

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 and scallop buttery cracker stuffing

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

SAUCES & FLAVORS

everything spice	lemon chive butter
cajun spice	béarnaise butter
chettinad spice	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.

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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*** 39.95
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*** 32.95
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.

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