

STARTERS

NEW ENGLAND CLAM CHOWDER our classic recipe.....	CUP 8.5 BOWL 10.5
LOBSTER BISQUE ...	CUP 10.5 BOWL 12.5
cream sherry	
CRISPY CALAMARI	17
with tartar sauce	
RHODE ISLAND (HOT PEPPERS & GARLIC)	
-OR- THAI (PINEAPPLE & PEANUTS) ...	
LEGAL'S SIGNATURE CRAB CAKE	23
lump crab, mustard sauce, mixed greens, corn, peas, radish, tomato, chive vinaigrette	
CRAB CAKE SLIDERS	21
roasted red pepper sauce	
STUFFIES	16
Cape Cod quahogs, chouriço, butter, ritz crumbs	
PESTO SHRIMP FLATBREAD	17
smoked applewood bacon, roasted tomato, cheddar and romano, balsamic drizzle	
ORGANIC PEI MUSSELS	18
garlic-butter broth, white wine, grilled crusty bread	
ST. LOUIS RIBS	17
coffee BBQ sauce	
CORN RIBS	13
chipotle aioli, cotija cheese, cilantro	
BANG BANG CAULIFLOWER	15
tempura fried, kung pao sauce (contains peanut oil)	

SIDES

COLESLAW	4
HERBED RICE PILAF	7
JASMINE RICE	7
PEARL COUSCOUS SALAD	8
STREET CORN	8
off the cob, cotija cheese, crema, cilantro	
SZECHUAN GREEN BEANS	8
red peppers, roasted peanuts	
STEAMED BROCCOLI	7
WHIPPED POTATOES	8
FRENCH FRIES	7
BROCCOLI AU GRATIN	9

RAW BAR & SUSHI*

PURE, NATURAL, AND PREPARED TO ORDER

OYSTERS OF THE DAY*	3.5
NEW ENGLAND LITTLENECK CLAMS* ...	2.5
COLOSSAL NAKED SHRIMP COCKTAIL ...	20
CHILLED SEAFOOD PLATTER*	85
SERVES 4 oysters, clams, shrimp cocktail, lobster tail, tuna poke	
BLACKENED RAW TUNA TATAKI*	18
sesame chili vinaigrette, seaweed salad, wasabi cream	
EDAMAME	8
with sea salt or Tajin chili-lime spice	
OSHIZUSHI* — PRESSED, LAYERED SUSHI	
RED DRAGON tuna, cucumber, tobiko..	20
CALIFORNIA cucumber, avocado, Jonah crab.....	16
SHRIMP TEMPURA cucumber, avocado, tobiko.....	18
SPICY SALMON crispy rice, seaweed salad, ponzu.....	16

SANDWICHES

CRISPY FISH SANDWICH	18
lettuce, tomato, pickle, tartar sauce, french fries & coleslaw	
SBLT	18
salmon bacon, lettuce, tomato, mayo, toasted sourdough, french fries & coleslaw	
NEW ENGLAND CRAB ROLL	34
delicate New England crabmeat with mayo, french fries & coleslaw	
FISH TACOS	18
fried or blackened whitefish, pickled red cabbage, chipotle aioli, pico de gallo, black beans and rice	
HALF POUND MAINE LOBSTER ROLL ...	43
warm butter-poached or traditional with lemon mayo, french fries & coleslaw	
TUNA BURGER	19
chili-garlic seasoned ground tuna, lettuce, tomato, roasted red pepper sauce, french fries & coleslaw	
GRILLED CHICKEN SANDWICH	17
applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo, french fries & coleslaw	
DOUBLE R RANCH USDA PRIME BACON CHEDDAR BURGER*	19
applewood smoked bacon, Vermont cheddar, lettuce, tomato, french fries & coleslaw	

LEGAL SEA FOODS

If it isn't fresh, it isn't Legal!®

LEGAL CLASSICS

NEW ENGLAND BAKED HADDOCK - ANNA'S WAY	28
buttered crumbs, roasted tomato, herbed rice pilaf, broccoli	
SCAMPI	SHRIMP 29 CHICKEN 26.5
linguini, tomato, sofrito, lemon cream	
LEGAL'S SIGNATURE CRAB CAKE ENTREE	25
lump crab cake, mustard sauce, herbed rice pilaf, mixed greens, corn, peas, radish, cherry tomato, chive vinaigrette	
BBQ STEAK TIPS*	26
herbed rice pilaf, green beans	
BAKED LOBSTER MAC & CHEESE	MKT
one whole Gulf of Maine lobster, Vermont cheddar, buttered crumbs	

CRISPY FRIED

TRADITIONAL NEW ENGLAND OR ANGRY STYLE served with french fries and coleslaw	
JUMBO NAKED SHRIMP	27
NORTH ATLANTIC SEA SCALLOPS	28
NEW ENGLAND CLAMS	MKT
whole-bellied, sweet & petite	
FISH & CHIPS	21
locally-sourced by our good friend, Tory Bramante	

OUR GLUTEN FREE PROMISE

At Legal Sea Foods, we're committed to offering gluten free menu items for our guests—a mix of items that are naturally or can be prepared gluten free. In fact, our famous fry mix is gluten free – so all of your crispy fried favorites can be enjoyed. **Please specify with your server if you prefer Gluten Free preparation.**

LEGAL TEST KITCHEN

BEEF ROASTED SALMON*, ORGANIC SEA HARVEST, ISLE OF SKYE	25
beet purée, chilled panzanella salad	
SESAME CRUSTED YELLOWFIN TUNA* ..	24
Szechuan green beans, peanuts, ponzu	
LSF GUMBO ... SHRIMP 29 CHICKEN 26.5	
andouille sausage, jasmine rice	
BEEF & SHRIMP TACOS	22
street corn, blackened shrimp, shaved tenderloin, pico de gallo, black beans and rice	

FRESH CATCH

PREPARED BLACKENED OR GRILLED served with your choice of two sides	
ORGANIC SALMON*	25
Isle of Skye, Scotland (EU Organic)	
YELLOWFIN TUNA STEAK* 8 oz.....	36
scan below for today's origin	
SEA SCALLOPS	28
Gulf of Maine (MSC Certified Sustainable)	
COLOSSAL SHRIMP	27
Bay of Bengal (All Natural, BAP 4-Star Certified Sustainable)	
RAINBOW TROUT	28
Columbia River	
ADD AN ENHANCEMENT	
cajun spice garlic butter ancho chile butter	

SALADS

GREEK SALAD	12
tomato, cucumber, feta, chickpeas, Kalamata olives, lemon-oregano vinaigrette	
HOUSE SALAD	11
local organic leaf lettuce, corn, peas, radish, cherry tomato, chive vinaigrette	
CLASSIC CAESAR SALAD	11
romaine hearts, garlic croutons, shaved romano, creamy dressing	
LEGAL WEDGE	12
salmon bacon, iceberg, tomatoes, crispy onions, crumbled blue cheese dressing	
QUINOA POWER BOWL	17
arugula, za'atar roasted carrots, beets, pumpkin seeds, yuzu vinaigrette	
TOP SALADS WITH:	
GRILLED OR CAJUN CHICKEN	7
GRILLED STEAK TIPS*	14
GRILLED OR CAJUN COLOSSAL SHRIMP ...	13
SEARED OR CAJUN SEA SCALLOPS	16
GRILLED OR CAJUN ORGANIC SALMON* ..	15
GRILLED OR CAJUN TUNA*	15
LOBSTER SALAD	MKT
CRABMEAT SALAD	MKT

THE RAW FACTS

Before placing your order, please inform your server if a person in your party has a food allergy. *Served raw or undercooked, or contains (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



Scan for details on today's Fresh Catch!



Lunch