



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

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 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)

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 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

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* 19

LOBSTER TAIL MKT

GRILLED SIRLOIN TIPS* 15

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



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

RAINBOW TROUT GRILLED 29
COLOMBIA BAP 4-Star Certified Sustainable

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

HALF CHICKEN ROASTED 26

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

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