

## 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) ..... 18
- FISH TACOS**..... 15  
fried or blackened whitefish, pickled red  
cabbage, chipotle aioli, pico de gallo
- 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
- FRENCH FRIES**..... 7
- WHIPPED POTATOES** ..... 8
- BROCCOLI AU GRATIN** ..... 9

## RAW BAR & SUSHI\*

PURE, NATURAL, AND PREPARED TO ORDER

- OYSTERS OF THE DAY\*** ..... 3.5
- NEW ENGLAND LITLNECK 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 Tajín chili-lime spice

### FULL SUSHI MENU ALSO AVAILABLE

ask your server for today's  
selection of sushi and sake

## CRISPY FRIED

- TRADITIONAL NEW ENGLAND OR ANGRY STYLE  
served with french fries and coleslaw
- JUMBO NAKED SHRIMP** ..... 27
- NORTH ATLANTIC SEA SCALLOPS** ..... 37
- NEW ENGLAND CLAMS** ..... MKT  
whole-bellied, sweet & petite
- FISHERMAN'S PLATTER** ..... 42  
jumbo naked shrimp, sea scallops,  
local whitefish & calamari
- FISH & CHIPS** ..... 28  
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 SEA FOODS

*If it isn't fresh, it isn't Legal!®*

## LEGAL TEST KITCHEN

- BEET ROASTED SALMON\*, ORGANIC SEA HARVEST, ISLE OF SKYE** ..... 33  
beet purée, chilled panzanella salad
- MEXICAN STREET COD**..... 30  
roast corn off the cob, cotija cheese, cilantro,  
blue corn tortilla
- SESAME CRUSTED YELLOWFIN TUNA\*** ... 39  
Szechuan green beans, peanuts, ponzu
- MEDITERRANEAN SWORDFISH** ..... 38  
pearl couscous salad, tzatziki, roasted  
tomatoes
- OVEN ROASTED BRANZINO**..... 36  
whipped potatoes, fennel and orange,  
garlic butter
- LSF GUMBO**... SHRIMP 29 | CHICKEN 26.5  
andouille sausage, jasmine rice

## FRESH CATCH

- PREPARED BLACKENED OR GRILLED  
served with your choice of two sides
- ORGANIC SALMON\*** ..... 33  
Isle of Skye, Scotland (EU Organic)
- YELLOWFIN TUNA STEAK\***..... 39  
scan below for today's origin
- SWORDFISH STEAK**..... 38  
scan below for today's origin
- COD** ..... 30  
Iceland (MSC Certified Sustainable)
- SEA SCALLOPS**..... 37  
Gulf of Maine (MSC Certified Sustainable)
- COLOSSAL SHRIMP** ..... 34  
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
- MAKE IT A POWER BOWL ..... 6  
quinoa, roasted vegetables, arugula



Scan for details on  
today's Fresh Catch!

## 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, soffrito, lemon cream
- LEGAL'S SIGNATURE CRAB CAKE COMBO** ..... 43  
lump crab cake, grilled shrimp, seared scallops,  
mustard sauce, herbed rice pilaf, mixed greens,  
corn, peas, radish, tomato, chive vinaigrette
- CIOPPINO** ..... 44  
clams, mussels, scallops, shrimp, calamari,  
whitefish, lobster tail, tomato broth
- LOBSTER RAVIOLI** ..... 46  
fra diavolo, lobster tail, grilled crusty bread
- BAKED LOBSTER MAC & CHEESE** ..... MKT  
one whole Gulf of Maine lobster,  
Vermont cheddar, buttered crumbs
- STUFFED LOBSTER TAILS** ..... 45  
shrimp, scallops, peppers, onions,  
buttery crackers, choice of two sides
- GULF OF MAINE LOBSTER** ..... MKT  
steamed or baked with shrimp & scallop  
stuffing, choice of two sides

## SURF & TURF

- CHICKEN UNDER A BRICK** ..... 28  
shiitake and caper vinaigrette, jasmine rice,  
broccoli
- SNAKE RIVER FARMS AMERICAN WAGYU BAVETTE\*** ..... 44  
ancho chile shrimp, chimichurri, corn ribs,  
chipotle aioli, cotija cheese
- DOUBLE R RANCH FILET MIGNON\*** ..... 48  
brushed with ancho chile butter,  
whipped potatoes, broccoli
- SURF & TURF\***  
above filet mignon paired with your choice  
of the following:
- GRILLED COLOSSAL SHRIMP** ..... 13
- SEARED SEA SCALLOPS** ..... 16
- GRILLED LOBSTER TAIL** ..... 16
- CRAB CAKE** ..... 20

## SANDWICHES & SALADS

- DOUBLE R RANCH USDA PRIME BACON CHEDDAR BURGER\*** ..... 19  
applewood smoked bacon, Vermont cheddar,  
lettuce, tomato, french fries & coleslaw
- NEW ENGLAND CRAB ROLL** ..... 34  
delicate New England crabmeat with mayo,  
french fries & coleslaw
- HALF POUND MAINE LOBSTER ROLL** ..... 43  
warm butter-poached or traditional with  
lemon mayo, french fries & coleslaw
- 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
- 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.