



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 4PC 17 | 6PC 24

BAJA, MEXICO

SEAFOOD TOWER* FOR TWO 48 | FOR FOUR 96

oysters, clams, shrimp cocktail, lobster, tuna tartare, seaweed salad

TUNA TARTARE* 22

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 25

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 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

MUSSELS, ORGANIC 19

PEI garlic-butter broth, white wine, grilled bread

BURRATA 16

warm tomato onion jam, pesto, crostini

BANG BANG CAULIFLOWER 17

tempura fried, kung pao sauce (contains peanut oil)

EDAMAME 8

sea salt or sticky soy sauce

Salads & Bowls

GREEK SALAD 15

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

CLASSIC CAESAR SALAD 14

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 20

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

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

COD LOIN SEARED 33
ICELAND MSC Certified Sustainable

RAINBOW TROUT GRILLED 29
COLOMBIA BAP 4-Star Certified Sustainable

ARCTIC CHAR GRILLED 30
ICELAND

Butcher's Table

BONELESS RIBEYE* 16oz GRILLED 49
DOUBLE R RANCH, WASHINGTON STATE

HALF CHICKEN ROASTED 26

SALMON* GRILLED 35
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

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

Legal Classics

HADDOCK, BAKED ANNA'S WAY 29.5
NORTH ATLANTIC wild caught, buttered crumbs, roasted tomato, herbed rice pilaf, steamed broccoli

COD, SALT & VINEGAR CRUSTED 33
ICELAND crispy potato wedges, napa cabbage and bacon slaw, rémoulade

CIOPPINO 46
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 34
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 28
linguini, tomato, sofrito, white wine, garlic butter

SHELLFISH VALENCIA 29
saffron orzo, shrimp, mussels, clams, chorizo, peas

RIGATONI BOLOGNESE 28
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

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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**
- HERBED RICE PILAF**

Add Ons

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

- CRAB CAKE** 21
- SHRIMP & SCALLOP STUFFING** 12
- SIRLOIN TIPS*** GRILLED 15
- SHRIMP** GRILLED 13
- LOBSTER TAIL** MKT

Crispy Fried

TRADITIONAL NEW ENGLAND STYLE OR CAJUN served with french fries and coleslaw

FISH & CHIPS 29
NORTH ATLANTIC wild caught

SHRIMP 29.5
BAJA, MEXICO

SCALLOPS 39
GULF OF MAINE

CLAMS, WHOLE BELLY MKT
NEW ENGLAND sweet & petite

FISHERMAN'S PLATTER 45
shrimp, scallops, whitefish, calamari, onion strings
ADD WHOLE BELLY CLAMS MKT

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.