



Chowder & Soup

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

LOBSTER BISQUE CUP 10 | BOWL 12
lobster meat garnish, cream sherry

Sushi

EDAMAME 8
sea salt or sticky soy sauce

MODERN NIGIRI* two pieces
served over seasoned rice with soy sake glaze
MAGURO (TUNA) 12
SAKE (SALMON) 11

SASHIMI* three pieces
MAGURO (TUNA) 16
SAKE (SALMON) 15

Specialty Maki

CALIFORNIA ROLL 16
Jonah crab, avocado, cucumber

RAINBOW ROLL* 24
California roll topped with tuna, salmon, avocado

SHRIMP TEMPURA ROLL* 20
avocado, cucumber, tobiko, spicy mayo, teriyaki

FIRECRACKER ROLL* 20
spicy tuna, salmon, tempura shrimp, avocado

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

SPICY ROLLS* cucumber, spicy mayo
TUNA 18
SALMON 16

DRAGON ROLLS* topped spicy rolls
RED tuna 21
ORANGE salmon 18
GREEN salmon with avocado 17

Raw Bar

pure, natural, and prepared to order

OYSTERS OF THE DAY* 3.5

LITTLENECK CLAMS* NEW ENGLAND 2.5

SHRIMP COCKTAIL 3PC 18 | 5PC 25

SEAFOOD TOWER* FOR TWO 48 | FOR FOUR 96
oysters, clams, shrimp cocktail, lobster,
tuna tartare, seaweed salad

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

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

PULLED CHICKEN TACOS 17
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 golden, flaky puff pastry cones are packed with rich, savory seaside favorites. All the fun of ice cream vibes, but flavor-packed and seafood-filled. Mix and match a few to create a crave-worthy medley!

LOBSTER ONE 12 | THREE 35
traditional with lemon mayo
or warm butter-poached

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

SMOKED SALMON TARTARE* ONE 8 | THREE 22
lemon-dill yogurt

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

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

CHICKEN WINGS 17
garlic parmesan with black garlic aioli
or kung pao sauce (contains peanut oil)

BURRATA 16
warm tomato onion jam, pesto, crostini

BANG BANG CAULIFLOWER 16
tempura fried, kung pao sauce (contains peanut oil)

Salads & Bowls

GREEK SALAD 15
romaine, tomato, cucumber, feta cheese, chickpeas,
Kalamata olives, lemon-oregano vinaigrette

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

THAI PEANUT SALAD 15
napa cabbage, red cabbage, edamame, scallion,
red pepper, peanut dressing, crispy rice noodles

HARVEST BEET SALAD 15
roasted red beets, roasted carrots, cranberries,
goat cheese, pumpkin seeds, romaine, spinach,
white balsamic vinaigrette

TOP SALADS WITH:
GRILLED CHICKEN 7 **GRILLED SHRIMP** 13
GRILLED SALMON* 19 **LOBSTER TAIL** MKT
GRILLED SIRLOIN TIPS* 15

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

HOISIN SALMON SALAD*

29
hoisin glazed salmon, napa cabbage, spinach,
red cabbage, edamame, red pepper, tomato,
cucumber, cashews, sesame soy vinaigrette

SOUTHWEST CHICKEN SALAD 21
blackened chicken breast, romaine, roasted corn,
black beans, cheddar, avocado, tomato, cucumber,
red onion, red pepper, scallion, crispy tortilla,
chipotle ranch dressing

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

TUNA MELT 19
olive oil poached tuna, herb spread, American
cheese, marble rye, lettuce, tomato, pickle

ROAST BEEF SANDWICH* 19
housemade roast beef, chipotle BBQ sauce,
horseradish aioli, Vermont cheddar, crispy
fried onions, onion roll

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 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 42

WILD CAUGHT visit Freshly Sourced for today's origin
- YELLOWFIN TUNA* SEARED 44

WILD CAUGHT visit Freshly Sourced for today's origin
- SHRIMP GRILLED 35

visit Freshly Sourced for today's origin

Butcher's Table

- 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
- Garlic Herb Chimichurri
- Tzatziki & Mediterranean Rub
- Herb Rub & Artichoke Puttanesca

Earthy & Spicy

- Smoky Rub & Chipotle BBQ Sauce
- Cajun Blackened & Hot Butter
- Nori Chili Crust & Sticky Soy Sauce
- Maple Butter & Pecan Sage Gremolata

Sides

*additional sides 9 (coleslaw 4)

- STEAMED BROCCOLI
- PAD THAI BOK CHOY & KIMCHI
- COLESLAW
- ONION STRINGS
- FRENCH FRIES
- WHIPPED POTATOES
- CRISPY POTATO WEDGES
- SWEET POTATOES (contains pecans)
- STEAMED JASMINE RICE
- CHILLED WILD RICE SALAD (contains pine nuts)
- SZECHUAN GREEN BEANS (contains peanuts)
- HERBED RICE PILAF

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

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
- SHRIMP & BEEF PAD THAI 33

carrots, mushrooms, bok choy, edamame, scallions, egg, ginger, garlic, peanuts, pad Thai noodles

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
- 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