



Chowder & Soup

NEW ENGLAND CLAM CHOWDER
our award-winning recipe CUP 9 | BOWL 11

CREAMY SHRIMP & CORN SOUP
CUP 9 | BOWL 11

Sushi

EDAMAME 8
sea salt or sticky soy sauce

MODERN NIGIRI* two pieces
served over seasoned rice with soy sake glaze
MAGURO (TUNA) 13
SAKE (SALMON) 12

SASHIMI* three pieces
MAGURO (TUNA) 17
SAKE (SALMON) 16

Specialty Maki

CALIFORNIA ROLL 17
Jonah crab, avocado, cucumber

RAINBOW ROLL* 25
California roll topped with tuna, salmon, avocado

SHRIMP TEMPURA ROLL* 19
avocado, cucumber, tobiko, spicy mayo, teriyaki

FIRECRACKER ROLL* 21
spicy tuna, salmon, tempura shrimp, avocado

LOBSTER TEMPURA ROLL* MKT
avocado, lobster, tobiko, spicy mayo, teriyaki

SPICY ROLLS* cucumber, spicy mayo
TUNA 19
SALMON 17

DRAGON ROLLS* topped spicy rolls
RED tuna 22
ORANGE salmon 19
GREEN salmon with avocado 18

Raw Bar

pure, natural, and prepared to order

OYSTERS OF THE DAY* 3.5

LITTLENECK CLAMS* NEW ENGLAND 2.5

SHRIMP COCKTAIL, COLOSSAL NAKED 21

SHELLFISH TOWER* FOR TWO 48 | FOR FOUR 96
oysters, clams, shrimp cocktail, lobster,
shrimp ceviche, seaweed salad

TUNA TARTARE* 22
gochujang marinated cucumbers, avocado crema,
rice paper crisps

SHRIMP CEVICHE 18
citrus marinated shrimp, tomato, red onion,
cilantro, blue corn tortilla, salsa roja

TUNA TATAKI* 20
cajun blackened, citrus soy sauce, seaweed salad,
wasabi cream

Starters

CALAMARI, CRISPY FRIED 18.5
GULF OF MAINE regular with tartar sauce
or Rhode Island style (*hot peppers & garlic*)

FISH TACOS FRIED 17 | CAJUN BLACKENED 17
NORTH ATLANTIC whitefish, pickled red cabbage,
chipotle aioli, pico de gallo

CRAB CAKE, A LEGAL SIGNATURE 25
lump crab, mustard sauce, greens, corn, onions,
tomatoes, Dijon vinaigrette

LEGAL SEA-CONES
Made for sharing, these flaky puff pastry cones are packed with rich, savory shellfish favorites. All the fun of ice cream vibes, but flavor-packed and seafood-filled. Mix and match a few cones to create a crave-worthy medley!

LOBSTER ONE 14 | THREE 40
traditional with lemon mayo
or warm butter-poached

BUFFALO SHRIMP ONE 8 | THREE 22
buffalo style popcorn shrimp, blue cheese
dressing and crumbles

STUFFIES 16
CAPE COD quahogs, chouriço, butter, Ritz crumbs

MUSSELS, ORGANIC 19
PEI garlic-butter broth, white wine, grilled bread

NACHOS PULLED CHICKEN 17 | SHRIMP 18
lime crema, pickled jalapeno, blue corn
tortilla chips

CHICKEN WINGS 18
garlic parmesan with black garlic aioli
or kung pao sauce (contains peanut oil)

TOMATO AND BURRATA 16
cherry tomato, burrata cheese, lemon vinaigrette,
pesto, grilled crostini

BANG BANG CAULIFLOWER 17
tempura fried, kung pao sauce (contains peanut oil)

Salads & Bowls

GREEK SALAD 14
tomato, cucumber, feta cheese, chickpeas,
Kalamata olives, lemon-oregano vinaigrette

HOUSE SALAD 12
local organic leaf lettuce, tomato, roasted corn,
hard-boiled egg, red onion, croutons, apple Dijon
vinaigrette

CLASSIC CAESAR SALAD 13
romaine hearts, garlic croutons, shaved romano
cheese, creamy dressing

SUMMER KALE SALAD 13
kale, strawberry, watermelon, crispy chickpeas, feta
cheese, crispy prosciutto, white balsamic vinaigrette

THAI PEANUT SALAD 14
napa cabbage, red cabbage, edamame, scallion,
red pepper, peanut dressing, crispy rice noodles

TOP SALADS WITH:
GRILLED CHICKEN 7
GRILLED SHRIMP 13
GRILLED SALMON* 16 | 21
LOBSTER SALAD MKT
GRILLED SIRLOIN TIPS* 15
LOBSTER TAIL MKT
SEARED TUNA* 18 | 29
CRABMEAT SALAD MKT

GRAIN BOWL
kimchi, pickled cabbage, avocado, seaweed salad,
pineapple, spicy mayo, **CHOICE OF:** sushi rice or farro
TOP WITH:
TUNA SASHIMI* 28
SALMON SASHIMI* 27

Sandwiches

served with french fries and coleslaw

CRISPY FISH SANDWICH 19
NORTH ATLANTIC wild caught whitefish (always
fresh!), lettuce, tomato, pickle, tartar sauce

LEGAL LOBSTER ROLL MKT
warm butter-poached or traditional with
lemon mayo

JONAH CRAB ROLL MKT
NORTH ATLANTIC delicate crabmeat with mayo

WORKING PERSON'S SURF & TURF 20
American wagyu hot dog, cherry pepper relish,
mustard, and a stuffie

GRILLED CHICKEN SANDWICH 19
applewood smoked bacon, Vermont cheddar,
lettuce, tomato, mayo

BACON CHEDDAR BURGER* 20
DOUBLE R RANCH, WASHINGTON STATE
applewood smoked bacon, Vermont cheddar,
lettuce, tomato

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.



A New Legal Experience

Choose a Protein From the Sea or Butcher's Table, a Flavor Style, and Two Sides

Offering a sea of choice in preparation and personal taste, from the adventurous palate to the tried and true, we have something for everyone. Ask your server for recommendations and fan favorites.

From the Sea

We work to ensure responsible sourcing of the freshest harvested and farmed seafood possible. Learn more at legalseafoods.com/freshly-sourced

MARKET FISH MKT
catch it before it's gone for the season

SOLE SEARED 30
WILD CAUGHT visit Freshly Sourced for today's origin

COD LOIN SEARED 33
ICELAND MSC Certified Sustainable

SABLEFISH "BLACK COD" SEARED 36
ALASKA MSC Certified Sustainable

SALMON* GRILLED 35
HELGELAND COAST, NORWAY

SWORDFISH STEAK GRILLED 41
WILD CAUGHT visit Freshly Sourced for today's origin

YELLOWFIN TUNA* SEARED 41
WILD CAUGHT visit Freshly Sourced for today's origin

SHRIMP GRILLED 35
BAY OF BENGAL all natural, BAP 4-Star Certified Sustainable

Butcher's Table

FILET MIGNON* 8oz GRILLED 49
DOUBLE R RANCH, WASHINGTON STATE

BONELESS RIBEYE* 16oz GRILLED 49
DOUBLE R RANCH, WASHINGTON STATE

SIRLOIN STEAK TIPS* 12oz GRILLED 32
DOUBLE R RANCH, WASHINGTON STATE

HALF CHICKEN ROASTED 26

Flavor Styles

simply prepared with lemon & olive oil, or enhance with one of our chef-curated flavor combinations

Fresh & Savory

Lemon Butter & Crispy Capers
Pineapple Salsa & Chili Lime Rub
Roasted Corn Salsa & Avocado Crema
Garlic Herb Chimichurri

Earthy & Spicy

Smoky Rub & Chipotle BBQ Sauce
Cajun Blackened & Hot Butter
Nori Chili Crust & Sticky Soy Sauce
Tzatziki & Ras el Hanout

Sides

*additional sides 9 (coleslaw 4)

- STEAMED BROCCOLI**
- MISO GLAZED CARROTS** sesame seeds
- CRISPY CONFIT POTATOES**
- COLESLAW**
- ONION STRINGS**
- STREET CORN OFF THE COB**
- FRENCH FRIES**
- CRISPY POTATO WEDGES**
- STEAMED JASMINE RICE**
- SZECHUAN GREEN BEANS** (contains peanuts)
- HERBED RICE PILAF**
- CHILLED ORZO SALAD**

Add Ons

make your meal a Surf & Surf or a Surf & Turf

- CRAB CAKE** 21
- SHRIMP & SCALLOP STUFFING** 12
- SIRLOIN TIPS*** GRILLED 15
- GRILLED SHRIMP** GRILLED 13
- LOBSTER TAIL** MKT
- PETIT SALMON*** GRILLED 16
- PETIT YELLOWFIN TUNA*** SEARED 18

Legal Classics

HADDOCK, BAKED ANNA'S WAY 29.5
NORTH ATLANTIC wild caught, buttered crumbs, roasted tomato, herbed rice pilaf, steamed broccoli

COD, SALT & VINEGAR CRUSTED 33
ICELAND crispy potato wedges, napa cabbage and bacon slaw, rémoulade

CIOPPINO 46
clams, mussels, shrimp, calamari, whitefish, lobster tail, tomato broth

CRAB CAKE & SHRIMP 45
lump crab cake, grilled shrimp, mustard sauce, herbed rice pilaf, greens, corn, onion, tomato, Dijon vinaigrette

Pasta

CLAMS & LINGUINI 30
clams, garlic-shallot confit, white wine, pancetta, chili flakes

SHRIMP SCAMPI 28
linguini, tomato, sofrito, white wine, garlic butter

SHELLFISH VALENCIA 29
saffron orzo, shrimp, mussels, clams, chorizo, peas

RIGATONI BOLOGNESE 28
slow braised beef and pork ragù, marinara, ricotta, mascarpone

Lobster

GULF OF MAINE

STEAMED LOBSTER MKT
choice of two sides

BAKED STUFFED LOBSTER MKT
shrimp, scallops, peppers, onions, buttery crackers, choice of two sides

STUFFED LOBSTER TAILS MKT
shrimp, scallops, peppers, onions, buttery crackers, choice of two sides

LOBSTER MAC & CHEESE MKT
one whole lobster, Vermont cheddar, buttered crumbs

LEGAL LOBSTER ROLL MKT
warm butter-poached or traditional with lemon mayo, fries, coleslaw

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.

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Crispy Fried

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

FISH & CHIPS 29
NORTH ATLANTIC wild caught, always fresh

SHRIMP 29.5
BAY OF BENGAL jumbo naked

SCALLOPS 39
GULF OF MAINE

CLAMS, WHOLE BELLY MKT
NEW ENGLAND sweet & petite

FISHERMAN'S PLATTER 45
jumbo naked shrimp, scallops, local whitefish, calamari, onion strings
ADD WHOLE BELLY CLAMS MKT