

SIMPLY LEGAL

have your fish...wood GRILLED...pan BLACKENED...

with Cajun spice, tropical fruit salsa, lemon chive butter, béarnaise butter,

Thai red coconut curry or Shandong sauce

FISH choice of two sides
selections based on quality and availability

SWORDFISH center prime cut 27.95
tested for purity

TUNA* cooked medium rare 26.50
tested for purity

RAINBOW TROUT 10 oz. 18.95

SNAPPER 22.95

ATLANTIC SALMON 23.95
Eco certified

GROUPER 25.95

MAHI MAHI 22.95

SHRIMP 21.95

SEA SCALLOPS 25.95

INCLUDE A SKEWER OF SCALLOPS FOR 7.95 OR SHRIMP FOR 6.50

LEGAL CLASSICS

NEW ENGLAND FRIED CLAMS 22.95
whole-bellied, sweet & petite, french fries, cole slaw

SHRIMP AND GARLIC 20.95
sautéed with tomato, scallions and mushrooms, tossed with fresh pasta

PECAN CRUSTED SNAPPER 23.95
bourbon butter sauce, rice with black beans, fried plantains

FISH & CHIPS 16.95
dayboat cod and haddock, regular or spicy with cole slaw

ANNA'S BAKED BOSTON SCROD 20.95
topped with crumbs and tomatoes, rice pilaf, seasonal vegetables

FRIED SHRIMP 21.95 or SEA SCALLOPS 25.95
french fries, cole slaw

SIDES additional sides 3.95 each

- mashed potato
- baked potato
- seaweed salad
- jasmine rice
- cole slaw (1.95)
- rice pilaf
- french fries
- onion strings
- brown rice
- broccoli with cheese sauce
- fried plantains
- jalapeno cheddar polenta
- black beans & rice

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. More information about the safety of consuming raw food is available upon request.

SEAFOOD BAR*

RAW OYSTERS* available from one oyster to a dozen...Market Price

Featured Varieties...ask for today's availability

- Kumamoto - fresh cucumber taste with a creamy finish
- P.E.I. - assertive, briny and earthy tones with a clean ocean finish
- West Coast - sweet citrus briny start with an earthy, fruit finish
- East Coast - clean North Atlantic flavor

RAW CLAMS* six 7.95 twelve 13.95

- Littlenecks
- Cherrystones

TREASURES OF THE REEF*

small (serves 2-4) 31.95 large (serves 4-8) 57.95
an assortment of freshly shucked and chilled raw shellfish

BLACKENED TUNA* "SASHIMI" (Raw) 13.95
pan seared and sliced with sesame chili vinaigrette, seaweed salad and wasabi

JUMBO SHRIMP COCKTAIL 14.50

STEAMERS (soft shell clams) 13.50
with drawn butter

MUSSELS 9.95
1 1/2 pounds sautéed with garlic, white wine and crushed red pepper

CHOWDERS, SOUPS & SALADS

CHOWDER cup 4.95 bowl 6.95
• New England Clam
• Lite Clam
• Fish

KEY WEST CONCH CHOWDER cup 4.95 bowl 6.95
flavored with Gosling's rum

CHILLED YELLOW GAZPACHO bowl 6.95
with shrimp

LOBSTER BISQUE cup 6.95 bowl 9.95
authentic creamy bisque garnished with lobster

WEDGE SALAD 9.95
iceberg wedge, blue cheese, bacon, tomatoes and blue cheese vinaigrette

HOUSE SALAD half 5.95 full 7.95
creamy romano peppercorn dressing, cherry tomato, shaved carrot and sunflower seeds

CLASSIC CAESAR SALAD half 5.95 full 7.95
romaine hearts, garlic croutons, shaved romano, creamy dressing

CHOPPED GREEK SALAD half 6.95 full 8.95
diced olives, cucumbers, tomatoes, chick peas and feta

TORTILLA, APPLE AND GOAT CHEESE SALAD half 6.95 full 8.95
chopped avocado, roasted red peppers and chipotle orange dressing

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. More information about the safety of consuming raw food is available upon request.

Legal Sea Foods...

Quality

Vigilant about seafood purity –
conducting comprehensive
in house testing through our
rigorous quality control program

Integrity

Proactive about the environment
– supporting ecologically
responsible fisheries and serving
only varieties of fish which are
seasonal and sustainable

Flavor

Passionate about protecting
your health – using trans-fat
free products and delicious
seafood which is high in
beneficial omega-3 oils

more information at
www.legalseafoods.com/quality

APPETIZERS

LEGAL EXPERIENCE* 25.95
sample our blackened raw* tuna “sashimi”, steamed wontons, shrimp cocktail and crab cakes

LEGAL’S SIGNATURE CRAB CAKE 14.95
jumbo lump crab, mustard sauce, seasonal salad (contains nuts)

HOT LUMP CRAB DIP WITH SEAFOOD CHIPS 11.95
lump crab, horseradish, cheddar and cream cheese

CARIBBEAN COCONUT SHRIMP 10.95
curry battered, rolled in coconut chips and fried, with orange ginger marmalade

CRISPY MONTAUK CALAMARI 10.95
regular, spicy, Rhode Island style (hot peppers and garlic) or Thai style (pineapple and peanuts)

NEW ENGLAND FRIED CLAMS 13.95
whole-bellied, sweet & petite, piled high atop homemade cornbread

SHRIMP WONTONS 9.95
steamed or fried, with seaweed salad

POPCORN SHRIMP 9.95

SURF, TURF & BEYOND

SURF & TURF

8 oz. filet, béarnaise butter and choice of two sides

- Three Double Stuffed Baked Shrimp 38.95
- Grilled Shrimp and Scallops 38.95
- Steamed 1 - 1.25 lb. Lobster...Market Price

FRIED FISHERMAN’S PLATTER 26.95
shrimp, scallops, calamari, clams & scrod, french fries, cole slaw

CIOPPINO 27.95
lobster, scallops, shrimp, calamari, littlenecks, mussels and scrod in a light tomato broth with a side of jasmine rice

VEGETARIAN BOX (vegan friendly) 18.95
Asian flavored stir-fried vegetables, Thai red coconut curry sauce, cashews, tofu and brown rice with Shrimp or Scallops 23.95
(contains nuts)

FILET MIGNON 8 oz. 30.95
béarnaise butter and choice of two sides

OVEN ROASTED HERBED CHICKEN 22.95
sweet potato mashed, broccoli and lemon butter sauce

STONE CRABS

JUMBO STONE CRABS...Market Price

- Appetizer: 2 piece with mustard sauce
- Dinner: 5 piece, mustard sauce, cole slaw, choice of side

LARGE STONE CRABS...Market Price

- Appetizer: 2 piece with mustard sauce
- Dinner: 5 piece, mustard sauce, cole slaw, choice of side

MEDIUM STONE CRABS...Market Price

- Appetizer: 3 piece with mustard sauce
- Dinner: 7 piece, mustard sauce, cole slaw, choice of side

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. More information about the safety of consuming raw food is available upon request.

LEGAL LOBSTERS

Premium hard shell lobsters from the cold waters of the North Atlantic.

NEW ENGLAND LOBSTER BAKE...Market Price
start with a cup of our famous clam chowder, followed by a plate of steamers, mussels, chourigo, corn on the cob and a steamed 1-1.25 lb. lobster (larger sizes available please inquire)

STEAMED LOBSTERS...Market Price

- 1.25-1.50 lb.
- 1.50-1.75 lb.
- 2.00-2.50 lb.
- Larger Sizes Available - Please Inquire

BAKED STUFFED LOBSTERS 5.00 more
baked and stuffed with a shrimp and scallop buttery cracker stuffing

COMPLETELY LEGAL

CHEF INSPIRED DINNERS

LEGAL’S SIGNATURE CRAB CAKES 27.95
jumbo lump crab, mustard sauce, seasonal salad (contains nuts)
choose:

- Combo: one crab cake, grilled shrimp and scallops
- Dinner: two crab cakes

NUTTY ATLANTIC SALMON 24.95
almond encrusted, sautéed in a lemon caper butter sauce, mushroom ravioli and spinach

DOUBLE STUFFED BAKED SHRIMP 25.95
jumbo shrimp, buttery crabmeat stuffing, choice of one side

RED ONION JAM SWORDFISH 27.95
center prime cut, rice pilaf, sautéed sherry mushrooms and spinach

EVERYTHING TUNA* 26.50
grilled with everything spice mix, roasted red pepper and cold cucumber sauce, jasmine rice, spinach (cooked medium rare)

LEGAL 500

HEALTHFUL, UNIQUE DINNERS

ALMOND CRUSTED BAKED SCALLOPS 16.95
roasted sweet potatoes and braised greens
498 cal, 28 g fat, 431 mg sodium, 23 g carbs, 31 g protein

HERB RUBBED GRILLED TUNA* 17.95
white bean and fennel ragout, chimichurri (cooked medium rare)
473 cal, 19 g fat, 355 mg sodium, 25 g carbs, 49 g protein

GRILLED ATLANTIC SALMON 15.95
tabouli style quinoa and herbs
454 cal, 29 g fat, 92 mg sodium, 14 g carbs, 34 g protein

“FISH IN FOIL” 13.95
cod, tomato, garlic, lemon and monterey jack cheese, sweet corn eggplant caponata (contains nuts)
436 cal, 26 g fat, 188 mg sodium, 18 g carbs, 32 g protein

Please note: With parties of 6 or more, an 18% gratuity is automatically added to the guest check. If you have specific dietary requirements, preferences, or a food allergy, please speak to the owner, manager, chef, or your server.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. More information about the safety of consuming raw food is available upon request.

Send Gourmet Gifts
from

Legal Sea Foods
1-800-EAT-FISH

or
www.legalseafoods.com