

STARTERS

- NEW ENGLAND CLAM CHOWDER**
our classic recipe.....**CUP 8 | BOWL 10**
- SOUP OF THE DAY****CUP 7 | BOWL 9**
- GF RED CRAB HUSHPUPIES** **14**
charred scallions, remoulade
- GF COCONUT SHRIMP** **14**
orange, lime, and ginger sauce
- BANG BANG CAULIFLOWER** **14**
tempura fried, kung pao sauce
(contains peanut oil)
- RED CRAB DIP** **15**
old bay, cheddar, housemade chips, flatbread
- FISH TACOS** **15**
fried or blackened whitefish, pickled red
cabbage, chipotle aioli, pico de gallo
- GF FALAFEL** **16**
Baharat tzatziki, cucumber
- GF OYSTERS BINGO** **17**
pan-fried oysters, shallot and lemon butter
sauce, an ode to Ships Cabin
- GF CRISPY CALAMARI** **17**
with tartar sauce
RHODE ISLAND STYLE (hot peppers & garlic) ... **18**
- GF ORGANIC PEI MUSSELS** **18**
andouille sausage, old bay, IPA beer

GF RAW BAR & SUSHI*

PURE, NATURAL, AND PREPARED TO ORDER

- NEW ENGLAND LITTLENECK CLAMS*** ..**2.5**
- OYSTERS OF THE DAY*** **3**
- BLACKENED RAW TUNA TATAKI***..... **18**
sesame chili vinaigrette, seaweed salad,
wasabi cream
- COLOSSAL NAKED SHRIMP COCKTAIL** ...**20**

Full Sushi Menu Also Available

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.

GF SALADS

- 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
- GREEK SALAD** **12**
tomato, cucumber, feta, chickpeas, Kalamata
olives, lemon-oregano vinaigrette
- ADD FALAFEL** **9**
- SALAD ADD ONS; GRILLED OR CAJUN:**
- CHICKEN** **7**
- COLOSSAL SHRIMP** **13**
- ORGANIC SALMON*** **15**
- YELLOWFIN TUNA*** **15**
- SEA SCALLOPS** **16**
- PETIT FILET MIGNON*** **16**

SANDWICHES

served with french fries and coleslaw

- GF CRISPY FISH SANDWICH** **17**
lettuce, tomato, pickle, tartar sauce
- TUNA BURGER** **19**
chili-garlic seasoned ground tuna, lettuce,
tomato, roasted red pepper sauce
- GF FRIED CHICKEN SANDWICH** **17**
chicken thigh, hot honey, avocado, arugula,
pickled red cabbage, brioche
- GF GRILLED CHICKEN SANDWICH** **17**
applewood smoked bacon, Vermont
cheddar, lettuce, tomato, mayo
- GF OPEN-FACED FALAFEL** **18**
Baharat tzatziki, cucumber, olives, tomato,
feta, arugula, flatbread
- GF DOUBLE R RANCH USDA PRIME BACON
CHEDDAR BURGER*** **18**
applewood smoked bacon, Vermont
cheddar, lettuce, tomato
- GF SURF & TURF SANDWICH*** **29**
filet mignon, warm crab, avocado, remoulade,
little leaf lettuce, ciabatta

- PETIT LOBSTER ROLL & CHOWDER** **28**
warm butter-poached or traditional with
lemon mayo
- GF NEW ENGLAND CRAB ROLL** **34**
delicate New England crabmeat with mayo
- GF HALF POUND MAINE LOBSTER ROLL** ... **43**
warm butter-poached or traditional with
lemon mayo

LEGAL SEA FOODS

If it isn't fresh, it isn't Legal!®

MAINS

- GF MEDITERRANEAN FLOUNDER** **27**
gigante bean, pancetta, kale, tomato stew,
chicory
- GF NEW ENGLAND BAKED HADDOCK -
ANNA'S WAY** **28**
buttered crumbs, roasted tomato, herbed
rice pilaf, broccoli
- GF HERB CRUSTED SALMON*, ORGANIC
SEA HARVEST, ISLE OF SKYE** **29**
winter vegetable medley, beurre rouge
- LINGUINI AND CLAMS** **29**
clams, garlic and shallot confit, white wine,
pancetta, chili flakes
- CRAB STUFFED TROUT** **31**
lump crab, cajun lemon cream, herb rice
pilaf, grilled asparagus
- GF SNOW CRAB CLUSTERS** **32**
1 lb. crab, old bay, corn, potato, garlic butter
- GF SALT & VINEGAR CRUSTED
ROCKFISH** **34**
crispy potato wedges, napa cabbage and
bacon slaw, remoulade
- GF SEARED SCALLOPS** **37**
Tuscan kale, whipped sweet potatoes,
pancetta, cranberry & sweet potato hash
- GF NORI-CHILI CRUSTED YELLOWFIN
TUNA*** **39**
sesame & soy roasted broccoli, sesame
and cilantro jasmine rice
- 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

GF CRISPY FRIED

- TRADITIONAL NEW ENGLAND OR ANGRY STYLE
served with french fries and coleslaw
- FISH & CHIPS** **19**
- JUMBO NAKED SHRIMP** **27**
- FLOUNDER** **27**
- SEA SCALLOP & SHRIMP COMBO** **29**
- FISHERMAN'S PLATTER** **39**
jumbo naked shrimp, sea scallops,
local whitefish & calamari
- HOT HONEY FRIED CHICKEN** **25**
chicken thigh, whipped sweet potatoes,
Tuscan kale

LOBSTER & STEAK

- BAKED LOBSTER MAC & CHEESE** **49**
one whole Gulf of Maine lobster,
Vermont cheddar, buttered crumbs
- GULF OF MAINE LOBSTER**
choice of two sides
- GF STEAMED** **49**
- BAKED STUFFED** **64**
with shrimp & scallop stuffing
- GF DOUBLE R RANCH NY STRIP*** **48**
12 oz. brushed with garlic butter, crispy
potato wedges, grilled asparagus
- GF DOUBLE R RANCH TWIN FILET
MIGNON*** **48**
twin 5 oz. filets, brushed with garlic butter,
crispy potato wedges, grilled asparagus
- STEAK ADD ONS:**
- GF GRILLED COLOSSAL SHRIMP** **13**
- GF SEARED SEA SCALLOPS** **16**
- GF GRILLED LOBSTER TAIL** **16**
- LEGAL'S SIGNATURE CRAB CAKE** **20**

GF FRESH CATCH

PREPARED BLACKENED OR GRILLED
served with your choice of two sides

- FLOUNDER** **27**
scan below for today's origin
- COLOSSAL SHRIMP** **28**
Bay of Bengal (All Natural, BAP 4-Star
Certified Sustainable)
- RAINBOW TROUT** **28**
Columbia River
- ORGANIC SALMON*** **29**
Isle of Skye, Scotland (EU Organic)
- ROCKFISH** **34**
scan below for today's origin
- SEA SCALLOPS** **37**
Gulf of Maine (MSC Certified Sustainable)
- YELLOWFIN TUNA STEAK*** **39**
scan below for today's origin
- ADD AN ENHANCEMENT
cajun spice | garlic butter



*Scan for details on
today's Fresh Catch!*

SIDES 7

herbed rice pilaf | jasmine rice | french fries
winter vegetable medley | grilled asparagus
sesame & soy roasted broccoli
whipped sweet potatoes
gigante bean, pancetta, kale, tomato stew

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.**

