Wheat and Gluten Sensitive Menu

Appetizers

Blackened Raw Tuna* "Sashimi" 14.95
pan seared and sliced with wasabi

Steamers with drawn butter 13.95

Smoked Salmon* 13.50
served chilled with gluten free roll

Jumbo Shrimp Cocktail 14.95

Sautéed Mussels 10.95
1 1/2 pounds with garlic, white wine, crushed red pepper

Hot Lump Crab Dip 11.95
horseradish, cheddar and cream cheese, seafood chips

Oysters Legal 14.95
baked with spinach, cheese and gluten free crumbs

Fried Oysters cassia salt 10.95

Crispy Montauk Calamari 11.95
- regular
- spicy
- Rhode Island style (hot peppers and garlic)

Popcorn Shrimp 9.95

Chowders & Salads

Lite Clam Chowder cup 4.95 bowl 6.95

House Salad 5.95
creamy romano peppercorn dressing, cherry tomato, shaved carrot and sunflower seeds

Classic Caesar Salad 5.95
romaine, gluten free croutons, shaved romano, creamy dressing

Legal Lobsters

from the crisp cold waters of the north atlantic

Steamed...Market Price
1.25 - 1.50 lb
1.50 - 1.75 lb
2.00 - 2.50 lb

Lobster Bake...Market Price
lite clam chowder, steamers, mussels, chouriço, corn on the cob, steamed 1-1.25 lb. lobster (larger sizes available please inquire)

Baked Stuffed Lobster add 5.00
shrimp, scallops and gluten free crumbs

Wood Grilled choice of two sides

Swordfish	Market Price
Tuna* cooked medium rare	Market Price
Faroe Island Salmon	24.95
Rainbow Trout	18.95
Shrimp	20.95
Sea Scallops	26.95
Haddock	22.95

add a skewer of scallops 7.95 or shrimp 6.50

selections based on quality and availability

Sides additional sides 3.95 each

- french fries
- onion strings
- brown rice
- broccoli
- cole slaw (1.95)
- jasmine rice
- mashed potatoes
- baked potato
- jalapeño cheddar polenta

Sauces & Flavors

- everything spice
- cajun spice
- chettinad spice
- lemon chive butter
- béarnaise butter
- red onion jam

Please note: 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.

Wheat and Gluten Sensitive Menu

Legal Classics

Nutty Atlantic Salmon almond encrusted, sautéed in a lemon caper butter sauce, choice of two sides 24.95

Lemon Caper Grey Sole lemon beurre blanc, jasmine rice, sautéed spinach 24.95

Anna's Baked Boston Scrod gluten free crumbs and tomatoes, choice of two sides (cod or haddock depending on landings) 19.95

Wood Grilled Assortment* chef's choice of three fish (can be cooked medium rare), shrimp, scallops, choice of two sides 26.95

Jasmine Special steamed shrimp and broccoli over jasmine rice with melted monterey jack cheese (available with brown rice) 21.95

Cioppino lobster, scallops, shrimp, calamari, littlenecks, mussels and scrod in a light tomato broth 27.95

Seafood Casserole 25.95
scallops, shrimp, lobster, scrod and cheese baked with sherry garlic butter and gluten free crumbs, choice of one side

Surf & Turf

Grilled Shrimp, Scallops & Filet* 38.95
6 oz. filet, béarnaise butter and choice of two sides

Steamed 1 - 1.25 lb. Lobster & Filet* 44.95
6 oz. filet, béarnaise butter and choice of two sides

Wood Grilled 8 oz. Filet Mignon* 32.50
béarnaise butter and choice of two sides
*can be undercooked upon request

Marinated Grilled Chicken 20.95
broccoli, mashed potatoes, lemon chive butter sauce

Crispy Fried french fries and cole slaw

Fisherman's Platter 26.95
shrimp, scallops, calamari, clams & scrod

New England Fried Clams 23.95
whole-bellied, sweet & petite

Fish & Chips regular or spicy 16.95

Shrimp 20.95

Sea Scallops 26.95

Crispy Fried Fillets
- Cod 19.95
- Haddock 22.95
- Sole 24.95

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: 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.