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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EST 1950 LEGAL SEA FOODS NEW ENGLAND

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

NEW ENGLAND CLAM CHOWDER — W,M,Sh,F
our award-winning recipe

LOBSTER BISQUE — W,M,Sh,F
lobster meat garnish, cream sherry

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

CRAB CAKE, LEGAL SIGNATURE — W,E,So,M,Sh,F
lump crab, mustard sauce, greens, corn, onions, tomatoes, Dijon vinaigrette

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)

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

Brunch

Introducing our new brunch offering, every Saturday and Sunday from 10am-2pm

SWEET CINNAMON ROLLS — W,E,So,M

SMOKED SALMON AVOCADO TOAST* — W,E,So,M,Sh,F,Se
sourdough toast, everything bagel seasoning, arugula salad, home fries

BANANAS FOSTER WAFFLES — W,E,So,M,Sh,F
dark rum caramel, cinnamon, whipped cream, home fries

LOBSTER WAFFLE — W,E,So,M,Sh,F
brown sugar butter-poached lobster tail, herbed mascarpone, spicy maple syrup, home fries

TRADITIONAL EGGS BENEDICT* — W,E,So,M,Sh,F
hollandaise, canadian bacon, home fries

CRAB CAKES BENEDICT* — W,E,So,M,Sh,F
hollandaise, home fries

SMOKED SALMON BENEDICT* — W,E,So,M,Sh,F
hollandaise, home fries

SHRIMP, LEEK, AND BASIL QUICHE — W,E,So,M,Sh,F
arugula pickled red onion and tomato salad, home fries

SHRIMP & CHORIZO HASH* — E,M,Sh
poached eggs

BREAKFAST SANDWICH* — W,E,So,M,Sh,F,Se
two eggs any style, bacon, cheese, tomato, spinach, chipotle aioli, home fries

FARMERS OMELET — E,So,M,Sh,F
bacon, sausage, cheddar, home fries

LOBSTER OMELET — E,So,M,Sh,F
poached lobster, asparagus, goat cheese, home fries

CAJUN SHRIMP OMELET — E,So,M,Sh,F
cherry tomatoes, avocado, spinach, peppers, onions, feta, home fries

ALL AMERICAN BREAKFAST* — W,E,So,M,Sh,F,Se
three eggs any style, sourdough toast, home fries, and choice of:
sausage or apple smoked bacon,
OR SMOKED SALMON

BRUNCH SMASH BURGER* DOUBLE R RANCH, WA — W,E,So,M,Sh,F,Se
applewood smoked bacon, cheddar, fried egg, bloody mary ketchup, pickles, french fries, coleslaw

TRADITIONAL BREAKFAST SAUSAGE — Sh,F,Se
APPLEWOOD SMOKED BACON — Sh,F,Se
LEGAL HOME FRIES — E,So,M,Sh,F

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FRESHLY SOURCED
WHAT MAKES LEGAL DISHES SO FRESH?
LEGALSEAFOODS.COM/FRESHLY-SOURCED

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 Grill

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

COD LOIN SEARED So,Sh,F,Se
ICELAND 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

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

SHRIMP GRILLED So,Sh,F,Se
BAJA, MEXICO

HALF CHICKEN ROASTED So

SIRLOIN STEAK TIPS* 12oz GRILLED So,Sh,F,Se
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 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

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

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

Legal Classics

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

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

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

FISH & CHIPS E,So,M,Sh,F
NORTH ATLANTIC wild caught, always fresh, traditional New England style or cajun, served with french fries and coleslaw

CRISPY FRIED SHRIMP E,So,M,Sh,F
BAJA, MEXICO traditional New England style or cajun, served with french fries and coleslaw

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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 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

CHICKEN SANDWICH W,E,So,M,Sh,F,Se
applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo

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

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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