



## Raw Bar

PURE, NATURAL, AND PREPARED TO ORDER

- 🌿 OYSTERS OF THE DAY\* ..... 3.5
- 🌿 LITTLENECK CLAMS\* NEW ENGLAND ..... 2.5
- 🌿 SHRIMP COCKTAIL, COLOSSAL NAKED. .... 20
- 🌿 SHELLFISH TOWER\*  
oysters, clams, shrimp cocktail, lobster, chilled calamari  
salad, kelp salad  
FOR 2 ..... 48  
FOR 4 ..... 96  
FOR 6 ..... 144
- 🌿 TUNA TATAKI\* ..... 18  
blackened, citrus soy sauce, kelp salad, wasabi cream

## Starters

### NEW ENGLAND CLAM CHOWDER

our classic recipe ..... CUP 9 | BOWL 11

### LOBSTER BISQUE ..... CUP 10.5 | BOWL 12.5

cream sherry

- 🌿 CALAMARI, CRISPY FRIED ..... 18  
tartar sauce or Rhode Island style (hot peppers & garlic)  
GULF OF MAINE

### FISH TACOS ..... 16

fried or blackened whitefish, pickled red cabbage  
and daikon, chipotle aioli, pico de gallo

### CRAB CAKE, A LEGAL SIGNATURE ..... 24

lump crab, mustard sauce, greens, corn, onions, tomatoes,  
Dijon vinaigrette

- 🌿 OCTOPUS ..... 19

salt boiled potatoes, olive tapenade, saffron aioli,  
cauliflower, gremolata

### STUFFIES ..... 16

Cape Cod quahogs, chouriço, butter, ritz crumbs

### STEAMERS ..... 19

classic New England soft-shell clams, drawn butter

- 🌿 MUSSELS, ORGANIC ..... 18

garlic-butter broth, white wine, grilled crusty bread  
PEI

- 🌿 POPCORN SHRIMP ..... 17

chili lime aioli

### BANG BANG CAULIFLOWER ..... 15

tempura fried, kung pao sauce (contains peanut oil)

Join Legal Net Rewards

and earn points

for today's visit!



## Sushi

- 🌿 EDAMAME ..... 8  
with sea salt or tajin chili-lime spice

- 🌿 KELP SALAD ..... 8  
sesame chili vinaigrette  
MAINE

### Modern Nigiri

TWO PIECES PER ORDER, SERVED OVER  
SEASONED RICE WITH SOY SAKE GLAZE

- 🌿 MAGURO\* (TUNA) ..... 12

- 🌿 SAKE\* (SALMON) ..... 11

### Sashimi

THREE PIECES PER ORDER

- 🌿 MAGURO\* (TUNA) ..... 16

- 🌿 SAKE\* (SALMON) ..... 15

### Specialty Maki

- 🌿 SPICY ROLLS\* cucumber, spicy mayo

TUNA ..... 17

SALMON ..... 16

- 🌿 DRAGON ROLLS\*

RED tuna topped spicy tuna roll ..... 20

ORANGE salmon topped spicy salmon roll ..... 18

GREEN avocado topped spicy salmon roll ..... 17

- 🌿 CALIFORNIA ROLL ..... 16

Jonah crab, avocado, cucumber

- 🌿 RAINBOW ROLL\* ..... 23

California roll topped with tuna, salmon, avocado

- 🌿 SHRIMP TEMPURA ROLL\* ..... 18

avocado, cucumber, tobiko, spicy mayo, teriyaki

- 🌿 FIRECRACKER ROLL\* ..... 19

spicy tuna, salmon, tempura shrimp, avocado

- 🌿 LADYBUG ROLL\* ..... 18

spicy crab and tuna, topped with jalapeno, ponzu, wasabi cream

- 🌿 LOBSTER TEMPURA ROLL\* ..... MKT

avocado, lobster, tobiko, spicy mayo, teriyaki

## Salads

- 🌿 GREEK SALAD ..... 12

tomato, cucumber, feta cheese, chickpeas, Kalamata  
olives, lemon-oregano vinaigrette

- 🌿 HOUSE SALAD ..... 11

local organic leaf lettuce, tomato, roasted corn, hard  
boiled egg, red onion, croutons, apple Dijon vinaigrette

- 🌿 CLASSIC CAESAR SALAD ..... 11

romaine hearts, garlic croutons, shaved romano cheese,  
creamy dressing

- 🌿 TOMATO AND BURRATA SALAD ..... 16

cherry tomato, burrata cheese, lemon vinaigrette,  
pesto, grilled crostini

### TOP SALADS WITH:

- 🌿 CHICKEN grilled or blackened ..... 7

- 🌿 PETIT FILET MIGNON\* ..... 16

- 🌿 SHRIMP, JUMBO grilled or blackened ..... 13

- 🌿 SCALLOPS seared or blackened ..... 16

- 🌿 SALMON\* grilled or blackened ..... 15

- 🌿 TUNA\* YELLOWFIN grilled or blackened ..... 15

- 🌿 LOBSTER SALAD ..... MKT

- 🌿 CRABMEAT SALAD ..... MKT

## Featured Drinks

### Cocktails

- LEGAL RED SANGRIA ..... 15

spanish red wine, crème de pêche, bacardí limon &  
raspberry rums, fresh citrus, lemon-lime soda

- LEGAL WHITE SANGRIA ..... 15

sauvignon blanc, st. germain elderflower, pinnacle citrus  
vodka, lemonade, lemon-lime soda, lemon bitters

- TIKI TAI ..... 14

new amsterdam pineapple vodka, planteray o.f.t.d. rum,  
reál peach puree, lemon, apricot, orgeat

- MANGO LEMON DROP ..... 15

sobieski citrus vodka, reál mango puree, lemon

- ANJOU PEAR ..... 15

grey goose la poire vodka, pierre ferrand ambre cognac,  
st. germain elderflower, lemon

- SPICY CUCUMBER MARGARITA ..... 15

lunazul blanco tequila, ghost tequila, bols triple sec, cucumber,  
agave, lime, lemon

- WATERMELON MARGARITA ..... 14.5

1800 silver tequila, watermelon puree, lime, lemon, agave

- ESPRESSO MARTINI ..... 16

sobieski vodka, kahlua, bailey's irish cream liqueur

### Non-Alcoholic

- ALL DAY ROSÉ ..... 12

fluere non-alcoholic bitter spirit, steeped dammann frères  
nuit d'ete tea, kylie non-alcoholic sparkling rosé, soda

### By the Glass



6oz | 9oz | 8TL

- JEAN-LUC COLOMBO CAPE BLEUE ROSÉ

Méditerranée ..... 14 | 18 | 52

- HEINZ EIFEL KABINETT RIESLING Mosel ..... 13 | 17 | 48

- QUADRI PINOT GRIGIO Veneto ..... 13 | 17 | 48

- YEALANDS SAUVIGNON BLANC

Marlborough ..... 14 | 18 | 52

- JUSTIN VINEYARDS SAUVIGNON BLANC

Sonoma ..... 16 | 20 | 60

- SONOMA CUTRER "RRR" CHARDONNAY

Sonoma ..... 16 | 20 | 60

- J VINEYARDS PINOT NOIR California ..... 13 | 17 | 48

- CASTLE ROCK CABERNET SAUVIGNON

Columbia Valley ..... 14 | 18 | 52

- HESS "SHIRTAIL RANCHES" CABERNET

SAUVIGNON California ..... 16 | 20 | 60

- KYLIE SPARKLING NON-ALCOHOLIC ROSÉ .. GL 12

### Brews

- WORKHORSE BREWING COMPANY IPA ..... 16oz | 23oz

PA ..... 10.0 | 13.0

- ALLAGASH WHITE ME ..... 10.0 | 13.0

- SAMUEL ADAMS BOSTON LAGER MA ..... 8.5 | 11.5

- SAMUEL ADAMS SEASONAL MA ..... 8.5 | 11.5

- GUINNESS Ireland ..... 9.5

BOTTLE/CAN

- MICHELOB ULTRA MO ..... 7.5

- ATHLETIC BREWING NON-ALCOHOLIC CT ..... 9.0

- GUINNESS ZERO NON-ALCOHOLIC Ireland ..... 7.0

Many more options available  
on our full Beverage Menu!

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.



## Mains

- 🌿 **SALMON\*, HOISIN GLAZED** ..... 33  
quinoa, mushrooms, snap peas, carrots, peanuts  
HELGELAND COAST, NORWAY
- 🌿 **COD, SALT & VINEGAR CRUSTED** ..... 31  
crispy potato wedges, napa cabbage and bacon slaw,  
remoulade  
ICELAND
- 🌿 **TUNA\*, YELLOWFIN, NORI-CHILI CRUST** ... 39  
sesame & soy roasted broccoli, sesame & cilantro jasmine rice
- 🌿 **SWORDFISH, SEVEN SPICED** ..... 38  
coconut curry vegetables, achar sauce, naan
- 🌿 **SCALLOPS, STREET CORN** ..... 37  
roasted corn off the cob, cotija cheese, cilantro,  
blue corn tortillas  
GULF OF MAINE
- 🌿 **HADDOCK, BAKED ANNA'S WAY** ..... 28  
battered crumbs, roasted tomato, herbed rice pilaf,  
broccoli  
GULF OF MAINE
- CLAMS AND LINGUINI** ..... 29  
clams, garlic and shallot confit, white wine, pancetta,  
chili flakes
- CRAB CAKE COMBO, A LEGAL SIGNATURE** . . 44  
lump crab cake, grilled shrimp, seared scallops,  
mustard sauce, herbed rice pilaf, greens, corn, onion,  
tomato, Dijon vinaigrette
- 🌿 **CIOPPINO** ..... 44  
clams, mussels, scallops, shrimp, calamari, whitefish,  
lobster tail, tomato broth
- 🌿 **HOT HONEY FRIED CHICKEN** ..... 25  
chicken thigh, whipped potatoes, sautéed spinach

## Grilled or Blackened

served with your choice of two sides

- 🌿 **SALMON\*, NORWEGIAN** ..... 33  
HELGELAND COAST
- 🌿 **TUNA\*, YELLOWFIN** ..... 39  
scan below for today's origin
- 🌿 **SWORDFISH STEAK** ..... 38  
scan below for today's origin
- 🌿 **COD LOIN** ..... 31  
ICELAND MSC Certified Sustainable
- 🌿 **SCALLOPS** ..... 37  
GULF OF MAINE MSC Certified Sustainable
- 🌿 **SHRIMP, JUMBO NAKED** ..... 34  
BAY OF BENGAL All Natural, BAP 4-Star Certified Sustainable
- 🌿 **RAINBOW TROUT** ..... 29  
COLUMBIA BAP 4-Star Certified Sustainable

*Scan for Legal's  
Fresh Catch origins!*



Legal Sea Foods is committed to quality seafood and a sustainable fishing future. We work closely with our partners to ensure responsibly sourcing of the freshest, most sustainably harvested, and farmed seafood possible. We actively support the New England fishing industry and the local harvest from the Gulf of Maine, using in-season seafood, and offer a wide variety of global species to promote a healthy marine habitat – Please visit our Fresh Catch page for these origins.

## Lobster & Steak

featuring Gulf of Maine Lobster and Pacific Northwest Double R Ranch Beef

- LOBSTER MAC & CHEESE** ..... MKT  
one whole lobster, Vermont cheddar, buttered crumbs
- STUFFED LOBSTER TAILS** ..... 45  
shrimp, scallops, peppers, onions, buttery crackers,  
choice of two sides
- 🌿 **STEAMED LOBSTER** ..... MKT  
choice of two sides
- BAKED STUFFED LOBSTER** ..... MKT  
shrimp & scallop stuffing, choice of two sides
- 🌿 **LOBSTER BAKE** ..... PER PERSON 50  
steamed 1 lb. lobsters, steamers, mussels, corn  
and potatoes (minimum of 2 people)
- 🌿 **NY STRIP\*** ..... 48  
brushed with garlic butter, crispy potato wedges,  
roasted mushrooms
- 🌿 **TWIN PETIT FILET MIGNON\*** ..... 48  
brushed with garlic butter, crispy potato wedges,  
roasted mushrooms

## Surf & Turf

add on to any steak

- 🌿 **SHRIMP, JUMBO NAKED** grilled or blackened ... 13
- 🌿 **SCALLOPS** grilled or blackened ..... 16
- 🌿 **LOBSTER TAIL** grilled ..... 16
- CRAB CAKE, A LEGAL SIGNATURE** ..... 20

## Enhancements

add on to any fish or steak

garlic butter | ancho chili butter | lemon beurre blanc

## Sides

- 🌿 **COLESLAW** ..... 4
- HERBED RICE PILAF** ..... 7
- 🌿 **JASMINE RICE** ..... 7
- 🌿 **PAD THAI STYLE QUINOA** ..... 9
- 🌿 **CURRIED VEGETABLE MEDLEY** ..... 9
- 🌿 **ROASTED MUSHROOMS** ..... 8
- 🌿 **SESAME & SOY ROASTED BROCCOLI** ..... 8
- 🌿 **STREET CORN OFF THE COB** ..... 8
- 🌿 **WHIPPED POTATOES** ..... 8
- 🌿 **FRENCH FRIES** ..... 7

## Crispy Fried

TRADITIONAL NEW ENGLAND OR ANGRY STYLE  
served with french fries and coleslaw

- 🌿 **SHRIMP, JUMBO NAKED** ..... 28
- 🌿 **SCALLOPS** ..... 37  
GULF OF MAINE
- 🌿 **CLAMS, WHOLE BELLY** ..... 39  
sweet & petite  
NEW ENGLAND
- 🌿 **CLAM STRIPS** ..... 29  
NEW ENGLAND
- 🌿 **FISHERMAN'S PLATTER** ..... 48  
jumbo naked shrimp, sea scallops, whitefish, calamari,  
clam strips
- 🌿 **FISH & CHIPS** ..... 28  
caught by our good friend, Tory Bramante  
GULF OF MAINE

### *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 are naturally or can be prepared 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.

## Sandwiches

served with french fries and coleslaw

- 🌿 **CRISPY FISH SANDWICH** ..... 18  
pollock, lettuce, tomato, pickles, tartar sauce  
GULF OF MAINE
- 🌿 **JONAH CRAB ROLL** ..... 34  
delicate North Atlantic crabmeat with mayo
- 🌿 **LOBSTER ROLL, HALF POUND** ..... 43  
warm butter-poached or traditional with lemon mayo
- 🌿 **CLAM STRIP ROLL** ..... 22  
crispy fried clam strips, lettuce, tomato,  
remoulade sauce
- TUNA BURGER** ..... 19  
chili-garlic seasoned ground tuna, lettuce, tomato,  
roasted red pepper sauce
- 🌿 **FRIED CHICKEN SANDWICH** ..... 18  
chicken thigh, hot honey, avocado, lettuce, pickles,  
brioche
- 🌿 **GRILLED CHICKEN SANDWICH** ..... 18  
applewood smoked bacon, Vermont cheddar, lettuce,  
tomato, mayo
- 🌿 **BACON CHEDDAR BURGER\*, DOUBLE R RANCH** ..... 19  
applewood smoked bacon, Vermont cheddar, lettuce, tomato  
PACIFIC NORTHWEST

*Try our Lunch Combos!  
menu available daily, until 3pm*

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