

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

Sushi

EDAMAME So,Se
sea salt or sticky soy sauce

MODERN NIGIRI* two pieces So,F
served over seasoned rice with soy sake glaze

MAGURO (TUNA)
SAKE (SALMON)

SASHIMI* three pieces F
MAGURO (TUNA)
SAKE (SALMON)

Specialty Maki

CALIFORNIA ROLL SH,Se
Jonah crab, avocado, cucumber

RAINBOW ROLL* SH,F,Se
California roll topped with tuna, salmon, avocado

SHRIMP TEMPURA ROLL* W,E,So,M,SH,F,Se
avocado, cucumber, tobiko, spicy mayo, teriyaki

FIRECRACKER ROLL* W,E,So,M,SH,F,P,Se
spicy tuna, salmon, tempura shrimp, avocado

LOBSTER TEMPURA ROLL* W,E,So,M,SH,F,Se
avocado, lobster, tobiko, spicy mayo, teriyaki

SPICY ROLLS* cucumber, spicy mayo E,So,F,Se
TUNA
SALMON

DRAGON ROLLS* topped spicy rolls W,E,So,F,Se
RED tuna
ORANGE salmon
GREEN salmon with avocado

Raw Bar

pure, natural, and prepared to order

OYSTERS OF THE DAY* So,SH,F

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*)

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

TOP SALADS 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

GRAIN BOWL W,E,So,Se
kimchi, pickled cabbage, avocado, seaweed salad,
pineapple, spicy mayo, **CHOICE OF:** sushi rice or farro
TOP WITH:

TUNA SASHIMI* F **SALMON SASHIMI*** F

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

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

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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