Tennessee Honey glaze  (87 kcal)		
Chipotle mayo   (150 kcal); Blue cheese sauce  (270 kcal)		
Garlic & herb dip  (301 kcal)		

Deli Deals® INCLUDES A DRINK

All wraps, paninis and 8" pizzas are freshly made to order.		
12" wraps (just-a-wrap, without a drink 5.39 each)		
NEW Brunch wrap 741 kcal		
Fried egg, bacon, Lincolnshire sausage, Cheddar cheese		
NEW Vegetarian brunch wrap  622 kcal		
Two fried eggs, two vegan sausages, Cheddar cheese		
Shawarma chicken   712 kcal		
Chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces, tomato, onion, coriander, rocket		
Quorn™ nuggets   UNDER 500 490 kcal		
Salad leaves, tomato, cucumber, salsa		
Southern-fried chicken   623 kcal		
Salad leaves, smoky chipotle mayo		
Cold chicken breast   UNDER 500 485 kcal		
Salad leaves, sweet chilli sauce		
Fried halloumi-style cheese   727 kcal		
Salad leaves, sweet chilli sauce, tomato, cucumber		
Paninis		
Cheddar cheese and tomato  604 kcal		
Wiltshire cured ham and Cheddar cheese 580 kcal		
BBQ chicken, bacon and Cheddar cheese  576 kcal		
Tuna mayo and Cheddar cheese 581 kcal		
8" pizzas		
Choose any 8" pizza from the small plates section.		
Add: Side salad  (111 kcal); Spicy rice   (203 kcal); Chips  (602 kcal) 1.54 each		

Burgers INCLUDES A DRINK

Beef burgers made with 100% British beef, freshly cooked to order. Traceable from farm to fork.		
Served with chips (add 602 kcal) or ask for a side salad  (add 111 kcal).		
With red onion, gherkin, ketchup, American-style mustard.		
American 529 kcal	soft drink*	8.69
6oz beef patty	alcoholic drink*	10.22
American cheese 597 kcal	soft drink*	9.28
6oz beef patty, American-style cheese	alcoholic drink*	10.81
Served with chips (add 602 kcal) or ask for a side salad  (add 111 kcal).		
With iceberg lettuce, tomato, red onion.		
The classic burger 560 kcal		
6oz beef patty	soft drink*	8.69
	alcoholic drink*	10.22
The plant burger  537 kcal		
Plant-based patty, garlic & herb sauce		
Halloumi-style cheese and sweet chilli   638 kcal		
Fried halloumi-style cheese, sweet chilli sauce		
Served with chips (add 602 kcal) or ask for a side salad  (add 111 kcal).		
Crunchy chicken  440 kcal	soft drink*	6.54
Two southern-fried chicken strips, iceberg lettuce, mayonnaise	alcoholic drink*	8.07
NEW Korean fried chicken  376 kcal		
Two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce		

Gourmet burgers INCLUDES A DRINK

Served with six beer-battered onion rings (add 269 kcal) and chips (add 602 kcal) or ask for a side salad  (add 111 kcal).		
With iceberg lettuce, tomato, red onion.		
NEW The Big Smoke	soft drink*	11.19
Pulled BBQ beef brisket, American-style cheese, maple-cured bacon	alcoholic drink*	12.72
Choose: Beef (6oz beef patty) 1170 kcal		
Fried buttermilk chicken 1310 kcal		
NEW Cheese meltdown		
American-style cheese, smothered with Emmental & Cheddar cheese sauce		
Choose: Beef (6oz beef patty) 732 kcal		
Fried buttermilk chicken 839 kcal		
NEW Buffalo   819 kcal	soft drink*	10.89
Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing	alcoholic drink*	12.42
NEW BBQ stack  439 kcal		
Plant-based patty, stacked with six onion rings and covered with BBQ sauce		
The ultimate burger 851 kcal		
6oz beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin		
Tennessee		
Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze		
Choose: Beef (6oz beef patty) 719 kcal		
Fried buttermilk chicken 855 kcal		
NEW The Empire State 1038 kcal	soft drink*	12.35
Two 6oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard	alcoholic drink*	13.88

Additional toppings		
Sliced pickled gherkins  11 kcal		50p
BBQ sauce  71 kcal		99p
Maple-cured bacon with Cheddar cheese 173 kcal		2.24
Maple-cured bacon with American-style cheese 160 kcal		2.24
Cheddar cheese  82 kcal		
American-style cheese  69 kcal		
Maple-cured bacon 91 kcal		
Crunchy chicken strip  92 kcal		each 1.62

Additional burger patties		
6oz beef patty 337 kcal		2.34
Fried buttermilk chicken 473 kcal		
Fried halloumi-style cheese  347 kcal		
Plant-based patty  152 kcal		each 2.07

Chicken INCLUDES A DRINK

Sticky Korean fried chicken bowl 		
Chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chillies	soft drink*	8.99
Choose: Coconut-flavour rice  866 kcal; Chips 1234 kcal	each	
Sticky Korean fried Quorn™ 'no chicken' bowl  	alcoholic drink*	10.52
Eight coated pieces, tossed in a Korean-style sauce, coriander, sliced chillies		
Choose: Coconut-flavour rice  712 kcal; Chips 1080 kcal		
Boneless basket 		
Three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce		
Choose: Side salad 720 kcal; Spicy rice 856 kcal; Chips 1255 kcal		
Chicken bites basket		
Ten battered chicken breast pieces, coleslaw, BBQ sauce	soft drink*	9.75
Choose: Side salad 622 kcal; Spicy rice  758 kcal; Chips 1157 kcal	each	
Southern-fried chicken strips basket 	alcoholic drink*	11.28
Five chicken strips, coleslaw, Jack Daniel's® Tennessee Honey glaze		
Choose: Side salad 747 kcal; Spicy rice 883 kcal; Chips 1282 kcal		
Quorn™ 'no chicken' nuggets basket  		
Eight coated pieces, coleslaw, sweet chilli sauce		
Choose: Side salad 520 kcal; Spicy rice 657 kcal; Chips 1056 kcal		

Curries INCLUDES A DRINK

Classic curries With basmati pilau rice, plain naan and poppadums.		
Sweet potato, chickpea & spinach curry    916 kcal		
Chicken tikka masala  1036 kcal	soft drink*	10.93
	each	
Chicken jalfrezi    923 kcal	alcoholic drink*	12.46
	each	
Beef Madras    1088 kcal		
Change your plain naan to a garlic naan  (add 92 kcal) 52p		
Simple curries With basmati pilau rice or chips.		
Simple sweet potato, chickpea & spinach curry  		
Choose: Basmati pilau rice 557 kcal; Chips 959 kcal		
Simple chicken tikka masala 	soft drink*	8.68
Choose: Basmati pilau rice 676 kcal; Chips 1079 kcal	each	
Simple chicken jalfrezi   	alcoholic drink*	10.21
Choose: Basmati pilau rice  564 kcal; Chips 966 kcal	each	
Simple beef Madras    		
Choose: Basmati pilau rice 729 kcal; Chips 1131 kcal		
Add: One vegetable samosa and two onion bhajis   (295 kcal) 1.86		
Two plain poppadums  (86 kcal) 52p		

Katsu curries With a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander.		
Katsu grilled chicken curry  542 kcal		
Sliced chicken breast	soft drink*	9.81
Katsu Quorn™ nugget curry   638 kcal	each	
Eight coated pieces	alcoholic drink*	11.34
Katsu chicken curry  828 kcal		
Sliced whole breaded chicken breast fillet		

Curry Club® Thursday 11.30am - 11pm

Featuring chicken korma - see Curry Club® menu for full range.	soft drink*	9.26
	alcoholic drink*	10.79

Jacket potatoes INCLUDES A DRINK

With side salad and one filling. Extra fillings 1.32 each.		
Tuna mayo 594 kcal	soft drink*	7.93
Coleslaw  561 kcal	each	
Cheese  587 kcal	alcoholic drink*	9.46
Baked beans   UNDER 500 484 kcal		
Chilli bean non-carne    UNDER 500 444 kcal		
Roasted vegetables   UNDER 500 385 kcal		

Pub classics INCLUDES A DRINK

Freshly battered fish and chips	soft drink*	11.59
Cod, peas 1251 kcal, mushy peas 1308 kcal or baked beans 1247 kcal	alcoholic drink*	13.12
Whitby breaded scampi		
Chips, peas 1135 kcal, mushy peas 1214 kcal or baked beans 1131 kcal. Eight Whitby breaded scampi	11.15	12.68
Add: Two slices of bread  (383 kcal) 1.44		
Chip shop-style curry sauce  (118 kcal) 1.56		
All-day brunch 124.5 kcal	10.51	12.04
Two fried eggs, bacon, two Lincolnshire sausages, baked beans, chips		
Add: Black pudding (178 kcal) 80p		
Vegetarian all-day brunch  992 kcal	10.51	12.04
Two fried eggs, three vegan sausages, baked beans, chips		
BBQ chicken melt 1132 kcal	10.49	12.02
Chicken breast, Cheddar cheese, bacon, BBQ sauce, peas, mushroom, chips		
NEW Steak & ale pudding	9.41	10.94
Peas, onion & red wine gravy		
Choose: Mashed potato 957 kcal; Chips 1260 kcal		
Bangers and mash 888 kcal	9.41	10.94
Three Lincolnshire sausages, peas, onion & red wine gravy		
Vegetarian bangers and mash  598 kcal	9.41	10.94
Three vegan sausages, peas, onion & red wine gravy		
Wiltshire cured ham, eggs and chips 856 kcal	8.82	10.35
Two slices of Wiltshire cured ham, two fried eggs		
Sausages, chips and beans 1170 kcal	8.52	10.05
Three Lincolnshire sausages		
Vegan sausages, chips and beans  880 kcal	8.52	10.05
Three vegan sausages		
Chilli bean non-carne    629 kcal	9.41	10.94
Red peppers, red kidney and black turtle beans, smoky chipotle sauce, rice, tortilla chips		

Afternoon deal

Mon - Fri, 2pm - 5pm	soft drink*	8.34
Choose from the above pub classic meals.	alcoholic drink*	9.87

Small pub classics

Small freshly battered fish and chips	soft drink*	9.29
Cod, peas 687 kcal, mushy peas 744 kcal or baked beans 683 kcal	alcoholic drink*	10.82
Small Whitby breaded scampi	8.94	10.47
Chips, peas 629 kcal, mushy peas 686 kcal or baked beans 625 kcal. Four Whitby breaded scampi		
Add: Two slices of bread  (383 kcal) 1.44		
Chip shop-style curry sauce  (118 kcal) 1.56		
Small Wiltshire cured ham, egg and chips  UNDER 500 455 kcal	7.70	9.23
One slice of Wiltshire cured ham, fried egg		
Small all-day brunch 681 kcal	7.69	9.22
Lincolnshire sausage, bacon, fried egg, baked beans, chips		