



## Chowder & Soup

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

**CREAMY SHRIMP & CORN SOUP**  
CUP 9 | BOWL 11

## Raw Bar

pure, natural, and prepared to order

**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](https://legalseafoods.com/freshly-sourced)

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

**COD LOIN SEARED** 32  
ICELAND 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

**BONELESS RIBEYE\* 16oz GRILLED** 48  
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
- COLESLAW**
- ONION STRINGS**
- STREET CORN OFF THE COB**
- FRENCH FRIES**
- WHIPPED POTATOES**
- 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** 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

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** 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