



Chowder & Soup

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

CREAMY SHRIMP & CORN SOUP
CUP 9 | BOWL 11

Raw Bar

OYSTERS OF THE DAY* 3.5
selection changes daily, featuring fresh oysters from farms all over the East Coast and beyond

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* 21
gochujang marinated cucumbers, avocado crema, rice paper crisps

SHRIMP CEVICHE 17
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 24
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 17
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 16
tempura fried, kung pao sauce (contains peanut oil)

EDAMAME 8
sea salt or sticky soy sauce

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 & 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 12
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

GRAIN BOWL 13
farro, kimchi, pickled cabbage, avocado, seaweed salad, pineapple, spicy mayo

TOP SALADS/BOWL 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

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



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

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

SOLE SEARED 29
WILD CAUGHT visit Freshly Sourced for today's origin
- 

COD LOIN SEARED 32
ICELAND MSC Certified Sustainable
- 

SABLEFISH "BLACK COD" SEARED 36
ALASKA MSC Certified Sustainable
- 

RAINBOW TROUT GRILLED 29
COLOMBIA BAP 4-Star Certified Sustainable

- 

ARCTIC CHAR GRILLED 29
ICELAND
- 


SALMON* GRILLED 34
HELGELAND COAST, NORWAY
- 


SWORDFISH STEAK GRILLED 40
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 48
DOUBLE R RANCH, WASHINGTON STATE
- 

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

BONELESS RIBEYE* 16oz GRILLED 48
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
- 

COLESLAW
- 

ONION STRINGS
- 

STREET CORN OFF THE COB
- 

FRENCH FRIES
- 

WHIPPED POTATOES
- 

CRISPY POTATO WEDGES
- 

STEAMED JASMINE RICE
- 


SZECHUAN GREEN BEANS (contains peanuts)
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
HERBED RICE PILAF
- 


CHILLED ORZO SALAD


Add Ons


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


- 


CRAB CAKE 20
- 

SHRIMP & SCALLOP STUFFING 12
- 

SIRLOIN TIPS* GRILLED 15
- 

SHRIMP GRILLED 13
- 

LOBSTER TAIL MKT
- 

PETIT SALMON* GRILLED 16
- 

PETIT YELLOWFIN TUNA* SEARED 18

Legal Classics

- 

HADDOCK, BAKED ANNA'S WAY 28.5
NORTH ATLANTIC wild caught, buttered crumbs, roasted tomato, herbed rice pilaf, steamed broccoli
- 

COD, SALT & VINEGAR CRUSTED 32
ICELAND crispy potato wedges, napa cabbage and bacon slaw, rémoulade
- 

CIOPPINO 45
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 27
linguini, tomato, sofrito, white wine, garlic butter
- 

SHELLFISH VALENCIA 28
saffron orzo, shrimp, mussels, clams, chorizo, peas
- 

RIGATONI BOLOGNESE 26
slow braised beef and pork ragù, marinara, ricotta, mascarpone

Lobster

- 

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
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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


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TRADITIONAL NEW ENGLAND STYLE OR CAJUN
served with french fries and coleslaw
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FISH & CHIPS 28
NORTH ATLANTIC wild caught, always fresh
- 

SHRIMP 28.5
BAY OF BENGAL jumbo naked
- 

SCALLOPS 38
GULF OF MAINE
- 

CLAMS, WHOLE BELLY MKT
NEW ENGLAND sweet & petite
- 

FISHERMAN'S PLATTER 44
jumbo naked shrimp, scallops, local whitefish, calamari, onion strings
ADD WHOLE BELLY CLAMS MKT