

Gluten-Free Guide to Lenny & Joe's Fish Tale

If you like fresh seafood, you'll be thrilled with all of the gluten-free choices at Lenny & Joe's, since so many of our seafood dishes are naturally gluten-free. The information on this gluten-free guide is based on information from our food suppliers and their stated absence of gluten. Please be aware that Lenny & Joe's Fish Tale makes every effort to avoid cross-contact, but our kitchen is not gluten-free and so despite our great diligence, we cannot guarantee 100% that contact with foods containing gluten will not occur. We encourage you to carefully consider your dining decisions and your individual dietary needs when dining with us. When placing your order, please let your Fish Tale server know that you are ordering a gluten-free menu item. This is a guide and we are happy to answer any additional dietary or Gluten questions!

Soup

Fish Tale Clam Chowder

(please skip the oyster crackers)

Appetizers

Fresh Maine Steamers & PEI Mussels

Gulf Shrimp Cocktail

Fresh Clams on the half shell

Fresh Oysters on the half shell

Salads

(please request no croutons on your salads)

Side Garden Salad

House Salad

Gluten Free Dressings:

Clear White French • Balsamic Vinaigrette • Ranch
Chunky Bleu Cheese • Tuscan Caesar

Entree Salads

(please request no croutons on your salads)

entree sized salads topped with chilled seafood

Mixed Seafood Salad (lobster•crab•shrimp)

Chilled Cocktail Shrimp Salad

Chilled Rock Crab Meat Salad

Chilled Lobster Tails & Claw Meat Salad

entree sized salads topped with grilled favorites

with Charbroiled Tenderloin Tail

with Charbroiled Fresh Fillet of Salmon

with Charbroiled Fresh Chicken Breast

Side Dishes

Boiled Red Skin Salt Potatoes

Steamed Fresh Vegetables

Fresh Cut Coleslaw

Wild Rice Blend

***Gluten Information concerning our
Premium Western French Fries*

***Please Note that our French Fries are gluten-free, but
we can not guarantee that they were not fried in oil that
contained breaded food items!*

Desserts: Vanilla Ice Cream, Chocolate Ice Cream, Lemon Ice

Our Tartar Sauce, Cocktail Sauce, Crab Sauce & Ketchup are all Gluten Free

Fish Tale Gluten-Free Entrees

Broiled & Charbroiled Fish Fillets

Fresh Scrod (cod)

Fresh Sole

Fresh Tilapia

Fresh Bluefish (in season)

Fresh Charbroiled Salmon

Fresh Charbroiled Swordfish

Fresh Charbroiled Tuna Steak

Charbroiled Mahi Mahi

....and Ask about our Daily Specials

Broiled Seafood Casseroles

*(please request no crumbs on all casseroles
and they are delicious served over our rice)*

Fresh Sea Scallops

Gulf Shrimp Scampi

Lobster Casserole (Tails & Claw Meat)

Rock Crab Casserole

Fresh Scallops & Gulf Shrimp Broiled Combo

Lobster & Crab Broiled Combo

Scallop & Crab Broiled Combo

Lobster & Shrimp Broiled Combo

Shrimp & Crab Broiled Combo

Lobster & Scallop Combo

Land Lubbers

Beef Tenderloin Tails (marinated, plain or teriyaki)

Charbroiled Beefsteak

Fresh Charbroiled Chicken Breast (teriyaki or plain)

Land & Sea

Add a Beef Tenderloin Tail or Grilled Fresh
Chicken Breast to any Dinner for a Land & Sea

Our Gluten Free Flavors

*you may ask for any of these flavors to be
served with your Broiled or Charbroiled Entrees*

Fresh Herb Butter • Lemon Caper Sauce

Mango Salsa • Cajun Rub • Teriyaki Sauce