

### Allergy Key

**W**-wheat | **E**-egg | **So**-soy | **M**-milk | **SH**-shellfish  
**F**-fish | **P**-peanut | **T**-tree nut | **SE**-sesame

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## Chowder & Soup

**NEW ENGLAND CLAM CHOWDER** W,M,SH,F  
our award-winning recipe

**LOBSTER BISQUE** W,M,SH,F  
lobster meat garnish, cream sherry

## Raw Bar

pure, natural, and prepared to order

**OYSTERS OF THE DAY\*** So,SH,F  
selection changes daily, featuring fresh oysters from farms all over the East Coast and beyond

**LITTLENECK CLAMS\* NEW ENGLAND** So,SH,F

**SHRIMP COCKTAIL** So,SH,F  
BAJA, MEXICO

**SEAFOOD TOWER\*** W,E,So,M,SH,F,SE  
oysters, clams, shrimp cocktail, lobster, tuna tartare, seaweed salad

**TUNA TARTARE\*** W,E,So,M,SH,F,SE  
gochujang marinated cucumbers, avocado crema, rice paper crisps

**TUNA TATAKI\*** W,So,M,F,SE  
cajun blackened, citrus soy sauce, seaweed salad, wasabi cream

## Starters

**CALAMARI, CRISPY FRIED** E,So,M,SH,F  
**GULF OF MAINE** regular with tartar sauce or Rhode Island style (*hot peppers & garlic*)

**FISH TACOS** FRIED W,E,So,M,SH,F  
**CAJUN BLACKENED** W,E,So,M,SH,F,SE  
**NORTH ATLANTIC** whitefish, pickled red cabbage, chipotle aioli, pico de gallo

**PULLED CHICKEN TACOS** W,E,So,M,SH,F,SE  
pickled red cabbage, chipotle aioli, pico de gallo

**CRAB CAKE, LEGAL SIGNATURE** W,E,So,M,SH,F  
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** W,E,So,M,SH  
traditional with lemon mayo or warm butter-poached

**BUFFALO SHRIMP** W,E,So,M,SH,F  
buffalo style popcorn shrimp, blue cheese dressing and crumbles

**SMOKED SALMON TARTARE\*** W,E,So,M,F  
lemon-dill yogurt

**STUFFIES** W,So,M,SH  
**CAPE COD** quahogs, chouriço, butter, Ritz crumbs

**MUSSELS, ORGANIC** W,So,M,SH,F,SE  
PEI garlic-butter broth, white wine, grilled bread

**CHICKEN WINGS**  
garlic parmesan with black garlic aioli E,So,M,SH,F  
or kung pao sauce (contains peanut oil) W,E,So,M,SH,F,P,SE

**BURRATA** W,So,M,SH,F,T,SE  
warm tomato onion jam, pesto, crostini

**BANG BANG CAULIFLOWER** W,E,So,M,SH,F,P,SE  
tempura fried, kung pao sauce (contains peanut oil)

**EDAMAME** So,SE  
sea salt or sticky soy sauce

## Salads & Bowls

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

**CLASSIC CAESAR SALAD** W,E,So,M,F,SE  
romaine hearts, garlic croutons, shaved romano cheese, creamy dressing

**THAI PEANUT SALAD** E,So,M,SH,F,P,SE  
napa cabbage, red cabbage, edamame, scallion, red pepper, peanut dressing, crispy rice noodles

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

**GRAIN BOWL** W,E,So,SE  
farro, kimchi, pickled cabbage, avocado, seaweed salad, pineapple, spicy mayo

### TOP SALADS/BOWL WITH:

**GRILLED CHICKEN** So,SH,F,SE **GRILLED SHRIMP** So,SH,F,SE  
**GRILLED SALMON\*** So,SH,F,SE **LOBSTER TAIL** SH  
**GRILLED SIRLOIN TIPS\*** So,SH,F,SE

**HOISIN SALMON SALAD\*** W,So,SH,F,T,SE  
hoisin glazed salmon, napa cabbage, spinach, red cabbage, edamame, red pepper, tomato, cucumber, cashews, sesame soy vinaigrette

**SOUTHWEST CHICKEN SALAD** E,So,M,SH,F,SE  
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 E,So,M,SH,F

**FISH SANDWICH** W,E,So,M,SH,F,SE  
**NORTH ATLANTIC** wild caught whitefish (always fresh!), lettuce, tomato, pickle, tartar sauce

**LEGAL LOBSTER ROLL**  
warm butter-poached W,So,M,SH,SE  
or traditional with lemon mayo W,E,So,M,SH,SE

**TUNA MELT** W,E,So,M,SH,F,SE  
olive oil poached tuna, herb spread, American cheese, marble rye, lettuce, tomato, pickle

**ROAST BEEF SANDWICH\*** W,E,So,M,SH,F,SE  
housemade roast beef, chipotle BBQ sauce, horseradish aioli, Vermont cheddar, crispy fried onions, onion roll

**CHICKEN SANDWICH** W,E,So,M,SH,F,SE  
applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo

**BACON CHEDDAR BURGER\*** W,So,M,SH,F,SE  
**DOUBLE R RANCH, WASHINGTON STATE**  
applewood smoked bacon, Vermont cheddar, lettuce, tomato

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## 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](http://legalseafoods.com/freshly-sourced)

**MARKET FISH** So,Sh,F,SE  
catch it before it's gone for the season

**SOLE SEARED** So,Sh,F,SE  
WILD CAUGHT visit Freshly Sourced for today's origin

**COD LOIN SEARED** So,Sh,F,SE  
ICELAND MSC Certified Sustainable

**SABLEFISH "BLACK COD" SEARED** So,Sh,F,SE  
ALASKA MSC Certified Sustainable

**RAINBOW TROUT GRILLED** So,Sh,F,SE  
COLOMBIA BAP 4-Star Certified Sustainable

**ARCTIC CHAR GRILLED** So,Sh,F,SE  
ICELAND

**SALMON\* GRILLED** So,Sh,F,SE  
HELGELAND COAST, NORWAY

**SWORDFISH STEAK GRILLED** So,Sh,F,SE  
WILD CAUGHT visit Freshly Sourced for today's origin

**YELLOWFIN TUNA\* SEARED** So,Sh,F,SE  
WILD CAUGHT visit Freshly Sourced for today's origin

**SHRIMP GRILLED** So,Sh,F,SE  
BAJA, MEXICO

### Butcher's Table

**BONELESS RIBEYE\* 16oz GRILLED** So,Sh,F,SE  
DOUBLE R RANCH, WASHINGTON STATE

**SIRLOIN STEAK TIPS\* 12oz GRILLED** So,Sh,F,SE  
DOUBLE R RANCH, WASHINGTON STATE

**HALF CHICKEN ROASTED** So

### Flavor Styles

simply prepared with lemon & olive oil, or enhance with one of our chef-curated flavor combinations

#### Fresh & Savory

Lemon Butter & Crispy Capers E,So,M,Sh,F  
Garlic Herb Chimichurri  
Tzatziki & Mediterranean Rub M  
Herb Rub & Artichoke Puttanesca

#### Earthy & Spicy

Smoky Rub & Chipotle BBQ Sauce  
Cajun Blackened & Hot Butter M  
Nori Chili Crust & Sticky Soy Sauce So,Sh,Se  
Maple Butter & Pecan Sage Gremolata M,T

### Legal Classics

**HADDOCK, BAKED ANNA'S WAY** W,So,M,F  
NORTH ATLANTIC wild caught, buttered crumbs, roasted tomato, herbed rice pilaf, steamed broccoli

**COD, SALT & VINEGAR CRUSTED** W,E,So,M,F  
ICELAND crispy potato wedges, napa cabbage and bacon slaw, rémoulade

**CIOPPINO** W,So,M,Sh,F  
clams, mussels, shrimp, calamari, whitefish, lobster tail, tomato broth

**CRAB CAKE & SHRIMP** W,E,So,M,Sh,F,Se  
lump crab cake, grilled shrimp, mustard sauce, herbed rice pilaf, greens, corn, onion, tomato, Dijon vinaigrette

**SHRIMP & BEEF PAD THAI** W,E,So,Sh,F,P,Se  
carrots, mushrooms, bok choy, edamame, scallions, egg, ginger, garlic, peanuts, pad Thai noodles

### Pasta

**CLAMS & LINGUINI** W,E,So,M,Sh  
clams, garlic-shallot confit, white wine, pancetta, chili flakes

**SHRIMP SCAMPI** W,E,So,M,Sh  
linguini, tomato, sofrito, white wine, garlic butter

**SHELLFISH VALENCIA** W,So,M,Sh,F  
saffron orzo, shrimp, mussels, clams, chorizo, peas

**RIGATONI BOLOGNESE** W,E,So,M  
slow braised beef and pork ragù, marinara, ricotta, mascarpone

### Lobster

GULF OF MAINE

**STEAMED LOBSTER** M,Sh  
choice of two sides

**BAKED STUFFED LOBSTER** W,So,M,Sh  
shrimp, scallops, peppers, onions, buttery crackers, choice of two sides

**STUFFED LOBSTER TAILS** W,So,M,Sh  
shrimp, scallops, peppers, onions, buttery crackers, choice of two sides

**LOBSTER MAC & CHEESE** W,E,So,M,Sh  
one whole lobster, Vermont cheddar, buttered crumbs

**LEGAL LOBSTER ROLL**  
warm butter-poached W,So,M,Sh,Se  
or traditional with lemon mayo W,E,So,M,Sh,Se

### Sides

**STEAMED BROCCOLI** M

**THAI STYLE BOK CHOY & KIMCHI** So,F

**COLESLAW** E,So

**ONION STRINGS** E,So,M,Sh,F

**FRENCH FRIES** E,So,M,Sh,F

**WHIPPED POTATOES** M

**CRISPY POTATO WEDGES** E,So,M,Sh,F

**SWEET POTATOES** pecans M,T

**STEAMED JASMINE RICE**

**CHILLED WILD RICE SALAD** pine nuts M,T

**SZECHUAN GREEN BEANS** peanuts W,So,P,Se

**HERBED RICE PILAF** W,So,M

### Add Ons

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

**CRAB CAKE** W,E,So,M,Sh,F

**SHRIMP & SCALLOP STUFFING** W,So,M,Sh

**SIRLOIN TIPS\* GRILLED** So,Sh,F,Se

**SHRIMP GRILLED** So,Sh,F,Se

**LOBSTER TAIL** Sh

### Crispy Fried

TRADITIONAL NEW ENGLAND STYLE OR CAJUN  
served with french fries and coleslaw E,So,M,Sh,F

**FISH & CHIPS** E,So,M,Sh,F  
NORTH ATLANTIC wild caught, always fresh

**SHRIMP** E,So,M,Sh,F  
BAJA, MEXICO

**SCALLOPS** E,So,M,Sh,F  
GULF OF MAINE

**CLAMS, WHOLE BELLY** E,So,M,Sh,F  
NEW ENGLAND sweet & petite

**FISHERMAN'S PLATTER** E,So,M,Sh,F  
shrimp, scallops, local whitefish, calamari, onion strings  
ADD WHOLE BELLY CLAMS MKT

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