

WHEAT AND GLUTEN SENSITIVE MENU

APPETIZERS & SALADS

RAW OYSTERS* 2.50 each 13.95 half dozen 26.95 dozen

RAW LITTLENECK CLAMS* six 7.95 twelve 13.95

RAW SHELLFISH* SAMPLER 9.50
2 oysters, 3 littlenecks and 2 shrimp cocktail

BLACKENED RAW* TUNA "SASHIMI" 14.95
pan seared and sliced with wasabi

JUMBO SHRIMP COCKTAIL 14.95

STEAMERS with drawn butter 13.95

HOUSE SALAD 7.95
creamy romano peppercorn dressing, cherry tomato,
shaved carrot and sunflower seeds

CLASSIC CAESAR 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*

SANDWICHES no roll, choice of two sides

CRABMEAT SALAD delicate Maine crabmeat 16.95

LOBSTER SALAD...Market Price
freshly shucked native lobster, celery mayo

PAN SEARED CHICKEN 11.95
applewood smoked bacon, monterey jack cheese,
lettuce, tomato and mayonnaise

NIMAN RANCH BURGER* 11.50
(can be undercooked upon request)
add cheese for 1.00

LEGAL CLASSICS

ANNA'S BAKED BOSTON SCROD 17.95
gluten free crumbs and tomatoes, choice of two sides

JASMINE SPECIAL 15.95
steamed shrimp and broccoli over jasmine rice
with melted monterey jack cheese

CRABMEAT & AVOCADO 15.95
whole grain mustard dressed crabmeat, tomato,
cucumber, egg

PAN SEARED SWORDFISH SALAD 16.95
cucumber, tomato, chick peas, fennel, basil,
lemon olive oil dressing

STEAMED LOBSTER...Market Price
1.00 - 1.25 lb
1.25 - 1.50 lb

PAN SEARED choice of two sides

FAROE ISLAND SALMON 24.95

SHRIMP 17.50

SEA SCALLOPS 17.95

HADDOCK 22.95

SWORDFISH & SHRIMP COMBO 22.95

MARINATED CHICKEN 20.95

add a skewer of grilled shrimp for 6.50 or scallops for 7.95

SIDES additional sides 3.95 each

jasmine rice
french fries
broccoli
jalapeño cheddar polenta
cole slaw (1.95)

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.