



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

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*)

CRAB CAKE, A LEGAL SIGNATURE 24
lump crab, mustard sauce, greens, corn,
onions, tomatoes, Dijon vinaigrette

BURRATA 16
warm tomato onion jam, pesto, crostini

BANG BANG CAULIFLOWER 16
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 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

Sushi

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

Brunch

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

SWEET CINNAMON ROLLS 8

SMOKED SALMON AVOCADO TOAST* 23
sourdough toast, everything bagel seasoning, arugula salad, home fries

BANANAS FOSTER WAFFLES 15
dark rum caramel, cinnamon, whipped cream, home fries

LOBSTER WAFFLE 28
brown sugar butter-poached lobster tail, herbed mascarpone,
spicy maple syrup, home fries

TRADITIONAL EGGS BENEDICT* 16
hollandaise, canadian bacon, home fries

CRAB CAKES BENEDICT* 24
hollandaise, home fries

SMOKED SALMON BENEDICT* 23
hollandaise, home fries

SHRIMP, LEEK, AND BASIL QUICHE 16
arugula pickled red onion and tomato salad, home fries

SHRIMP & CHORIZO HASH* 23
poached eggs

BREAKFAST SANDWICH* 15
two eggs any style, bacon, cheese, tomato, spinach, chipotle aioli, home fries

FARMERS OMELET 18
bacon, sausage, cheddar, home fries

LOBSTER OMELET 28
poached lobster, asparagus, goat cheese, home fries

CAJUN SHRIMP OMELET 19
cherry tomatoes, avocado, spinach, peppers, onions, feta, home fries

ALL AMERICAN BREAKFAST* 19
three eggs any style, sourdough toast, home fries, and choice of:
sausage or apple smoked bacon,
OR SMOKED SALMON +4

BRUNCH SMASH BURGER* DOUBLE R RANCH, WA 20
applewood smoked bacon, cheddar, fried egg, bloody mary ketchup,
pickles, french fries, coleslaw

TRADITIONAL BREAKFAST SAUSAGE 5

APPLEWOOD SMOKED BACON 5

LEGAL HOME FRIES 5

Brunch Cocktails

LEGAL RED SANGRIA 15
spanish red wine, crème de pêche, bacardí limón and
raspberry rums, fresh citrus, lemon-lime soda

LEGAL WHITE SANGRIA 15
crop organic meyer lemon vodka, st. germain
elderflower, sauvignon blanc, lemonade, lemon-lime
soda, lemon bitters

CUCUMBER CURRENT 16
hendrick's gin, muddled cucumber coins, lime, sugar,
fever tree lime & yuzu soda

Mini Spritzes

APEROL SPRITZ 8
aperol, jeio prosecco, lemon juice, soda water

ROSE SPRITZ 8
aperol, lucien albrecht brut rose, lemon juice, soda water

BLUEBERRY & LAVENDER SPRITZ 8
aperol, jeio prosecco, blueberry & lavender syrup,
soda water

TRIO OF MINI SPRITZES 22
aperol, rose, lavender & blueberry

LAVENDER & BLUEBERRY MIMOSA 13
lavender-blueberry syrup, jeio prosecco, edible flower

CLASSIC MIMOSA 13
orange juice, jeio prosecco, edible flower

CLASSIC BELLINI 13
real peach puree, creme de peche, jeio prosecco, peach

NATTERJACK IRISH COFFEE 13
natterjack irish whiskey, coffee, and your choice
of classic or infused whipped cream

Bloody Marys & Caesars

CLASSIC BLOODY MARY 13
grainger's deluxe organic vodka,
LSF bloody mary mix

SURF & TURF BLOODY CAESAR 14
grainger's deluxe organic vodka, old bay, steak sauce,
housemade clamato juice, petit cocktail shrimp,
bacon, house pickled green beans

SMOKED BLOODY CAESAR 14
rosaluna mezcal, old bay, steak sauce, housemade
clamato juice, liquid smoke, petit cocktail shrimp,
bacon, house pickled green beans

Non-Alc Lattes

PISTACHIO ICED LATTE 6
pistachio flavored oat milk & whipped cream, espresso

CINNAMON TOAST CRUNCH ICED LATTE 6
cinnamon toast crunch infused oat milk & whipped cream,
espresso, cinnamon toast crunch garnish

COCOA PUFF ICED LATTE 6
cocoa puff infused oat milk & whipped cream, espresso,
cocoa puff garnish

FROOT LOOP ICED LATTE 6
froot loop infused oat milk & whipped cream, espresso,
froot loop garnish

Espresso Martinis

caffe borghetti espresso liqueur, semi-rich
demerara syrup, espresso with your choice of spirit
16.5

Grainger's Organic Vodka or Vanilla Vodka
17

Tito's Vodka | Nearest Green Tennessee Whiskey
18.5

LSF Corazon "Weller Bourbon Barrel Aged" Reposado
Grey Goose Vodka | Natterjack Irish Whiskey

MAKE IT CREAMY!
ADD Buffalo Trace Bourbon Cream *1
ADD Bailey's Irish Cream *1.5



Scan QR code to view menu with allergy info. Before placing your order, please inform your server if a person in your party has a food allergy.

*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 Grill

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 32
ICELAND MSC Certified Sustainable

RAINBOW TROUT GRILLED 29
COLOMBIA BAP 4-Star Certified Sustainable

ARCTIC CHAR GRILLED 29
ICELAND

SALMON* GRILLED 34
HELGELAND COAST, NORWAY

YELLOWFIN TUNA* SEARED 44
WILD CAUGHT visit Freshly Sourced for today's origin

SHRIMP GRILLED 35
BAJA, MEXICO

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

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

CRAB CAKE & SHRIMP 45
lump crab cake, grilled shrimp, mustard sauce, herbed rice pilaf, greens, corn, onion, tomato, Dijon vinaigrette

SHRIMP SCAMPI 27
linguini, tomato, sofrito, white wine, garlic butter

LOBSTER MAC & CHEESE MKT
one whole lobster, Vermont cheddar, buttered crumbs

FISH & CHIPS 28
NORTH ATLANTIC wild caught, always fresh, traditional New England style or cajun, served with french fries and coleslaw

CRISPY FRIED SHRIMP 28.5
BAJA, MEXICO traditional New England style or cajun, served with french fries and coleslaw

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 SALMON* 19
GRILLED SIRLOIN TIPS* 15
GRILLED SHRIMP 13
LOBSTER TAIL MKT

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

GRILLED CHICKEN SANDWICH 19
applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo

ROAST BEEF SANDWICH* 19
housemade roast beef, chipotle BBQ sauce, horseradish aioli, Vermont cheddar, crispy fried onions, onion roll

BACON CHEDDAR BURGER* 20
DOUBLE R RANCH, WASHINGTON STATE
applewood smoked bacon, Vermont cheddar, lettuce, tomato

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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