

WHEAT AND GLUTEN SENSITIVE MENU

ON THE HALF SHELL...

...pure, natural and shucked to order!

RAW OYSTERS*

2.50 each 13.95 half dozen 26.95 dozen

CAPE COD

Merry Oyster, *Cape Cod Bay, Nantucket Sound, Barnstable*

Full flavored, briny, pleasant sweet finish

Wianno, *Nantucket Sound, Cape Cod Bay*

pleasantly briny, impeccably clean ocean flavor

NEW YORK

Naked Cowboy, *Long Island Sound*

dive caught, bold, briny, unique mix of minerals

CONNECTICUT

Connecticut Blue Point, *Long Island Sound*

big, plump, meaty, flavorful, mild brine

RAW CLAMS* six 7.95 twelve 13.95

Littlenecks, 6 cal each

Cherrystones, 6 cal each

STARTERS

PAN SEARED RAW* TUNA "SASHIMI" 12.95

sliced and served with wasabi

- **no sesame vinaigrette, no seaweed salad**

JUMBO SHRIMP COCKTAIL 14.95

STEAMERS 13.95

with drawn butter and clam broth

SAUTÉED MUSSELS 10.95

garlic and white wine

HOT LUMP CRAB DIP WITH SEAFOOD CHIPS 9.95

CRISPY MONTAUK CALAMARI 11.95

plain with tartar sauce or

Rhode Island style (hot peppers and garlic)

- **fried in brown rice flour and cornmeal**

CHOWDERS & SALADS

LITE CLAM CHOWDER

cup 4.95 bowl 6.95

clams and aromatic vegetables in a clear broth

- **no crackers**

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

topped with

Lobster Salad 19.95

Maine Crabmeat 16.50

Grilled Shrimp 14.95

Grilled Chicken 12.95

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

LOBSTER SALAD 19.95

salad from the meat of a 1-1.25 lb. lobster

- **no bun**

CRABMEAT SALAD 15.95

delicate Maine crabmeat

- **no roll**

GRILLED CHICKEN 11.95

- **no roll**

NIMAN RANCH BURGER* 11.95

10 oz. hand packed all natural beef

"finest tasting meat in the world, period!"

(can be undercooked upon request)

add cheese for 1.00

- **no roll**

LEGAL CLASSICS

SURF & TURF

8 oz. filet* with béarnaise butter and choice of two sides

• Grilled Shrimp and Scallops 39.95

• Steamed 1 - 1 1/4 lb. Lobster 46.95

FILET MIGNON* 8 oz. 31.95

béarnaise butter and choice of two sides

ANNA'S BAKED BOSTON SCROD 21.95

topped with tomatoes, jasmine rice, seasonal vegetables

(cod or haddock depending on landings)

- **with gluten free crumbs**

SHRIMP AND GARLIC 21.50

sautéed with tomato, scallions and mushrooms with jasmine or brown rice - **no pasta**

RAINBOW TROUT 18.95

YELLOWFIN TUNA* 26.95

ATLANTIC SALMON 18.95

SWORDFISH 26.95

MAHI MAHI 22.95

SNAPPER 22.95

also available crispy fried

- **in brown rice flour and cornmeal**

SHRIMP 18.95

SEA SCALLOPS 23.95

available with cajun spice

served with a choice of two side dishes

SIDES additional sides 3.95

steamed broccoli

brown rice

seasonal vegetables

jasmine rice

cole slaw (1.95)

LOBSTERS

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

STEAMED

• 1.25-1.50 lb. 29.95

• 1.50-1.75 lb. 39.95

• 2.00-2.50 lb. 49.95

BAKED STUFFED 5.00 more

as an extra treat, your lobster can be stuffed with shrimp, scallops

and gluten free crumbs and baked

NEW ENGLAND LOBSTER BAKE 37.95

start with a cup of our lite clam chowder, followed by a plate of steamers,

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

(larger sizes available please inquire)

- **no crackers**

WOOD BURNING GRILL

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 brown rice flour and cornmeal.

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!

Some items that are NOT gluten free: Crackers, Bread, Crumbs, Clam Fry Mix, Chinese Sauces, French Fries, Ice Cream

Food Allergies? If you have a food allergy, or specific dietary requirements or preferences, 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.

Please note: With parties of 6 or more, an 18% gratuity is automatically added to the guest check.