

Feed Me

Lenten season menus in Nassau, Suffolk

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The beginning of Lent signals meatless Fridays for many Christians. And some restaurants are promoting new dishes on their menus for the season.

[Bullfish](#), a new eatery in Sayville, emphasizes seafood. Choices include hazelnut-crusted catfish, cedar-planked local bluefish, pappardelle pasta with grilled tuna, penne with grilled shrimp in pesto, and farfalle with salmon in a light tomato sauce.

Bullfish is at 298 W. Main St., Sayville; 631-563-9400.

[LL Dent](#) in Carle Place offers meatless, Southern-style dishes. These include Southern-fried catfish, barbecued salmon, stewed tilapia, and "BBQ chicken-less chicken," with two sides, among them collard greens, macaroni-and-cheese, potato salad and cole slaw.

[LL Dent](#) is at 221 Old Country Rd., Carle Place; 516-742-0940.

Cornbread is erved at LL Dent.

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