

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 STYLE (hot peppers & garlic) ...	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, greens, apples, dried cranberry, apple Dijon vinaigrette
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
ORGANIC PEI MUSSELS	18 garlic-butter broth, white wine, grilled crusty bread
FALAFEL	16 Baharat tzatziki, cucumber
BANG BANG CAULIFLOWER	15 tempura fried, kung pao sauce (contains peanut oil)

SIDES

COLESLAW	4
HERBED RICE PILAF	7
JASMINE RICE	7
WINTER VEGETABLE MEDLEY	9
GIGANTE BEAN, KALE, TOMATO STEW	9
GRILLED ASPARAGUS	8
SESAME & SOY ROASTED BROCCOLI	8
WHIPPED SWEET 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 LITLNECK 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*	18 sesame chili vinaigrette, seaweed salad, wasabi cream

Full Sushi Menu Also Available

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

HERB CRUSTED SALMON*, ORGANIC SEA HARVEST, ISLE OF SKYE	33 winter vegetable medley, beurre rouge
SALT & VINEGAR CRUSTED COD	30 crispy potato wedges, napa cabbage and bacon slaw, remoulade
NORI-CHILI CRUSTED YELLOWFIN TUNA* ...39	sesame & soy roasted broccoli, sesame and cilantro jasmine rice
MEDITERRANEAN SWORDFISH	38 gigante bean, kale, tomato stew, chicory
SEARED SCALLOPS	37 Tuscan kale, whipped sweet potatoes, pancetta, cranberry & sweet potato hash

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	
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
LINGUINI AND CLAMS	29 clams, garlic and shallot confit, white wine, chili flakes
LEGAL'S SIGNATURE CRAB CAKE COMBO	43 lump crab cake, grilled shrimp, seared scallops, mustard sauce, herbed rice pilaf, greens, apples, dried cranberry, apple Dijon vinaigrette
CIOPPINO	44 clams, mussels, scallops, shrimp, calamari, whitefish, lobster tail, tomato broth
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

FRIED CHICKEN THIGH	25 hot honey, whipped sweet potatoes, Tuscan kale
DOUBLE R RANCH NY STRIP*	48 brushed with garlic butter, crispy potato wedges, grilled asparagus
DOUBLE R RANCH TWIN PETIT FILET MIGNON*	48 brushed with garlic butter, crispy potato wedges, grilled asparagus
SURF & TURF* above twin petit filet mignon paired with your choice of the following:	
GRILLED COLOSSAL SHRIMP	13
SEARED SEA SCALLOPS	16
GRILLED LOBSTER TAIL	16
LEGAL'S SIGNATURE 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
MAKE IT A FULL POUND	+ 39
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	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 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.