

Seafood Bar*

OYSTERS* one 2.25, six 12.95, twelve 25.95

Featured Varieties....ask for today's availability

- Kumamoto - fresh cucumber taste with a creamy finish
- P.E.I. - assertive, briny and earthy tones with a clean ocean finish
- Blue Point, Connecticut Bay - mild and salty, real seawater flavor
- Cape Cod, MA - silky, smooth sweet tasting superlative oyster

CLAMS* littlenecks or topnecks, six 6.95 twelve 11.95

JUMBO SHRIMP COCKTAIL 13.50

PAN SEARED RAW* TUNA "SASHIMI" 10.95

sliced and served with wasabi

- no sesame vinaigrette, no seaweed salad

Chowder, Starters & Salads

LITE CLAM CHOWDER cup 4.50 bowl 6.50

STEAMERS drawn butter 12.95

SAUTÉED MUSSELS white wine, shallots and butter 9.95

FRIED MONTAUK CALAMARI 10.95

plain with tartar sauce or Rhode Island style (hot peppers and garlic)

- fried in chick pea flour

CAESAR SALAD 7.50

- with gluten free croutons and Caesar dressing, anchovies optional

- Grilled Chicken 11.95
- Maine Crabmeat 14.95
- Grilled Shrimp 14.95
- Lobster Salad 22.95

Sandwiches - no roll

LOBSTER SALAD 22.95

salad from the meat of a 1-1.25 lb. lobster - no bun

CRABMEAT SALAD 14.95

delicate Maine crabmeat - no roll

NIMAN RANCH 10 OZ BURGER* 10.95

all natural beef, antibiotic and hormone free

(can be undercooked upon request) - no roll

*Consuming raw or undercooked meat, fish, shellfish, poultry or eggs can increase your chances for a foodborne illness. More information for alternative choices is available upon request.

Legal Lobsters

Premium hard shell lobsters from the cold waters of the North Atlantic.

STEAMED

- 1.25-1.50 lb. 27.95
- 1.50-1.75 lb. 37.95
- 2.00-2.50 lb. 47.95

BAKED STUFFED 5.00 more

as an extra treat, your lobster can be stuffed with gluten free crumbs and baked

NEW ENGLAND LOBSTER BAKE 36.95

start with a cup of our lite clam chowder, followed by a plate of steamers, mussels, chouriço, corn on the cob and a steamed 1-1.25 lb. lobster
- **no crackers**

Simply Grilled

also available with Cajun spice, choice of two side dishes

SWORDFISH 21.95

also available CRISPY FRIED

RAINBOW TROUT 17.95

- **fried in chick pea flour**

ATLANTIC SALMON 18.95

SHRIMP 17.95

YELLOW FIN TUNA* 19.95

SEA SCALLOPS 17.95

SIDES additional sides 3.95

steamed spinach, seasonal vegetables, brown rice, cole slaw (1.95)

Classic Mains

ANNA'S BAKED BOSTON SCROD 16.95

topped with tomatoes, brown rice, seasonal vegetables

- **with gluten free crumbs**

ROGER SPECIAL 19.95

steamed shrimp and broccoli over brown rice

with melted monterey jack cheese

Legal Sea Foods has taken the necessary precautions to ensure that the following menu items and their preparations are free of elements that might cause a reaction for those with gluten sensitivity. If you have any concerns about any of these items, please consult your physician prior to trying them. For your safety, we WILL NOT substitute.

All seafood and meat items will be prepared by the following methods: wood grilled, steamed, pan-seared, baked with gluten free crumbs, or fried in chick pea flour. All cookware and plateware will be pre-washed and wiped dry before cooking and presentation.

These menu items require special attention, please allow us additional time to prepare your meal. A manager will consult with you and follow your order through to completion.

Our goal is to provide our guests who suffer from gluten sensitivities with a menu so they may dine at Legal Sea Foods in confidence. Enjoy!