



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,
reàl peach puree, lemon, apricot, orgeat

- MANGO LEMON DROP 15

sobieski citrus vodka, reàl 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
buttered 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

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.