Seafood Bar*

OYSTERS* one 2.50, six 13.95, twelve 26.95

- CAPE COD
  Wianno, *Nantucket Sound, Cape Cod Bay*
- NEW YORK
  Naked Cowboy, *Long Island Sound*
- CONNECTICUT
  Blue Point, *Long Island Sound*
- CANADA
  Malpeque, *Prince Edward Island*

CLAMS* littlenecks or topnecks, six 7.95 twelve 13.95

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 4.95 bowl 6.95

STEAMERS drawn butter 13.95

SAUTÉED MUSSELS white wine, shallots and butter 9.95

FRIED MONTAUK CALAMARI 10.95
plain with tartar sauce
- fried in brown rice flour and cornmeal

CAESAR SALAD 7.95
- with gluten free croutons and Caesar dressing, anchovies optional

- Grilled Chicken 5.00 *additional*
- Maine Crabmeat 9.00 *additional*
- Grilled Shrimp 7.00 *additional*
- Grilled Salmon 9.00 *additional*

Sandwiches **- no roll**

LOBSTER SALAD...Market Price
salad from the meat of a 1-1.25 lb. lobster **- no bun**

CRABMEAT SALAD 16.95
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**

Please note: Before placing your order, please inform your server if a person in your party has a food allergy.
*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...Market Price

- 1.25-1.50 lb.
- 1.50-1.75 lb.
- 2.00-2.50 lb.

BAKED STUFFED 5.00 more

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

NEW ENGLAND LOBSTER BAKE...Market Price

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 28.95

RAINBOW TROUT 18.95

FAROE ISLAND SALMON 18.95

YELLOW FIN TUNA*...Market Price

also available CRISPY FRIED

- fried in brown rice flour & cornmeal

SHRIMP 18.95

SEA SCALLOPS 21.95

SIDES additional sides 3.95

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

Classic Mains

ANNA'S BAKED BOSTON SCROD 17.95

topped with tomatoes, brown rice, seasonal vegetables

- with gluten free crumbs

ROGER SPECIAL 20.95

steamed shrimp and broccoli over brown rice with melted monterey jack cheese

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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 brown rice flour and cornmeal. 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!