

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)
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.