

HEALTHY FOOD NEVER TASTED SO FRESH OR SO SEA-LICIOUS

Since 1979 it's been incredibly easy eating healthy at *Lenny & Joe's* Fish Tale

Fish is healthy for everyone! Enjoy our large selection of broiled, grilled & baked menu items.

Any selections can be cooked with just lemon. . .

As well as our smaller portion Light & Healthy Menu below. Our Fried Seafood is cooked in trans-fat free oil and is the BEST!

Our menu includes many Gluten Free choices. Ask to see our Gluten Free Menu Guide.

LIGHT & HEALTHY *Under 600 calories*

Healthy mini meals broiled with lemon and served with wild rice and fresh steamed vegetables.

Broiled Fresh Scrod - 21.95

Broiled Fresh Sole - 21.95

Broiled Shrimp & Scallop Casserole with garlic- 23.50

Broiled Shrimp Casserole with garlic - 18.95

Broiled Fresh Scallop Casserole - 26.95

Charbroiled Fresh Swordfish -Priced Daily

Charbroiled Fresh Tuna* - Priced Daily

Charbroiled Fresh Salmon - 22.95

Charbroiled Fresh Chicken Breast - 14.95

Healthiest Options

All of our seafood is healthy...

but these are some

of our healthiest choices

SEAFOOD ROLLS & SANDWICHES

These Seafood Rolls are served with coleslaw. Make it a platter, add an additional side for 3.00

Fried Shrimp Roll

Finest wild caught shrimp from the Gulf of Mexico - 13.95

Fresh Fried Clam Strips Roll

Sliced from tender and fresh sea clams -13.95

Fresh Whole Clam Roll

Firm, flavorful bellies - PRICED DAILY

Fried Fresh Sea Scallop Roll

Scallops from the cold waters of the North Atlantic - 19.95

Fried Fresh Oyster Roll

Choice fresh oysters - PRICED DAILY

Fried Calamari Roll

Lightly battered, fried and naturally tender - 12.95

L/J Maryland Crab Cake Roll

Sweet lump crabmeat & special seasonings -13.95

Fresh Maryland Soft Shell Crab

We serve only fresh whales, the largest crabs - Priced Daily

Fried Seafood Tacos (2)

Fish, Shrimp or Clam Strips- 14.95

(Chicken Tacos also available)

Fresh Fried Cod (Scrod)

Our favorite white fish caught exclusively in the Atlantic- 11.95

Fresh Fried Haddock Roll

Mildly sweet whitefish - 11.95

Hot Lobster Roll

100% lobster meat -29.95

Hot Buttered Crab Roll

Sweet Maine rock Crabmeat - 26.95

CHICKEN, HOT DOG, HAMBURG & VEGGIE SANDWICHES

These sandwiches are served as just the roll.

Fresh Fried Boneless Chicken Breast Sandwich

Breaded fresh chicken breast served on a seeded bun with lettuce and tomato - 9.95

Grilled Chicken Teriyaki Sandwich

Charbroiled fresh boneless All Natural chicken breast with teriyaki and lettuce & tomato - 10.95

Veggie Burger

Served on a seeded bun with lettuce & tomato - 9.95

Frankfurter Char-grilled

Charbroiled Hummel's frank served on a toasted roll - 4.95

2 Charbroiled Hummel's franks served on toasted rolls - 8.95

1/4 lb. Burger* Char-grilled

Served on a seeded bun - 6.95 Cheese - .50 Lettuce & Tomato - .75

Double 1/4 lb Burgers* Char-grilled

Two Burgers stacked on one bun - 11.95 Cheese - 12.95

Lettuce & Tomato - .75

SINGLE TACO with no sides (Fresh Fried Fish, Gulf Shrimp, Clam Strips or Chicken) - 6.95

EXTRA FARE

Fresh Fried Zucchini

Garden fresh zucchini lightly battered
Double - 9.95 Single - 6.95

Fresh Fried Onion Rings

Cut daily from fresh colossal Spanish onions.
Double - 9.95 Single - 6.95

Fried Veggie Combo

Generous portion of fresh onion rings & zucchini
large order -10.95

Boiled Salt Red Potatoes

Cooked in a seasoned broth
Order - 4.95

French Fries

Premium Cut French Fries
Order -4.95

Fresh Steamed Vegetables

Blend of fresh cut veggies
order-5.95

Fresh Cut Coleslaw

Sister Sandy's recipe
Order - 3.95

ask your server about our coleslaw to go in Pints, Quarts and even Gallon Containers

Wild Rice

Tender wild rice blend
order-4.95

*Steak, Hamburgs & Tuna may be under cooked. Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of food borne illness. Revised April 10, 2025. Prices subject to change.

Lenny & Joe's Fish Tale

Fresh, Fun and Casual Family Seafood Restaurants

Westbrook Family Restaurant

86 Boston Post Road • 860•669•0767

www.ljfishtale.com

Every item on our menu is available for take out. Phone orders are welcome!

We are so appreciative of your patronage and for your continued support, friendship and loyalty for the past 45 years!

Thanks, Lenny & Joe and the Fish Tale Team

CHOWDER & BISQUE

*We prepare our
chowder and bisque
fresh, every day,
in our Fish Tale kitchens.*

Fish Tale Chowder

A clear broth chowder chocked full of fresh
chopped quahog clams and a touch of milk
for that hint of sweetness.

16 oz Bowl - 7.95 Mug - 5.95

GO FOR IT AND TAKE HOME A FRESH QUART - 13.95

Lobster Bisque

Our specially prepared classic bisque
loaded with lobster chunks!

Mug -11.95 16 oz Bowl - 19.95

APPETIZERS & RAW BAR

Fresh Maine Steamers

A heaping qt. served with plenty of butter and broth -
PRICED DAILY

Fresh Mussels

Steamed & served in butter, wine, garlic broth - 15.95

Fresh Clams* (6)

"littlenecks" opened to order, served on half shell - 9.95

Fresh Oysters* (6)

"Long Island Bluepoints" served on half shell - 14.95

Gulf Shrimp Cocktail served in the Shell

4 chilled jumbo shrimp - 13.95

Family Shrimp Cocktail served in the Shell

16 chilled jumbo shrimp - 44.95

Fresh Crab Cakes

Our own-we're generous with the sweet lump blue crab
meat. (1) - 12.95 (2) - 22.95

Fried Gulf Shrimp Appetizer

1/4 pound wild caught from Mexican Gulf - 11.95

Fried Calamari

Tender tubes and tentacles - 16.95

Fried Maine Lobster

Lightly battered & fried lobster claw & tail meat - 33.95

Fresh Fried Zucchini

Garden fresh zucchini lightly battered

Double - 9.95 Single - 6.95

Fried Bread & Butter Pickles

Lightly battered Double - 8.95 Single - 5.95

Fresh Fried Onion Rings

Cut daily from market fresh colossal Spanish onions.

Double - 9.95 Single - 6.95

Fried Veggie Combo

Generous portion of fresh onion rings & zucchini -10.95

FEEDING FRENZY APPAREL

Since 1979 we have sold Fish Tale T-Shirts, Sweatshirts and hats which are worn all over CT and the World! Be sure to Visit our Apparel Racks and bring some home!



Our Famous Short Sleeve T-Shirts

Great 2025 Designs
Always Priced Right!
E-mail or bring us your
pictures in Fish Tale Shirts & Hats

Caps

Many Different Styles: Caps, Trucker
Hats, Bucket Hats, Sports Hats



FISH TALE GIFT CARDS

*The Perfect Gift
for Every Occasion!*

Available in any denomination
(\$20 and up)

Purchase at any one of the Restaurants or order online
at ljfishtale.com



Please go to our website and sign up to become a Fish Tale FIN-atic. Make sure to fill in your phone number & birthday, so that we can send some fun surprises. Open your camera on your cell phone, focus on the QR code to the right and click the link that pops up on the screen. This should prompt you to the sign up form on our website.

*Shucked clams & oysters served raw. Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness. © Lenny & Joe's Fish Tale. Revised April 10, 2025 Prices subject to change.

FAMOUS FRIED SEAFOOD

All dinners are served with choice of 2 sides. *Choose from:* Premium French Fries, Seasoned Boiled Red Potatoes, Wild Rice, Our Own Coleslaw, Fresh Steamed Seasonal Vegetables.
Make any meal LAND and SEA! **Add marinated fresh Tenderloin Beef Filet*** (13.95) **or Grilled Teriyaki Chicken Breast** (9.95) **to any dinner!**

There are reasons why so many people will eat fried seafood only at Lenny & Joe's Fish Tale! All of our Fried Foods are breaded to order with Lenny & Joe's own famous original light & tasty batter. We cook in 100% trans fat free vegetable oil and carefully drain your food on baker's paper to remove any excess oil.

WANT JUST THE SEAFOOD? Any of these Fried Seafood Items can be ordered "a la carte"

	DINNER	ALA CARTE
Fried Shrimp The finest sourced sweet and succulent shrimp	22.95	19.95
Fresh Fried Clam Strips Sliced from tender and fresh sea clams.	22.95	19.95
Fresh Whole Clams Selected for firm, flavorful bellies.	PRICED DAILY	
Fried Fresh Sea Scallops Dry Scallops from the cold waters of the North Atlantic.	30.95	27.95
Maryland Crab Cakes Our own, with sweet lump crabmeat and special seasonings.	(2) 25.95	22.95
Fried Fresh Oysters We select choice oysters and fry them just right.	PRICED DAILY	
Fried Calamari Lightly battered, fried and naturally tender.	19.95	16.95
Fresh Maryland Soft Shell Crabs (seasonal) We serve only fresh whales, the largest crabs.	PRICED DAILY	
-- FRESH FISH & CHIPS --		
Fresh Fried Cod (SCROD) Our perennial favorite white fish caught exclusively in the Atlantic	21.95	18.95
Fresh Fried Sole Extremely delicate, distinctive, yet mild tasting thin whitefish	21.95	18.95
Fresh Fried Haddock (Availability has been limited) A mildly sweet white fish with a medium firm texture	21.95	18.95

FRIED COMBINATION PLATES

Lenny & Joe's Two Way Fried Combination Choose TWO different seafoods from the list to the right	27.95	Fresh Fried Clam Strips Fried Calamari	Substitute Fresh Fried Whole Clams Fresh Fried Scallops
Lenny & Joe's Triple Play Fried Combination Choose THREE different seafoods from the list to the right	30.50	Fresh Fried Cod Fresh Fried Sole Fresh Fried Haddock	Fresh Fried Oysters Add \$3.50 per selection
Lenny & Joe's Famous Fish Tale Fried Platter Choose FOUR different seafoods from the list to the right	33.95	Fried Shrimp	

FISH TALE TACOS

(Our Tacos are served with one side. Add an additional side -3.00)
Seafood & Chicken Tacos "Lenny & Joe's Style"
(One Choice of the following per plate)
Fresh Fried Fish, Gulf Shrimp, Clam Strips or Chicken
Served on 2 Soft Flour Tortillas with lettuce, tomato salsa, and our own spicy mayo based sauce - 14.95

SINGLE TACO with no sides - 6.95

HOT BUTTERED ROLLS

(These rolls are served with one side.)
Our FAMOUS Hot Buttered Lobster Roll
100% North Atlantic Lobster Meat - 29.95
Our Hot Buttered Crab Roll
Sweet Maine Rock Crabmeat - 26.95

LAND LUBBERS

All of our dinners are served with the choice of 2 sides:
Premium Western French Fries, Boiled Seasoned Red Potatoes, Wild Rice, Our Own Coleslaw, Fresh Steamed Seasonal Vegetables.

Fresh Marinated Tenderloin Steak*
We marinate a generous portion of the choicest tenderloin steak with a mild ginger soy sauce. *Let us know if you'd prefer it plain* -32.95

Charbroiled Fresh Beefsteak*
1/2 lb. of premium ground beef - 14.95

Fresh Charbroiled All Natural Boneless Chicken Breast
Teriyaki or Plain - 18.95

Fresh Fried All Natural Boneless Chicken Breast
Prepared with our own seasoned coating - 15.95

BROILED, BAKED, CHARBROILED & CASSEROLE DINNERS

All of our dinners are served with the choice of 2 sides. *Choose from:* Premium French Fries, Boiled Seasoned Red Potatoes, Wild Rice, Our Own Coleslaw, Fresh Steamed Seasonal Vegetables.
Make any meal LAND and SEA! **Add marinated fresh Tenderloin Beef Filet*** (13.95) **or Grilled Teriyaki Chicken Breast** 9.95) **to any dinner!**



Lenny & Joe's Fish Tale Flavors

Fresh Herb Butter • Tomato Caper • Teriyaki • Mango Salsa • Cajun Rub • Seasoned Crumbs

BROILED SHELLFISH CASSEROLES

Broiled with lemon or butter and topped with seasoned crumbs

Broiled Fresh Scallop Casserole - 31.95
Broiled Shrimp Scampi Casserole (with garlic) - 23.95
Broiled Lobster Casserole - 54.95
Broiled Rock Crab Casserole - 40.95
Br Fresh Scallops & Shrimp with garlic - 27.95
Broiled Lobster & Crab Casserole - 47.95
Broiled Scallops & Crab Casserole - 36.50
Lobster & Shrimp Casserole with garlic - 39.50
Shrimp & Crab Casserole with garlic - 32.50
Broiled Lobster & Scallop Casserole - 43.50



BROILED FRESH FISH FILLETS

With your choice of butter, lemon juice or Fish Tale flavor

Broiled Fresh Cod (SCROD) - 26.95
Our favorite lean, firm and very mild young cod.
Broiled Fresh Sole - 26.95
Delicate and mild tasting thin whitefish.
Broiled Fresh Native Bluefish (Seasonal) Priced Daily
Delicious fish with tender flesh and distinctive flavor.

CHARBROILED FRESH FISH

Charbroiled Fresh Salmon - 28.95
Wester Ross Scottish all natural hand reared salmon.
Charbroiled Fresh Swordfish Steak Priced Daily
Chargrilling compliments it's sweet and mild flavor. .
Charbroiled Fresh Tuna Steak* Priced Daily
We grill this dark-fleshed fish just right! We suggest medium rare.

BAKED STUFFED CASSEROLES

served with the choice of 2 sides

Baked Stuffed Shrimp (5 jumbo shrimp) - 25.95
Baked Stuffed Sole - 25.95
We prepare our stuffed casseroles with our own ritz cracker stuffing, crab meat and monterey jack cheese.

LOBSTER FAVORITES

served with the choice of 2 sides

Lobster Casserole
Picked out lobster tail and claw meat. The perfect lazy man's lobster. -54.95

Hot Buttered Lobster Roll Platter
100% lobster meat sauteed in butter on a toasted & buttered New England Hot Dog Bun - 32.95

Lobster Mac & Cheese
No one does lobster mac & cheese like Lenny & Joe's with a heaping portion of lobster & crumb topping. -28.95 reg 35.95 super

SALADS

DRESSINGS: House Fish Tale Clear White French , Fish Tale Balsamic Vinaigrette, Fish Tale Ranch , Ken's Chunky Bleu Cheese, Ken's Tuscan Caesar

Not Your Ordinary

House Salad
A heaping garden salad with baked ham, cheddar cheese and hard boiled eggs - 15.95

On the Side
Fresh Garden Salad - 6.95

*Love our Dressings?
Take Some Home!*
Pint 5.95 Quart 9.95

CHILLED SEAFOOD ENTREE SALADS

Chilled Combination Seafood 44.95
Topped with cooked, chilled lobster, rock crab meat and medium chilled cocktail shrimp

Cocktail Shrimp 22.95
Medium cocktail shrimp, cooked & chilled *petite* 17.95

Chilled Rock Crab Meat 40.95
Chilled tender & sweet crab meat *petite* 26.95

Chilled Lobster 54.95
Cooked, chilled lobster from claws and tail *petite* 33.95

GRILLED FAVORITES ENTREE SALADS

Charbroiled Marinated Tenderloin* Tail 22.95
Tenderloin Steak Filet marinated with ginger sauce

Charbroiled Fresh Fillet of Salmon 22.95
Grilled or Teriyaki
Fresh hand reared Wester Ross Salmon. All natural, no GMO or antibiotics.

Charbroiled Fresh Chicken Breast 16.95
Grilled or Teriyaki
All natural chicken breast, charbroiled.

Charbroiled Fresh Tuna Priced Daily

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