

## STARTERS

### NEW ENGLAND CLAM CHOWDER

our classic recipe..... CUP 8.5 | BOWL 10.5

### LOBSTER BISQUE ... CUP 10.5 | BOWL 12.5

cream sherry

### **GF** CRISPY CALAMARI..... 17

with tartar sauce

RHODE ISLAND (HOT PEPPERS & GARLIC)

-OR- THAI (PINEAPPLE & PEANUTS) ... 18

### LEGAL'S SIGNATURE CRAB CAKE..... 23

lump crab, mustard sauce, mixed greens, corn, peas, radish, tomato, chive vinaigrette

### **GF** 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

### **GF** ORGANIC PEI MUSSELS..... 18

garlic-butter broth, white wine, grilled crusty bread

### **GF** ST. LOUIS RIBS..... 17

coffee BBQ sauce

### **GF** CORN RIBS..... 13

chipotle aioli, cotija cheese, cilantro

### BANG BANG CAULIFLOWER..... 15

tempura fried, kung pao sauce (contains peanut oil)

## SIDES

### **GF** COLESLAW..... 4

### HERBED RICE PILAF..... 7

### **GF** JASMINE RICE..... 7

### PEARL COUSCOUS SALAD..... 8

### **GF** STREET CORN..... 8

off the cob, cotija cheese, crema, cilantro

### SZECHUAN GREEN BEANS..... 8

red peppers, roasted peanuts

### **GF** STEAMED BROCCOLI..... 7

### **GF** WHIPPED POTATOES..... 8

### **GF** FRENCH FRIES..... 7

### BROCCOLI AU GRATIN..... 9

## **GF** 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

### FULL SUSHI MENU ALSO AVAILABLE

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

## SANDWICHES

### **GF** CRISPY FISH SANDWICH..... 18

lettuce, tomato, pickle, tartar sauce, french fries & coleslaw

### **GF** SBLT..... 18

salmon bacon, lettuce, tomato, mayo, toasted sourdough, french fries & coleslaw

### **GF** 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

### **GF** 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

### **GF** GRILLED CHICKEN SANDWICH..... 17

applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo, french fries & coleslaw

### **GF** 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

### **GF** 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

### **GF** BBQ STEAK TIPS\*..... 26

herbed rice pilaf, green beans

### BAKED LOBSTER MAC & CHEESE..... MKT

one whole Gulf of Maine lobster, Vermont cheddar, buttered crumbs

## **GF** 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

## **GF** 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

## **GF** 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!

