

# seafood bar\*

## Raw Oysters\*

Featured Varieties...ask for today's availability

- Cape Cod
- Rhode Island
- New York
- Canada

## Raw Clams\* six or twelve

- Littlenecks
- Cherrystones

## Jumbo Shrimp Cocktail

## Pan Seared Raw\* Tuna "Sashimi"

sliced and served with wasabi

- *no sesame vinaigrette, no seaweed salad*

## Steamers

with drawn butter and clam broth

## Mussels

1 1/2 pounds with garlic, white wine and crushed red pepper

## salads & appetizers

### Crispy Montauk Calamari

with tartar sauce

- *fried in chick pea flour*

### House Salad

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

**Maine Crabmeat**

**Lobster Salad**

### Classic Caesar

- *with gluten free croutons and Caesar dressing, anchovies optional*

**Grilled Chicken**

**Grilled Shrimp**

**Lobster Salad**

### Crabmeat Salad

delicate Maine crabmeat

- *no bun*

### Lobster Salad

freshly shucked lobster, celery mayo

- *no bun*

## entrées

### Anna's Baked Boston Scrod

tomatoes, jasmine rice, broccoli

- *with gluten free crumbs*

### Jasmine Special

steamed shrimp, broccoli and rice with melted cheese

### Wood Grilled Sirloin\*

10 oz., house salad, choice of side

### Portuguese Fisherman's Stew

scrod stewed with mussels, clams and chouriço sausage in a saffron tomato broth

- *no bread*

### Grilled Chicken

- *no roll*

### Niman Ranch Burger\*

"finest tasting meat in the world, period!" (can be undercooked upon request)

- *no roll*

## legal lobsters

### New England Lobster Bake

steamers, mussels, chouriço, corn on the cob and a steamed 1-1.25 lb. lobster

- *no chowder, no crackers*

### Steamed Lobster

1.00 - 1.25 lb.

1.25 - 1.50 lb.

## simply legal

FISH wood grilled with a choice of two sides

### Atlantic Salmon

Eco certified

### Tuna\* cooked medium rare

tested for purity

### Swordfish

tested for purity

...also available crispy fried...

- *in chick pea flour*

### Shrimp

### Sea Scallops

### Haddock

### Sides

jasmine rice, broccoli, cole slaw

## children's

### Half Steamed Lobster

taken out of its shell...then put back in

### Hamburger

- *no bun*

### Cheeseburger

- *no bun*

\*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!