

seafood bar

Buy the Piece

Raw Oysters*
Shrimp Cocktail

Blackened Raw* Tuna Sashimi

sliced and served with wasabi
- no sesame vinaigrette

starters

Sautéed Mussels

garlic, white wine and crushed red pepper

Native Calamari

golden fried, hot vinegar peppers, garlic aioli
- fried in chick pea flour

wood grilled

you pick ~ 2 sides ~ 1 ...

Shrimp

Scallops

Atlantic Salmon

Haddock

Sides brown rice, jasmine rice, broccoli,
seasonal vegetable, cole slaw

legal lobsters

Steamed Lobster

1.00 - 1.25 lb. 1.25 - 1.50 lb.

salads

House Salad

creamy romano peppercorn dressing, cherry tomato,
shaved carrot and sunflower seeds
Maine Crabmeat
Lobster Salad

Caesar Salad

*gluten free croutons and Caesar dressing,
anchovies optional*

Grilled Chicken
Maine Crabmeat
Grilled Shrimp
Lobster Salad

mains

Grilled Chicken

- no roll

Lobster Salad

freshly shucked lobster, celery mayo
- no flatbread or roll

Crabmeat Salad

delicate Maine crabmeat
- no bun

Niman Ranch Burger*

hand packed all natural beef
"finest tasting meat in the world, period!"
add smoked bacon or aged cheddar
(may be cooked to order)
- no roll

dessert

Seasonal Fruit

*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.

Please be understanding of extra preparation time.

Gluten Sensitivity, Gluten Intolerance or Celiac Sprue Disease

People who have gluten sensitivities exclude all sources of the following grains from their diet: wheat, rye, barley, oats, spelt, and their derivatives.

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!