Wheat and Gluten Sensitive Menu

Appetizers

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

Steamed Littlenecks with drawn butter 14.95

Jumbo Shrimp Cocktail 15.50

Sautéed Mussels 11.95
1 1/2 pounds with garlic, white wine, crushed red pepper

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

Crispy Montauk Calamari 12.95
- regular
- spicy
- Rhode Island style (hot peppers and garlic)

Chowders & Salads

Lite Clam Chowder cup 5.25 bowl 7.50

House Salad 6.50
creamy romano peppercorn dressing, cherry tomato, shaved carrot and sunflower seeds

Classic Caesar Salad 6.50
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, steamed littlenecks, mussels, chouriço, corn on the cob, and a steamed 1-1.25 lb lobster
(larger sizes available please inquire)

Baked Stuffed Lobster add 6.00
shrimp, scallops and gluten free crumbs

Wood Grilled

comes with choice of two house sides or opt for two premium sides for an additional 1.50 each

Swordfish	29.95
Tuna* cooked medium rare	29.95
Faroe Island Salmon	25.95
Rainbow Trout	19.95
Shrimp	22.95
Sea Scallops	Market Price

add a skewer of scallops 8.95 or shrimp 6.95

selections based on quality and availability

House Sides

french fries	brown rice
onion strings	jasmine rice
broccoli	mashed potatoes
sweet potato mashed	braised greens
additional sides 4.50 each	cole slaw (1.95)

Premium Sides

sautéed kale 1.50
honey yogurt, roasted peanuts

sautéed swiss chard 1.50
bacon, pine nuts, wine soaked raisins

roasted mushrooms 1.50
confit shallots, herb oil, garlic butter

roasted root vegetables 1.50
black pepper orange caramel sauce

a la carte premium sides 5.50

Flavors

everything spice	lemon chive butter
cajun spice	smoked shrimp butter
red onion jam	

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 house sides 25.95

Anna's Baked Boston Scrod gluten free crumbs and tomatoes, choice of two house sides (cod or haddock depending on landings) 22.95

Wood Grilled Assortment* 27.95
chef's choice of three fish (can be cooked medium rare), shrimp, scallops, choice of two house sides

Jasmine Special steamed shrimp and broccoli over jasmine rice with melted monterey jack cheese (available with brown rice) 22.95

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

Seafood Casserole 26.95
scallops, shrimp, lobster, whitefish and cheese baked with sherry garlic butter and gluten free crumbs, choice of one house side

Surf & Turf

Grilled Shrimp, Scallops & Filet* 41.95
Creekstone 6 oz. filet, smoked shrimp butter and choice of two house sides

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

Wood Grilled Creekstone 8 oz. Filet Mignon* 33.95
smoked shrimp butter and choice of two house sides

Marinated Grilled Chicken 21.95
sweet potato mashed and bacon braised greens

Crispy Fried french fries and cole slaw

Fisherman's Platter 27.95
shrimp, scallops, calamari, clams & whitefish

New England Fried Clams 24.50
whole-bellied, sweet & petite

Fish & Chips regular or spicy 16.95

Shrimp 22.95

Sea Scallops...Market Price

Cod Fillet 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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