

WHEAT AND GLUTEN SENSITIVE MENU

APPETIZERS

BLACKENED RAW TUNA* "SASHIMI" 14.95
(served raw) pan seared and sliced with wasabi, 239 cal

STEAMERS with drawn butter, 476 cal 13.95

JUMBO SHRIMP COCKTAIL, 199 cal 15.50

SAUTÉED MUSSELS, 966 cal 10.95
1 1/2 pounds with garlic, white wine, crushed red pepper

HOT LUMP CRAB DIP, 568 cal 11.95
horseradish, cheddar and cream cheese, seafood chips

FRIED OYSTERS cassia salt, 485 cal 10.95

CRISPY MONTAUK CALAMARI 11.95

- regular, 794 cal
- spicy, 691 cal
- Rhode Island style (hot peppers and garlic), 657 cal

CHOWDERS & SALADS

LITE CLAM CHOWDER
cup, 76 cal 4.95 bowl, 135 cal 6.95

HOUSE SALAD 5.95
creamy romano peppercorn dressing, cherry tomato,
shaved carrot and sunflower seeds, 307 cal

CLASSIC CAESAR SALAD 5.95
romaine, gluten free croutons, shaved romano,
creamy dressing, 336 cal

LEGAL LOBSTERS

from the crisp cold waters of the north atlantic

STEAMED...Market Price
1.25 - 1.50 lb 145/740 cal
1.50 - 1.75 lb 169/764 cal
2.00 - 2.50 LB, 242/837 cal

LOBSTER BAKE...Market Price
lite clam chowder, steamers, mussels, chouriço,
corn on the cob, and a steamed 1-1.25 lb lobster, 729 cal
(larger sizes available please inquire)

BAKED STUFFED LOBSTER add 5.00
shrimp, scallops and gluten free crumbs

WOOD GRILLED choice of two sides

SWORDFISH, 583 cal Market Price

TUNA* cooked medium rare, 545 cal Market Price

FAROE ISLAND SALMON, 559 cal 24.95

RAINBOW TROUT, 576 cal 18.95

SHRIMP, 461 cal 20.95

SEA SCALLOPS, 554 cal 26.95

HADDOCK, 490 cal 22.95

ADD A SKEWER OF SCALLOPS, 237 CAL, 7.95 OR SHRIMP, 347 CAL 6.50

selections based on quality and availability

SIDES additional sides 3.95 each

french fries, 218 cal	jasmine rice, 288 cal
broccoli, 58 cal	brown rice, 253 cal
cole slaw, 194 cal (1.95)	mashed potatoes, 283 cal

SAUCES & FLAVORS

everything spice, 98 cal	lemon chive butter, 279 cal
cajun spice, 25 cal	béarnaise butter, 90 cal
red onion jam, 38 cal	

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.

WHEAT AND GLUTEN SENSITIVE MENU

LEGAL CLASSICS

NUTTY ATLANTIC SALMON almond encrusted, sautéed in a lemon caper butter sauce, choice of two sides, 997 cal 24.95

ANNA'S BAKED BOSTON SCROD 20.95
gluten free crumbs and tomatoes, choice of two sides (cod or haddock depending on landings), 691 cal

JASMINE SPECIAL 21.95
steamed shrimp and broccoli over jasmine rice with melted monterey jack cheese (available with brown rice), 878 cal

CIOPPINO lobster, scallops, shrimp, calamari, littlenecks, mussels and scrod in a light tomato broth, 1307 cal 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, 865 cal

SURF & TURF

GRILLED SHRIMP, SCALLOPS & FILET* 39.95
6 oz. filet (cooked to your liking), béarnaise butter and choice of two sides, 721 cal

STEAMED 1 - 1.25 LB. LOBSTER & FILET* 44.95
6 oz. filet (cooked to your liking), béarnaise butter and choice of two sides, 609 cal

WOOD GRILLED 8 OZ. FILET MIGNON* 32.95
(cooked to your liking), béarnaise butter and choice of two sides, 603 cal

MARINATED GRILLED CHICKEN 20.95
broccoli, mashed potatoes, lemon chive butter sauce, 850 cal

CRISPY FRIED french fries and cole slaw

FISHERMAN'S PLATTER 26.95
shrimp, scallops, calamari, clams & scrod, 1645 cal

NEW ENGLAND FRIED CLAMS 23.95
whole-bellied, sweet & petite, 1291 cal

FISH & CHIPS regular, 1267 cal, or spicy, 1378 cal 16.95

SHRIMP, 767 cal 20.95

SEA SCALLOPS, 858 cal 26.95

CRISPY FRIED FILLETS

- **COD**, 658 cal 20.95
- **HADDOCK**, 792 cal 22.95

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.

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