Wheat and Gluten Sensitive Menu

Chowder & Appetizers

Lite Clam Chowder cup 4.95 bowl 6.95

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

Steamed Littlenecks with drawn butter 13.95

Jumbo Shrimp Cocktail 15.50

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

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

Salads

House Salad 7.95
creamy romano peppercorn dressing, cherry tomato, shaved carrot and sunflower seeds

Classic Caesar Salad 7.95
romaine, gluten free croutons, shaved romano, creamy dressing

Chopped Greek Salad 8.95
olives, cucumbers, tomatoes, chick peas and feta

Top any of the above salads with:
- Grilled Chicken 5.00 *additional*
- Maine Crabmeat 9.00 *additional*
- Grilled Shrimp 7.00 *additional*
- Grilled Salmon 9.00 *additional*

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 5.00
shrimp, scallops and gluten free crumbs

Wood Grilled choice of one side

Faroe Island Salmon	16.95
Rainbow Trout	16.95
Shrimp	15.95
Sea Scallops	18.95

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	brown rice
onion strings	jasmine rice
broccoli	mashed potatoes
sweet potato mashed	braised greens
cole slaw (1.95)	

Sauces & Flavors

everything spice	lemon chive butter
cajun spice	béarnaise 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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Lunch Entrées

Seafood Casserole scallops, shrimp and scrod baked with cheese, sherry garlic butter and gluten free crumbs 14.95

Jasmine Special steamed shrimp and broccoli over jasmine rice with melted monterey jack cheese (available with brown rice) 15.95

Anna's Baked Boston Scrod gluten free crumbs and tomatoes, choice of one side (cod or haddock depending on landings) 17.95

Portuguese Fisherman's Stew whitefish stewed with mussels, clams and chouriço sausage in a saffron tomato broth 16.50

Everything Spiced Tuna* (cooked medium rare) roasted red pepper sauce, jasmine rice, sautéed spinach 16.95

Grilled Swordfish Salad cucumber, tomato, chick peas, fennel, basil, lemon olive oil dressing 16.95

Sandwiches no roll, choice of two sides

Lobster...Market Price
freshly shucked native lobster, celery mayo

Grilled Chicken 11.95
applewood smoked bacon, jack cheese, lettuce, tomato and mayo

Fried or Blackened Fish 10.95
tartar sauce, lettuce and tomato

Crabmeat delicate Maine crabmeat 16.95

Tuna Salad 9.95

Niman Ranch Burger* 11.50
hand packed all natural beef
(can be undercooked upon request)
add cheese for 1.00

Crispy Fried french fries and cole slaw

Fisherman's Trio shrimp, scallops and clams 16.95

New England Fried Clams 17.95
whole-bellied, sweet & petite

Fish & Chips regular or spicy 16.95

Shrimp 15.95

Sea Scallops 18.95

Cod Fillet 17.95

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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