

STARTERS

NEW ENGLAND CLAM CHOWDER

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

LOBSTER BISQUE ... CUP 10.5 | BOWL 12.5

cream sherry

G F **CRISPY CALAMARI**..... 17
with tartar sauce

RHODE ISLAND STYLE (hot peppers & garlic) .18

LEGAL'S SIGNATURE CRAB CAKE..... 24

lump crab, mustard sauce, greens, apples, dried cranberry, apple Dijon vinaigrette

G F **GRILLED OCTOPUS** 19
salt boiled potato, olive tapenade, saffron aioli, cauliflower, gremolata

STUFFIES 16

Cape Cod quahogs, chouriço, butter, ritz crumbs

WHITE CLAM FLATBREAD 18

clams, garlic and shallot confit, pancetta, arugula, parmesan

G F **ORGANIC PEI MUSSELS**..... 18
garlic-butter broth, white wine, grilled crusty bread

G F **FALAFEL** 16
Baharat tzatziki, cucumber

BANG BANG CAULIFLOWER 16

tempura fried, kung pao sauce (contains peanut oil)

SIDES

G F **COLESLAW** 4

HERBED RICE PILAF..... 7

G F **JASMINE RICE**..... 7

G F **WINTER VEGETABLE MEDLEY**..... 9

G F **GIGANTE BEAN, KALE, TOMATO STEW**..... 9
(contains pancetta)

G F **GRILLED ASPARAGUS**..... 8

G F **SESAME & SOY ROASTED BROCCOLI** 8

G F **WHIPPED SWEET POTATOES** 8

G F **FRENCH FRIES**..... 7

BROCCOLI AU GRATIN 9

G F 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

HACKLEBACK CAVIAR*..... 44
egg yolk, egg white, shallot, caper, parsley, crème fraiche and blinis

OCTOPUS COCKTAIL 16
bell peppers, cilantro, scallions, soy-mirin vinaigrette

BLACKENED RAW TUNA TATAKI*..... 19
sesame chili vinaigrette, seaweed salad, wasabi cream

Pressed Sushi Menu Also Available

SANDWICHES

served with french fries and coleslaw

G F **CRISPY FISH SANDWICH**..... 18
lettuce, tomato, pickle, tartar sauce

G F **SBLT**..... 18
salmon bacon, lettuce, tomato, mayo, toasted sourdough

G F **NEW ENGLAND CRAB ROLL** 34
delicate New England crabmeat with mayo

G F **HALF POUND MAINE LOBSTER ROLL** ... 43
warm butter-poached or traditional with lemon mayo

MAKE IT A FULL POUND..... + 39

TUNA BURGER 19
chili-garlic seasoned ground tuna, lettuce, tomato, roasted red pepper sauce

G F **FRIED CHICKEN SANDWICH**..... 18
chicken thigh, hot honey, avocado, arugula, pickled red cabbage, brioche

G F **GRILLED CHICKEN SANDWICH**..... 17
applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo

G F **SURF & TURF SANDWICH*** 29
filet mignon, warm crab, avocado, remoulade, little leaf lettuce, ciabatta

G F **DOUBLE R RANCH USDA PRIME BACON CHEDDAR BURGER*** 19
applewood smoked bacon, Vermont cheddar, lettuce, tomato

G F **FRIED OYSTER BURGER*** 24
signature burger topped with fried oysters, tartar sauce, arugula, aged cheddar cheese

G F **OPEN-FACED FALAFEL** 18
Baharat tzatziki, cucumber, olives, tomato, feta, arugula, flatbread

LEGAL SEA FOODS

If it isn't fresh, it isn't Legal!®

LEGAL CLASSICS

G F **NEW ENGLAND BAKED HADDOCK - ANNA'S WAY** 29
buttered crumbs, roasted tomato, herbed rice pilaf, broccoli

LINGUINI AND CLAMS..... 29
clams, garlic and shallot confit, white wine, pancetta, chili flakes

LEGAL'S SIGNATURE CRAB CAKE ENTREE..... 26
lump crab cake, mustard sauce, herbed rice pilaf, greens, apples, dried cranberry, apple Dijon vinaigrette

G F **GRILLED PETIT FILET MIGNON***..... 27
brushed with garlic butter, herbed rice pilaf, grilled asparagus

BAKED LOBSTER MAC & CHEESE..... MKT
one whole Gulf of Maine lobster, Vermont cheddar, buttered crumbs

G F CRISPY FRIED

TRADITIONAL NEW ENGLAND OR ANGRY STYLE
served with french fries and coleslaw

JUMBO NAKED SHRIMP..... 28

NORTH ATLANTIC SEA SCALLOPS..... 29

NEW ENGLAND CLAMS MKT
whole-bellied, sweet & petite

FISH & CHIPS 22
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

G F **HERB CRUSTED SALMON*, ORGANIC SEA HARVEST, ISLE OF SKYE** 26
winter vegetable medley, beurre rouge

G F **NORI-CHILI CRUSTED YELLOWFIN TUNA***...24
sesame & soy roasted broccoli, sesame and cilantro jasmine rice

G F **SEARED SCALLOPS**..... 28
Tuscan kale, whipped sweet potatoes, pancetta, cranberry & sweet potato hash

BEEF & SHRIMP TACOS 22
blackened shrimp, shaved tenderloin, avocado chipotle crema, pickled red cabbage, pico de gallo, cotija cheese, black beans and rice

FISH TACOS 18
fried or blackened whitefish, pickled red cabbage, chipotle aioli, pico de gallo, black beans and rice

G F FRESH CATCH

PREPARED BLACKENED OR GRILLED
served with your choice of two sides

ORGANIC SALMON*..... 26
Isle of Skye, Scotland (EU Organic)

YELLOWFIN TUNA STEAK* 8 OZ..... 36
scan below for today's origin

SEA SCALLOPS..... 29
Gulf of Maine (MSC Certified Sustainable)

COLOSSAL SHRIMP 27
Bay of Bengal (All Natural, BAP 4-Star Certified Sustainable)

RAINBOW TROUT..... 29
Columbia River

ADD AN ENHANCEMENT
cajun spice | garlic butter



Scan for details on today's Fresh Catch!

G F SALADS

GREEK SALAD 12
tomato, cucumber, feta, chickpeas, Kalamata olives, lemon-oregano vinaigrette
ADD FALAFEL 9

HOUSE SALAD..... 11
local organic leaf lettuce, apples, dried cranberry, blue cheese, candied walnuts, apple Dijon vinaigrette

CLASSIC CAESAR SALAD 12
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 PETIT FILET MIGNON*..... 16

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.

Lunch