

LUNCH ENTRÉES available until 4 pm

GRILLED SHRIMP 15.50
choice of one side

CRISPY SHRIMP 15.50
- fried in brown rice flour and cornmeal
choice of one side

GRILLED ATLANTIC SALMON 16.95
choice of one side

LOBSTER SALAD...Market Price
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* 11.50
hand packed all natural beef "finest tasting meat in the world, period!"
(can be undercooked upon request)
add cheese for 1.00
- no roll

WHEAT AND GLUTEN SENSITIVE MENU

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!

*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.

long wharf gluten free 9/11

SEAFOOD BAR*

RAW OYSTERS* 2.50 each 13.95 half dozen 26.95 dozen

- CAPE COD
Wianno, Nantucket Sound, Cape Cod Bay
- NEW YORK
Blue Point, Long Island Sound
Naked Cowboy, Long Island Sound

- CANADA
Village Bay, Richibuctou Village, E. New Brunswick
Malpeque, Prince Edward Island
- RHODE ISLAND
Rome Point, Narragansett Bay

RAW LITTLENECK CLAMS* six 7.95 twelve 13.95

RAW CHERRYSTONE CLAMS* six 7.95 twelve 13.95

APPETIZERS

PAN SEARED RAW* TUNA "SASHIMI" 14.50
sliced and served with wasabi - no sesame vinaigrette, no seaweed salad

JUMBO SHRIMP COCKTAIL 13.95

STEAMERS 13.95
with drawn butter and clam broth

MUSSELS 10.95
1 1/2 pounds sautéed with garlic, white wine and crushed red pepper

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

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
Grilled Chicken 12.95
Maine Crabmeat 15.95
Grilled Shrimp 14.95
Lobster Salad...Market Price
- with gluten free croutons and Caesar dressing, anchovies optional

Please note: Before placing your order, please inform your server if a person in your party has a food allergy.

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LEGAL CLASSICS

SURF & TURF

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

- Grilled Shrimp and Scallops 38.95
- Steamed 1 - 1 1/4 lb. Lobster...Market Price

FILET MIGNON* 8 oz. 30.95

béarnaise butter and choice of two sides

CIOPPINO 27.95

lobster, scallops, shrimp, calamari, littlenecks, mussels and scrod in a light tomato broth with a side of jasmine rice - **no bread**

ANNA'S BAKED BOSTON SCROD 20.95

topped with tomatoes, jasmine rice, seasonal vegetables - **with gluten free crumbs**

WOOD GRILLED ASSORTMENT* 26.50

Try our Chef's selection of three fish (can be cooked medium rare) shrimp and scallops, choice of two sides

SHRIMP AND GARLIC 21.50

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

LEGAL LOBSTERS

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

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

as an extra treat, your lobster can be stuffed with shrimp, scallops and gluten free crumbs and baked

NEW ENGLAND LOBSTER BAKE...Market Price

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**

Some items that are NOT gluten free

Crackers, Bread, Crumbs, Clam Fry Mix, Chinese Sauces, French Fries, Ice Cream

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

WOOD GRILLED selections based on quality and availability

choice of two sides, also available with cajun spice

TUNA* cooked medium rare...Market Price

also available crispy FRIED...
- **in brown rice flour and cornmeal**

SWORDFISH...Market Price
center prime cut

SHRIMP 20.95

ATLANTIC SALMON 24.95

SEA SCALLOPS 26.95

RAINBOW TROUT 18.95

HADDOCK 21.95

SIDES additional sides 3.95 each

steamed broccoli
seasonal vegetables
baked potato

brown rice
jasmine rice
cole slaw (1.95)

CHILDREN'S MENU

HALF STEAMED LOBSTER 10.95
taken out of its shell...then put back in

HAMBURGER 6.95
- **no bun**

FRESH COD FISH STICKS 8.95
- **fried in brown rice flour and cornmeal**

CHEESEBURGER 7.25
- **no bun**

DESSERTS

BELGIAN CHOCOLATE MOUSSE PARFAIT 6.95
smooth and creamy with no sugar added

SORBET 4.95

SEASONAL FRUIT

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