

# gluten free menu

## seafood bar

### Buy the Piece

lemon, cocktail and mignonette

Raw Oysters\* 2.45

Shrimp Cocktail 2.50

### Blackened Raw\* Tuna Sashimi 14.95

sliced and served with wasabi

## starters & salads

### Sautéed Mussels 9.95

garlic, white wine and crushed red pepper

### Crispy Montauk Calamari 11.95

Rhode Island style (hot peppers and garlic)

### House Salad 7.95

creamy romano peppercorn dressing, cherry tomato, shaved carrot and sunflower seeds

### Caesar Salad 7.95

romaine, gluten free croutons, shaved romano, creamy dressing

Top any of the above salads with

- **Pan Seared Chicken** 5.00 *additional*
- **Maine Crabmeat** 9.00 *additional*
- **Pan Seared Shrimp** 7.00 *additional*

## legal lobsters

### Steamed Lobster...Market Price

1.00 - 1.25 lb.

1.25 - 1.50 lb.

## pan seared

you pick ~ 2 sides ~ 1 ...

### Shrimp 17.95

### Scallops 17.95

### Faroe Island Salmon 24.95

### Haddock 22.95

### Marinated Chicken 20.95

**Sides** brown rice, jasmine rice, french fries, spinach, onion strings, broccoli, cole slaw, jalapeño cheddar polenta

## crispy fried french fries and cole slaw

### Fisherman's Platter 26.95

shrimp, scallops, calamari, clams and scrod

### New England Clams 23.95

whole-bellied, sweet & petite

### Fish and Chips regular or spicy 15.95

## sandwiches no roll

### Pan Seared Chicken 11.95

applewood smoked bacon, cheddar cheese, bbq sauce and grilled red onion

### Lobster Salad...Market Price

freshly shucked native lobster, celery mayo

### Crabmeat Salad delicate Maine crabmeat 16.95

### Crispy Fish tartar sauce, lettuce and tomato 10.95

### Niman Ranch Burger\* 10.95

hand packed all natural beef  
add smoked bacon or aged cheddar 1.00  
(may be cooked to order)

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. We ensure the use of gluten-free products and that all recipes are free from gluten, therefore, we will not make any substitutions.

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.

Since sensitivity to gluten can vary widely, it is important to note that our kitchens are not a gluten free environment. All cookware and plate-ware are pre-washed and wiped dry before cooking and presentation.

Please allow us additional time to prepare your meal as these items require special attention. A manager will consult with you and follow your order through to completion.

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.