

# 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** - 19.95

**Broiled Fresh Sole** - 19.95

**Broiled Shrimp & Scallop Casserole** with garlic- 20.95

**Broiled Shrimp Casserole** with garlic - 17.95

**Broiled Fresh Scallop Casserole** with garlic - 23.95

**Charbroiled Fresh Swordfish** - 20.95

**Charbroiled Fresh Tuna\*** - 21.95

**Charbroiled Fresh Salmon** - 21.95

**Charbroiled Fresh Chicken Breast** - 13.95

*Healthiest Options*

**All of our seafood is healthy...  
but these are some  
of our healthiest choices**

## SEAFOOD ROLLS & SANDWICHES

Our Seafood & Veggie Rolls are served with coleslaw. Make it a platter, add an additional side for 2.50

### Fried Gulf Shrimp Roll

Finest wild caught shrimp from the Gulf of Mexico - 12.95

### Fresh Fried Clam Strips Roll

Sliced from tender and fresh sea clams -12.95

### Fresh Whole Clam Roll

Firm, flavorful bellies - PRICED DAILY

### Fried Fresh Sea Scallop Roll

Scallops from the cold waters of the North Atlantic - 16.95

### Fried Fresh Oyster Roll

Choice fresh oysters - PRICED DAILY

### Fried Calamari Roll

Lightly battered, fried and naturally tender - 11.95

### 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 crams - Priced Daily

### Fried Seafood Tacos (2)

Fish, Shrimp or Clam Strips- 13.95  
(Chicken Tacos also available)

### Fresh Fried Cod (Scrod)

Our favorite white fish caught exclusively in the Atlantic- 10.95

### Fresh Fried Haddock Roll

Mildly sweet whitefish - 10.95

### Hot Lobster Roll

100% lobster meat -25.95

### Hot Buttered Crab Roll

Sweet Maine rock Crabmeat - 25.95

## 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

### 1/4 lb. Burger\* Char-grilled

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

## A LA CARTE FRIED SEAFOOD

Single Order

**Wild Caught Gulf Shrimp** 18.95

**Fresh Clam Strips** 18.95

**Fresh Whole Belly Clams** MP

**Fresh Fried Sea Scallops** 24.95

**Fried Fresh Oysters** MP

Single Order

**Fresh Fried Scrod Cod** 16.95

**Fresh Fried Sole** 16.95

**Fresh Fried Haddock** 16.95

**Fried Tender Calamari** 14.95

**Fresh Crab Cakes** 22.95

Double  
Orders  
are still  
Available

## EXTRA FARE

### *L&J* Fresh Onion Rings

Double - 9.50 Single - 6.95

### *L&J* Fried Fresh Zucchini

Double - 9.50 Single - 6.95

### Fried Fresh Veggie Combo

Onion rings & zucchini -9.95

### Boiled Salt Red Potatoes

Cooked in seasoned  
broth - 5.95

### French Fries

Premium cut fries - 5.95

### Steamed Fresh Vegetables

Blend of fresh cut  
veggies - 6.95

### Fresh Cut Cole Slaw

"Sister Sandy's recipe" - 3.75

### Wild Rice

Tender wild rice blend - 5.95

# 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 44 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 - 13.50

### Lobster Bisque

Our specially prepared classic bisque  
loaded with lobster chunks!

**Mug - 9.95 16 oz Bowl - 16.95**

## 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 - 14.95

### 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 - 14.95

### Fried Maine Lobster

Lightly battered & fried lobster claw & tail meat - 26.95

### Fresh Fried Zucchini

Garden fresh zucchini lightly battered

Double - 9.50 Single - 6.95

### Fried Bread & Butter Pickles

Lightly battered Double - 8.00 Single - 5.50

### Fresh Fried Onion Rings

Cut daily from market fresh colossal Spanish onions.

Double - 9.50 Single - 6.95

### Fried Veggie Combo

Generous portion of fresh onion rings & zucchini - 9.95

## 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 2023 Designs  
only \$8.99 (\$10.99 2x & 3x)

E-mail or bring us your  
pictures in Fish Tale Shirts & Hats

### Caps

2 Different Styles \$8.95



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.

## 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

FAMOUS FRIED SEAFOOD DINNERS

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” These are listed on the back.

- Fried Gulf Shrimp  
The finest wild caught shrimp from the Gulf of Mexico.
- Fresh Fried Clam Strips  
Sliced from tender and fresh sea clams.
- Fresh Whole Clams  
Selected for firm, flavorful bellies.
- Fried Fresh Sea Scallops  
Dry Scallops from the cold waters of the North Atlantic.
- Maryland Crab Cakes  
Our own, with sweet lump crabmeat and special seasonings.
- Fried Fresh Oysters  
We select choice oysters and fry them just right.
- Fried Calamari  
Lightly battered, fried and naturally tender.
- Fresh Maryland Soft Shell Crabs (seasonal)  
We serve only fresh whales, the largest crabs.

-- FRESH FISH & CHIPS --

- Fresh Fried Cod (SCROD)  
Our perennial favorite white fish caught exclusively in the Atlantic
- Fresh Fried Sole  
Extremely delicate, distinctive, yet mild tasting thin whitefish
- Fresh Fried Haddock (Availability has been limited)  
A mildly sweet white fish with a medium firm texture

DINNER	
	21.95
	21.95
PRICED DAILY	
	27.95
(2)	25.95
PRICED DAILY	
	19.95
(1)	OUT OF SEASON
	19.95
	19.95
	19.95

Super Sized  
Fried  
Diners  
are still  
Available!  
Ask your  
server!

FRIED COMBINATION PLATES

<b>Lenny &amp; Joe’s Two Way Fried Combination</b> Choose TWO different seafoods from the list to the right	26.95	Fresh Fried Clam Strips Fried Calamari Fresh Fried Cod Fresh Fried Sole Fresh Fried Haddock Fried Gulf Shrimp Fresh Fried Scallops	<b>Substitute</b> Fresh Fried Whole Clams or Fresh Fried Oysters <b>Add \$5 per selection</b>
<b>Lenny &amp; Joe’s Triple Play Fried Combination</b> Choose THREE different seafoods from the list to the right	28.95		
<b>Lenny &amp; Joe’s Famous Fish Tale Fried Platter</b> Choose FOUR different seafoods from the list to the right	30.95		

FISH TALE TACOS

(Our Tacos are served with one side. Add an additional side - 2.50)

**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 - 13.95

HOT BUTTERED ROLLS

(These rolls are served with one side.)

**Our FAMOUS Hot Buttered Lobster Roll**  
100% North Atlantic Lobster Meat - 25.95  
**Our Hot Buttered Crab Roll**  
Sweet Maine Rock Crabmeat - 25.95  
We love serving these hot with butter, but let us know if you prefer a cold salad roll

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

\*Steak & Beefsteaks may be under cooked. Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of food borne illness.

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

Delicious  
over  
rice!

- Broiled Fresh Scallop Casserole - 28.95
- Broiled Shrimp Scampi Casserole (with garlic) - 22.95
- Broiled Lobster Casserole - 41.95
- Broiled Rock Crab Casserole - 39.95
- Br Fresh Scallops & Shrimp with garlic - 25.95
- Broiled Lobster & Crab Casserole - 40.95
- Broiled Scallops & Crab Casserole - 34.95
- Lobster & Shrimp Casserole with garlic - 32.95
- Shrimp & Crab Casserole with garlic - 31.95
- Broiled Lobster & Scallop Casserole - 35.95

BROILED FRESH FISH FILLETS

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

- Broiled Fresh Cod (SCROD) - 23.95  
Our favorite lean, firm and very mild young cod.
- Broiled Fresh Sole - 23.95  
Delicate and mild tasting thin whitefish.
- Broiled Fresh Native Bluefish (Seasonal) 22.95  
Delicious fish with tender flesh and distinctive flavor.

CHARBROILED FRESH FISH

- Charbroiled Fresh Salmon - 27.95  
Wester Ross Scottish all natural hand reared salmon.
- Charbroiled Fresh Swordfish Steak - 26.95  
Chargrilling compliments it’s sweet and mild flavor. .
- Charbroiled Fresh Tuna Steak\* - 26.95  
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 - 24.95
- 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. - 41.95
- Hot Buttered Lobster Roll Platter  
100% lobster meat sauteed in butter on a toasted & buttered New England Hot Dog Bun - 26.95
- Lobster Mac & Cheese  
No one does lobster mac & cheese like Lenny & Joe’s with a heaping portion of lobster & crumb topping. - 24.95 reg 29.95 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 - 13.95

On the Side  
Fresh Garden Salad - 6.95

Love our Dressings?  
Take Some Home!  
Pint 5.50 Quart 9.50

CHILLED SEAFOOD ENTREE SALADS

- Chilled Combination Seafood 38.95  
Topped with cooked, chilled lobster, rock crab meat and medium chilled cocktail shrimp
- Cocktail Shrimp 21.95  
Medium cocktail shrimp, cooked & chilled petite 16.95
- Chilled Rock Crab Meat 39.95  
Chilled tender & sweet crab meat petite 25.95
- Chilled Lobster 41.95  
Cooked, chilled lobster from claws and tail petite 25.95

GRILLED FAVORITES ENTREE SALADS

- Charbroiled Marinated Tenderloin\* Tail 22.95  
Tenderloin Steak Filet marinated with ginger sauce
- Charbroiled Fresh Fillet of Salmon 21.95  
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 21.95

\*Steak & Tuna may be under cooked. Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of food borne illness.