



Starters

NEW ENGLAND CLAM CHOWDER
our award-winning recipe **BOWL** 12 | **CUP** 9.5

LOBSTER BISQUE **BOWL** 12 | **CUP** 10
lobster meat garnish, cream sherry

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

BANG BANG CAULIFLOWER 16
tempura fried, kung pao sauce (contains peanut oil)

CALAMARI, CRISPY FRIED 18.5
GULF OF MAINE choice of:
• **TRADITIONAL** with tartar sauce
• **RHODE ISLAND STYLE** (*hot peppers & garlic*)

Salads

GREEK SALAD 15
romaine, tomato, cucumber, feta cheese, chickpeas, Kalamata olives, lemon-oregano vinaigrette

THAI PEANUT SALAD 15
napa cabbage, red cabbage, carrots, scallion, red peppers, peanut dressing, crispy rice noodles

CLASSIC CAESAR SALAD 13
romaine hearts, garlic croutons, shaved romano cheese, creamy dressing

TOP SALADS WITH:
GRILLED PETIT SIRLOIN* 19 **GRILLED SALMON*** 19
GRILLED SHRIMP 13 **GRILLED CHICKEN** 7
LOBSTER TAIL MKT

STEAK & SPINACH SALAD* 28
petit sirloin, strawberries, blue cheese, pickled onions, balsamic 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

BRUNCH SMASH BURGER* 20
DOUBLE R RANCH, WA applewood smoked bacon, American cheese, fried egg, bloody mary ketchup, pickles

BEER-BATTERED FISH SANDWICH 19
NORTH ATLANTIC wild caught whitefish, gluten-free beer batter, lettuce, tomato, pickle, tartar sauce

LEGAL LOBSTER ROLL
traditional with lemon mayo
or warm butter-poached
• **SIGNATURE HALF POUND** 53
• **QUARTER POUND** 35

BLACKENED CHICKEN SANDWICH 19
avocado crema, chipotle aioli, pickled red onion, lettuce, tomato

TUNA MELT 19
olive oil poached tuna, herb spread, American cheese, marble rye, lettuce, tomato, pickle

From the Grill

served with a choice of two sides, simply prepared with lemon & olive oil, or enhance with one of our chef-curated flavor combinations:

LEMON BUTTER & CRISPY CAPERS | **GARLIC HERB CHIMICHURRI** | **CAJUN BLACKENED & HOT BUTTER** | **NORI CHILI CRUST & KUNG PAO SAUCE** (contains gluten and peanut oil)

SHRIMP 35
BAJA, MEXICO

SALMON* 34
HELGELAND COAST, NORWAY

COD LOIN 33
ICELAND MSC Certified Sustainable

RAINBOW TROUT 30
COLOMBIA BAP 4-Star Certified Sustainable

STATLER CHICKEN BREAST 28

FILET MIGNON* 8oz 49
DOUBLE R RANCH, WASHINGTON STATE

SIRLOIN STEAK* 10oz 42
DOUBLE R RANCH, WASHINGTON STATE

Add Ons

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

PETIT SIRLOIN* 19 **CRAB CAKE** 20
SHRIMP 13 **LOBSTER TAIL** MKT

Sides

*additional sides 9 (*coleslaw* 4)

STEAMED BROCCOLI
STREET CORN OFF THE COB
FRENCH FRIES
HERBED RICE PILAF (contains gluten)

ONION STRINGS
WHIPPED POTATOES
COLESLAW
JASMINE RICE

Legal Classics

HADDOCK, BAKED ANNA’S WAY 29.5 **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 **BAJA, MEXICO** linguini, tomato, sofrito, white wine, garlic butter

FISH & CHIPS 29 **NORTH ATLANTIC** wild caught, choice of: **TRADITIONAL NEW ENGLAND STYLE** | **BEER-BATTERED** still gluten-free!

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

Brunch

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

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

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

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

CRAB CAKES BENEDICT* 24
hollandaise, home fries

SMOKED SALMON BENEDICT* 23
hollandaise, home fries

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

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

FARMERS OMELET 18
bacon, sausage, cheddar, 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

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

SWEET CINNAMON ROLLS 8

TRADITIONAL BREAKFAST SAUSAGE 5

APPLEWOOD SMOKED BACON 5

LEGAL HOME FRIES 5

Signature Iced 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

Legal Sea Foods offers a variety of options that can be prepared gluten-free. Please tell your server if you prefer gluten-free preparation.

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.



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

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

SPICED CIDER SANGRIA 12
calvados, orange curacao, chilled mulled cider, sauvignon blanc

SANGRIA FLIGHT 15
Legal red, Legal white, spiced cider

Brunch Cocktails

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

Signature Cocktails

MAPLE BOURBON SMASH 12
evan williams bourbon, maple syrup, rosemary, orange

LSF BARREL AGED RUM PUNCH* 16
LSF privateer barrel aged rum, licor 43, orange, pineapple, lime, demerara, coconut-lime egg white foam

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

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 mezcail, old bay, steak sauce, housemade clamato juice, liquid smoke, petit cocktail shrimp, bacon, house pickled green beans

CRANBERRY COAST COSMO 12
grainger’s organic citrus vodka, cointreau, lime juice, cranberry syrup, cranberry juice

MANGO LEMON DROP 14
grainger’s deluxe organic citrus vodka, real mango puree, lemon

PASSION FRUIT MULE 14
new amsterdam passionfruit vodka, real passion fruit puree, lime, ginger beer

Margaritas

lime, agave, orange curaçao
with your choice of tequila and flavor

LSF Corazon “Weller Bourbon Barrel Aged” Reposado 15
Lunazul Blanco | Ghost “Make it Spicy!” 15
LSF Barrel-Select Patron Reposado | Casamigos Blanco 17.5
FLAVORS
Classic | Cranberry | Spiced Cider | Strawberry-Basil

LSF SIGNATURE SPICY CUCUMBER 16
ghost tequila, orange curacao, muddled cucumber coins, agave, lime, lemon

MARGARITA FLIGHT 16
LSF lunazul signature, strawberry-basil, spicy cucumber

Espresso Martinis

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

Grainger’s Organic Vodka | Grainger’s Vanilla Vodka 16.5
Tito’s Vodka | Buffalo Trace Bourbon 17
LSF Corazon “Weller Bourbon Barrel Aged” Reposado 18.5

MAKE IT CREAMY!

ADD Buffalo Trace Bourbon Cream *1
ADD Bailey’s Irish Cream *1.5

TITO’S PUMPKIN PATCH ESPRESSO 15
tito’s handmade vodka, caffè borghetti espresso liqueur, real pumpkin puree, espresso

Whiskey Lovers

with your choice of whiskey

LSF Barrel-select Buffalo Trace Bourbon
Maker’s Mark Bourbon
Sazerac Rye

OLD FASHIONED 14
semi-rich demerara, angostura aromatic & orange bitters

SMASH 15
fresh berries, mint, semi-rich demerara

PEACH TEA SIDECAR 16
pierre ferrand ambre, peach iced tea, lemon

Bottle | Can

ANGRY ORCHARD CRISP APPLE
HARD CIDER NY 8.5
BUD LIGHT MO 7.5
BUDWEISER MO 7.5
COORS LIGHT CO 7.5
CORONA Mexico 8
GUINNESS Ireland 9.5
HIGH NOON HARD SELTZER CA 8
LAWSON’S SIP OF SUNSHINE IPA VT 10.5
MIGHTY SQUIRREL CLOUD CANDY NE IPA MA 10.5
MELI GLUTEN FREE MA 9.5
NIGHT SHIFT SANTILLI IPA MA 10
OWL’S BREW HIBISCUS & RASPBERRY
BOOZY TEA NY 9
SUN CRUISER ICED TEA VODKA MA 9
TWO ROADS NO LIMITS HEFEWEIZEN CT 8.5

Draft 16oz | 23oz

NIGHT SHIFT LEGALLY HAZY MA 10 | 14
Brewed in partnership with Night Shift Brewing,
our exclusive New England ‘Hazy’ Style IPA is
bold and juicy yet sessionable.

ALLAGASH WHITE ME 10 | 14

MICHELOB ULTRA MO 8 | 12

SAMUEL ADAMS BOSTON LAGER MA 8.5 | 12.5

SAMUEL ADAMS SEASONAL MA 8.5 | 12.5

BOURQUE’S BREW 9.5 | 13.5
Crafted in collaboration with MA-based Jack’s Abby
and Boston hockey legend Ray Bourque, this refreshing
helles-style lager boasts a round, full-bodied character
with a crisp finish. \$1 from every pint sold supports the
Bourque Family Foundation. Learn more:
legalseafoods.com/bourques-brew



Spirit-Free

BLACKBERRY BURLESQUE 12
steeped dammann frères nuit d’été tea, real blackberry puree,
ginger beer, lime

ALL DAY ROSÉ 12
fluère non-alcoholic bitter spirit, steeped dammann frères
nuit d’été tea, kylie non-alcoholic sparkling rosé, soda

DIRTY SODA* 7
Pepsi | Diet Pepsi | Starry | Ginger Ale | Dr Pepper | Root Beer
Topped with creamy foam. Choose our elevated, housemade
coconut-lime or vanilla foam, crafted with pasteurized egg whites
for a light, airy finish.

KYLIE SPARKLING ROSÉ 12
beautifully pale pink, alcohol-free, sparkling rosé

ATHLETIC BREWING UPSIDE DAWN 9

ATHLETIC BREWING RUN WILD 9

GUINNESS ZERO 7

White

		6oz	9oz	btl
Albariño	BODEGAS LA CAÑA Rías Baixas 2022	14	19	52
Rosé	CHATEAU MIRAVAL Côtes de Provence 2022	17	22	64
Riesling	KARL ERBES ÜRZIGER WÜRZGARTEN KABINETT Mosel 2022	14	19	52
Pinot Grigio	SANTA MARGHERITA Valdadige 2021	(½)	32	55
	TERLATO Friuli 2022	15	20	56
Pinot Gris	KING ESTATE Willamette Valley 2022	15	20	56
Sauvignon Blanc	YEALANDS Marlborough 2023	14	19	52
	CLOUDY BAY Marlborough 2022	18	23	68
	CAKEBREAD North Coast 2022	18	23	68
	SAGER & VERDIER SANCERRE Loire 2023	19.5	24.5	78
Chardonnay	BUEHLER Russian River 2022	14	19	52
	LOUIS LATOUR “LSF CUVÉE” Mâconnais 2022	16	21	60
	SONOMA-CUTRER “RRR” Sonoma 2022	16	21	60
	JORDAN Russian River Valley 2021	19	24	76

Pinot Noir

Tempranillo
Super Tuscan
Merlot
Malbec

Cabernet Sauvignon

Red Blend

JEIO PROSECCO Valdobbiadene NV 14 | 52
LUCIEN ALBRECHT CREMANT D’ALSACE ROSÉ BRUT Alsace NV 15 | 56
CHIARLO “NIVOLE” MOSCATO D’ASTI Piedmont 2021 13 | (½) 26

Red

	6oz	9oz	btl
CHATEAU SOUVERAIN California 2021	14	19	52
CHEHALEM Willamette Valley 2021	16	21	60
BENTON-LANE ESTATE Willamette Valley 2022	18	23	68
MUGA RESERVA Rioja 2019	18	23	68
VILLA ANTINORI ROSSO Tuscany 2021	15	20	56
DECOY California 2021	14	19	52
ALCANZA Mendoza 2020	14	19	52
SIMI Sonoma 2021	15	20	56
TRIBUTE Paso Robles 2021	17	22	64
BUEHLER Napa Valley 2019	19	24	76
CHAPPELLET “MOUNTAIN CUVÉE” Napa 2021	19	24	76

Sparkling

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BRAINTREE MAR26

Not sure what to sip?
Scan to find your
perfect pairing.

