



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 4PC 16 | 6PC 23
BAJA, MEXICO

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.

Scan QR code to view menu with allergy info.



*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
BAJA, MEXICO

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**
-  **THAI STYLE 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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