



Raw Bar

PURE, NATURAL, AND PREPARED TO ORDER

OYSTERS OF THE DAY* 3.75

SHRIMP COCKTAIL, COLOSSAL NAKED 23

TUNA TATAKI* 21.5

cajun blackened, citrus soy sauce, kelp salad, wasabi cream

Starters

NEW ENGLAND CLAM CHOWDER 12

our award-winning recipe

CRAB CAKE, A LEGAL SIGNATURE 27.5

lump crab, mustard sauce, greens, corn, onions, tomatoes, Dijon vinaigrette

CALAMARI, CRISPY FRIED 20.25

tartar sauce or Rhode Island style (hot peppers & garlic)

From the Sea

choose a flavor style and two sides

SALMON* GRILLED 38

HELGELAND COAST, NORWAY

YELLOWFIN TUNA* SEARED 45

WILD CAUGHT visit Freshly Sourced for today's origin

RAINBOW TROUT GRILLED 31.75

COLOMBIA BAP 4-Star Certified Sustainable

SHRIMP, JUMBO NAKED GRILLED 38.5

BAY OF BENGAL all natural, BAP 4-Star Certified Sustainable

Crispy Fried

TRADITIONAL NEW ENGLAND STYLE OR CAJUN

served with french fries and coleslaw

SHRIMP, JUMBO NAKED 32

BAY OF BENGAL all natural, BAP 4-Star Certified Sustainable

CLAMS, WHOLE BELLY MKT

FISHERMAN'S PLATTER 48

jumbo naked shrimp, whitefish & calamari

FISH & CHIPS 31.5

NORTH ATLANTIC wild caught

Mains

SALMON*, HOISIN GLAZED 38

HELGELAND COAST, NORWAY quinoa, mushrooms, asparagus, roasted red peppers, red onions

HADDOCK, BAKED ANNA'S WAY 32

NORTH ATLANTIC, WILD CAUGHT buttered crumbs, roasted tomato, jasmine rice, broccoli

CRAB CAKE & SHRIMP 49.5

lump crab cake, mustard sauce, jasmine rice, greens, corn, onion, tomato, Dijon vinaigrette

FISH TACOS 19.75

crispy whitefish, pickled red cabbage, chipotle aioli, pico de gallo, fried plantains

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 can be prepared or are naturally 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.

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.

Salads

GREEK SALAD 15.25

tomato, cucumber, feta, chickpeas, Kalamata olives, lemon-oregano vinaigrette

HOUSE SALAD 13

local organic leaf lettuce, tomato, roasted corn, hard boiled egg, red onion, croutons, Dijon vinaigrette

CLASSIC CAESAR SALAD 13

romaine hearts, garlic croutons, shaved romano, creamy dressing

TOP SALADS WITH:

CHICKEN grilled or cajun blackened 7.5

SHRIMP, JUMBO grilled or cajun blackened 14.25

SALMON* grilled or cajun blackened 23

PETIT YELLOWFIN TUNA*, grilled or cajun blackened 19.75

LOBSTER OR CRABMEAT SALAD MKT

Flavor Styles

SIMPLY PREPARED WITH LEMON AND SEA SALT

CAJUN BLACKENED & HOT BUTTER

NORI CHILI CRUST & STICKY SOY SAUCE

ROASTED CORN SALSA & CHIPOTLE CREMA

Sides

JASMINE RICE 9.5

FRENCH FRIES 9.5

BROCCOLI 9.5

ASPARAGUS 9.5

COLESLAW 4.5

Sandwiches

served with french fries and coleslaw

CRISPY FISH SANDWICH 20.75

NORTH ATLANTIC wild caught whitefish, lettuce, tomato, pickles, tartar sauce

BACON CHEDDAR BURGER*, DOUBLE R RANCH 22

applewood smoked bacon, Vermont cheddar, lettuce, tomato

SMOKED SALMON SANDWICH* 15

lettuce, tomato, mustard sauce, capers

JONAH CRAB ROLL MKT

delicate North Atlantic crabmeat with mayo

PETIT LOBSTER ROLL & CUP OF CHOWDER MKT

LEGAL LOBSTER ROLL MKT

traditional with lemon mayo

WHOLE BELLY CLAM ROLL MKT

lettuce, tomato, tartar sauce

CRAB CAKE SANDWICH 34

avocado, sriracha mayo, toasted brioche bun

GRILLED CHICKEN SANDWICH 20.5

applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo

Desserts

BOSTON CREAM PIE 12.5

sponge cake, custard, chocolate sauce, almonds, toffee bits

KEY LIME PIE 12.5

lime custard, raspberry sauce, whipped cream

Take-Away

PEPSI, DIET PEPSI 3

AQUAFINA 2.25

Ask your server for food to go

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Cocktails

- LEGAL RED SANGRIA** 17.5
spanish red wine, crème de pêche, bacardi limon & raspberry rums, fresh citrus, lemon-lime soda
- LEGAL WHITE SANGRIA** 17.5
crop organic meyer lemon vodka, st. elder elderflower, sauvignon blanc, lemonade, lemon-lime soda, lemon bitters
- TROPICAL WINTER MULE** 16.5
new amsterdam passionfruit vodka, planteray o.f.t.d. rum, spiced demerara syrup, ginger beer, lime
- LUNAZUL MARGARITA REAL** 17
lunazul reposado tequila, patrón citrónge, lime
- SPICY CUCUMBER MARGARITA** 17.5
lunazul blanco tequila, ghost tequila, bols triple sec, cucumber, agave, lime, lemon
- CARAJILLO** 16.5
licor 43, espresso
- ESPRESSO MARTINI** 17.5
smirnoff vanilla vodka, borghetti caffè espresso liqueur, buffalo trace bourbon cream
- MOULIN ROUGE** 17.5
hendrick’s grand cabaret gin, crème de peche, fever-tree lime and yuzu soda water, sugar, lemon
- BELLINI** 16.5
jeio prosecco, peach liqueur, peach puree

- BLOODY MARY** 14.25
smirnoff vodka, LSF bloody mary mix, celery, lemon, lime, add:
CORNICHONS .50
BACON 1
SHRIMP COCKTAIL 4.25

Beer

- Draft* 16 oz | 23 oz
- NIGHT SHIFT LEGALLY HAZY** MA 11 | 15.5
- ALLAGASH WHITE** ME 11 | 15.5
- BUD LIGHT** MO 8.5 | 13
- DC BRAU “THE PUBLIC” PALE ALE** DC 8.5 | 12.5
- DOGFISH HEAD 60 MINUTE IPA** DE 11 | 15.5
- SAMUEL ADAMS BOSTON LAGER** MA 9.5 | 13.75
- SAMUEL ADAMS SEASONAL** MA 9.5 | 13.75
- STELLA ARTOIS** Belgium 9.5 | 14
- Bottle | Can*
- ANGRY ORCHARD CRISP APPLE CIDER** NY 9.25
- CORONA** Mexico 9
- DOGFISH HEAD SEAQUENCH SESSION SOUR ALE** DE 9
- FLYING DOG THE TRUTH IMPERIAL IPA** MD 8
- HEINEKEN** Holland 8.75
- HIGH NOON HARD SELTZER** CA 9.75
- MILLER LITE** USA 8
- TRULY HARD SELZTER** CA 8.75
- TRULY TEQUILA SODA** CA 8.75
- YUENGLING** PA 8

Sparkling Wine

-   6 oz | 9 oz | BTL
- JEIO PROSECCO** Valdobbiadene 15 | 57
- NICOLAS FEUILLATTE BRUT** NV 22 | 95
- VEUVE CLICQUOT “YELLOW LABEL” BRUT** NV 105
- MOSCATO D’ASTI, CHIARLO “NIVOLE”** Piedmont 14 | (1/2) 28

White Wine

-    6 oz | 9 oz | BTL
- ALBARIÑO** **LA CANA** Rias Baixas 16 | 21 | 61
- ROSÉ** **WHISPERING ANGEL** Provence 18 | 23 | 70
- RIESLING** **HUGEL** Alsace 48
- HILLICK & HOBBS** Seneca Lake 16 | 21 | 61
- PINOT GRIGIO** **TERLATO** Friuli 16 | 21 | 61
- SANTA MARGHERITA** Valdadige (1/2) 35
- SAUVIGNON BLANC** **YEALANDS** Marlborough 15 | 20 | 57
- CAKEBREAD** Napa 19 | 24 | 79
- CLOUDY BAY** Marlborough 79
- SAGER AND VERDIER SANCERRE** Loire 19 | 24 | 76
- CHARDONNAY** **DEMORGENZON “DMZ”** Stellenbosch 38
- DIATOM (UNOAKED)** Santa Barbara County 19 | 24 | 76
- PATZ & HALL** Sonoma Coast 59
- SONOMA-CUTRER “RRR”** Sonoma 18 | 23 | 70
- GARY FARRELL** Russian River 82
- STAGS’ LEAP WINERY** Napa Valley 21 | 26 | 84
- JORDAN** Russian River 20 | 25 | 79

Red Wine

-    6 oz | 9 oz | BTL
- PINOT NOIR** **CHATEAU SOUVERAIN** California 15 | 20 | 57
- CHIANTI** **CECCHI** Castellina 14 | 19 | 57
- MERLOT** **DECOY** California 16 | 21 | 60
- MALBEC** **ZUCCARDI MOUNTAIN VINEYARDS** Uco Valley 18 | 23 | 73
- CABERNET SAUVIGNON** **BRAAI** Western Cape 57
- SIMI** Sonoma 16 | 21 | 61
- BUEHLER** Napa 74
- HESS “ALLOMI VINEYARD”** Napa 36
- JORDAN** Alexander Valley 94

Non-Alcoholic

- BLACKBERRY BURLESQUE** 13
steeped dammann frères nuit d’ete tea, real blackberry puree, ginger beer, lime
- ATHLETIC BREWING UPSIDE DAWN** 9.75
classic golden ale
- GUINNESS ZERO** 7.5
hints of chocolate and coffee, balanced with bitter, sweet, roasted notes
- ATHLETIC BREWING RUN WILD** 9.75
sessionable IPA