

STARTERS

NEW ENGLAND CLAM CHOWDER

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

SHE-CRAB BISQUE

lump crab, old bay... CUP 10.5 | BOWL 12.5

G F 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

G F CRAB CAKE SLIDERS..... 21
roasted red pepper sauce

STUFFIES..... 16

Cape Cod quahogs, chouriço, butter,
ritz crumbs

CRAB PESTO FLATBREAD..... 18

smoked applewood bacon, roasted tomato,
cheddar and romano, old bay aioli

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

G F ST. LOUIS RIBS..... 17
coffee BBQ sauce

G F CORN RIBS..... 13
chipotle aioli, cotija cheese, cilantro

BANG BANG CAULIFLOWER..... 15

tempura fried, kung pao sauce
(contains peanut oil)

SIDES

G F COLESLAW..... 4

HERBED RICE PILAF..... 7

G F JASMINE RICE..... 7

PEARL COUSCOUS SALAD..... 8

G F STREET CORN..... 8
off the cob, cotija cheese, crema, cilantro

SZECHUAN GREEN BEANS..... 8

red peppers, roasted peanuts

G F STEAMED BROCCOLI..... 7

G F WHIPPED 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

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

G F CRISPY FISH SANDWICH..... 18
lettuce, tomato, pickle, tartar sauce,
french fries & coleslaw

G F SBLT..... 18
salmon bacon, lettuce, tomato, mayo,
toasted sourdough, french fries & coleslaw

G F 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

G F 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

G F GRILLED CHICKEN SANDWICH..... 17
applewood smoked bacon, Vermont cheddar,
lettuce, tomato, mayo, french fries & coleslaw

G F 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

G F 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

G F BBQ STEAK TIPS*..... 26
herbed rice pilaf, green beans

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..... 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

G F 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

G F 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!



Lunch