



Raw Bar

PURE, NATURAL, AND PREPARED TO ORDER

- 🌿 OYSTERS OF THE DAY* 3
- 🌿 LITTLENECK CLAMS* NEW ENGLAND 2.5
- 🌿 SHRIMP COCKTAIL, COLOSSAL NAKED. 20
- 🌿 TUNA TATAKI* 18
blackened, citrus soy sauce, kelp salad, wasabi cream

Starters

NEW ENGLAND CLAM CHOWDER

our classic recipe CUP 8 | BOWL 10

SOUP OF THE DAY CUP 7 | BOWL 9

- 🌿 RED CRAB HUSHPUPIES 14
charred scallions, remoulade
- 🌿 COCONUT SHRIMP 14
orange, lime, and ginger sauce
- BANG BANG CAULIFLOWER 14
tempura fried, kung pao sauce (contains peanut oil)
- RED CRAB DIP 15
old bay, cheddar, housemade chips, flatbread
- FISH TACOS 15
fried or blackened whitefish, pickled red cabbage and daikon, chipotle aioli, pico de gallo
- 🌿 CHICKEN LOLLIPOPS 16
hoisin glaze, napa cabbage slaw
- 🌿 POPCORN SHRIMP 16
chili lime aioli
- 🌿 OYSTERS BINGO 17
pan-fried oysters, shallot and lemon butter sauce, an ode to Ships Cabin
- 🌿 CALAMARI, CRISPY FRIED 18
tartar sauce or Rhode Island style (hot peppers & garlic)
GULF OF MAINE
- 🌿 MUSSELS, ORGANIC 18
andouille sausage, old bay, IPA beer
PEI

Join Legal Net Rewards

and earn points

for today's visit!



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.

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) 11
- 🌿 SAKE* (SALMON) 10

Sashimi

THREE PIECES PER ORDER

- 🌿 MAGURO* (TUNA) 15
- 🌿 SAKE* (SALMON) 14

Specialty Maki

- 🌿 SPICY ROLLS*
cucumber, spicy mayo
- TUNA 16
- SALMON 15
- 🌿 DRAGON ROLLS*
RED tuna topped spicy tuna roll 19
ORANGE salmon topped spicy salmon roll 17
GREEN avocado topped spicy salmon roll 16
- 🌿 CALIFORNIA ROLL 15
Jonah crab, avocado, cucumber
- 🌿 RAINBOW ROLL* 22
California roll topped with tuna, salmon, avocado
- 🌿 SHRIMP TEMPURA ROLL* 17
avocado, cucumber, tobiko, spicy mayo, teriyaki
- 🌿 FIRECRACKER ROLL* 18
spicy tuna, salmon, tempura shrimp, avocado
- 🌿 LOBSTER TEMPURA ROLL* 29
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 15
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 12
spanish red wine, crème de pêche, bacardí citrus & raspberry rums, fresh citrus, lemon-lime soda
- LEGAL WHITE SANGRIA 12
pinnacle citrus vodka, elderflower liqueur, sauvignon blanc, lemonade, lemon-lime soda, lemon bitters
- MANGO LEMON DROP 12.5
absolut citron vodka, real mango puree, lemon
- PLANTERAY PAINKILLER 13.5
planteray original dark rum, rumchata coconut cream, pineapple, orange
- SPICY CUCUMBER MARGARITA 13.5
lunazul blanco tequila, ghost tequila, orange liqueur, cucumber, agave, lime, lemon
- ESPRESSO MARTINI 12.5
sobieski vodka, borghetti caffè espresso liqueur, bailey's irish cream liqueur

Virginia Beach Crushes

EA 9.95

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|----------------------------------|-----------------------------|-------------------------------------|
| ORANGE
BLUBERRY
GRAPEFRUIT | LEMON
RASPBERRY
MANGO | KEY LIME
BLACKBERRY
PINEAPPLE |
|----------------------------------|-----------------------------|-------------------------------------|

By the Glass

- | | |
|--|------------------|
| CHATEAU MIRAVAL ROSÉ
Côtes de Provence 2021/22 | 15.5 19.5 62 |
| BODEGAS LA CANA ALBARIÑO
Rias Baixas 2022 | 13.5 17.5 54 |
| BERTANI FRIULI-VENEZIA PINOT GRIGIO
Giulia DOC 2021 | 11 15 44 |
| YEALANDS SAUVIGNON BLANC
Marlborough 2022 | 9.5 13.5 38 |
| DOMAINE DE LA PERRIERE SAGET SANCERRE
Loire 2021/22 | 17.5 21.5 70 |
| SONOMA CUTRER "RRR" CHARDONNAY
Sonoma 2021/22 | 14.5 18.5 56 |
| CHATEAU SOUVERAIN PINOT NOIR
California 2021 | 8.5 12.5 34 |
| TRIBUTE CABERNET SAUVIGNON
California 2021 | 9.5 13.5 38 |
| SIMI CABERNET SAUVIGNON
Sonoma 2021 | 12.5 16.5 50 |

Brews

- | | |
|--------------------------------------|------------|
| NIGHT SHIFT LEGALLY HAZY MA. | 9.0 12.0 |
| ALLAGASH WHITE ME. | 9.0 12.0 |
| MICHELOB ULTRA MO. | 6.0 9.0 |
| SAMUEL ADAMS SEASONAL MA. | 7.5 10.5 |
| CORONA Mexico | 6.5 |
| SAMUEL ADAMS BOSTON LAGER MA. | 6.5 |
| ATHLETIC BREWING NON-ALCOHOLIC CT | 8.0 |
| GUINNESS ZERO NON-ALCOHOLIC Ireland. | 7.0 |

Many more options available on our full Beverage Menu!



Mains

- 🌿 **FLOUNDER, SPINACH & PARMESAN STUFFED** . . . 27
bacon braised Swiss chard, crispy polenta, lemon butter sauce
- 🌿 **HADDOCK, BAKED ANNA'S WAY** 28
battered crumbs, roasted tomato, herbed rice pilaf, broccoli
GULF OF MAINE
- 🌿 **SALMON*, HOISIN GLAZED** 29
quinoa, mushrooms, snap peas, carrots, peanuts
HELGELAND COAST, NORWAY
- CLAMS AND LINGUINI** 29
clams, garlic and shallot confit, white wine, pancetta, chili flakes
- CRAB STUFFED TROUT** 31
lump crab, cajun lemon cream, herbed rice pilaf,
roasted broccoli
- 🌿 **SNOW CRAB CLUSTERS** 32
1 lb. crab, old bay, corn, potato, garlic butter
- 🌿 **ROCKFISH, PANKO & ASIAGO CRUSTED** 34
blackened snap peas, crispy potato wedges, remoulade
- 🌿 **SCALLOPS, STREET CORN** 37
roasted corn off the cob, cotija cheese, cilantro, blue corn tortillas
GULF OF MAINE
- 🌿 **TUNA*, YELLOWFIN, NORI-CHILI CRUST** . . . 39
sesame & soy roasted broccoli, sesame & cilantro jasmine rice
- 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
- 🌿 **HALF RACK CAROLINA STYLE PORK RIBS** . . . 27
choice of two sides
- 🌿 **HOT HONEY FRIED CHICKEN** 25
chicken thigh, whipped potatoes, sautéed spinach
- SHRIMP & PORK RAMEN BOWL** 26
shrimp and pork broth, grilled shrimp, pork belly, tofu,
shitake mushroom, soy soft boiled egg
- 🌿 **SUSHI RICE BOWL**
sticky sushi rice, kimchi, pickled cabbage, daikon, avocado,
kelp salad, pineapple, spicy mayo, top with:
 - TUNA SASHIMI*** 27
 - SALMON SASHIMI*** 26
 - CHILLED CALAMARI SALAD** 26
 - CRISPY FRIED TOFU** 20

Sides

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

Lobster & Steak

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

- LOBSTER MAC & CHEESE** 49
one whole lobster, Vermont cheddar, buttered crumbs
- 🌿 **STEAMED LOBSTER** 49
choice of two sides
- BAKED STUFFED LOBSTER** 64
shrimp & scallop stuffing, choice of two sides
- 🌿 **BONELESS RIBEYE*** 49
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

Grilled or Blackened

served with your choice of two sides

- 🌿 **FLOUNDER** 27
scan below for today's origin
- 🌿 **SHRIMP, JUMBO NAKED** 28
BAY OF BENGAL All Natural, BAP 4-Star Certified Sustainable
- 🌿 **RAINBOW TROUT** 28
COLUMBIA BAP 4-Star Certified Sustainable
- 🌿 **SALMON*, NORWEGIAN** 29
HELGELAND COAST
- 🌿 **ROCKFISH** 34
scan below for today's origin
- 🌿 **SCALLOPS** 37
GULF OF MAINE MSC Certified Sustainable
- 🌿 **TUNA*, YELLOWFIN** 39
scan below for today's origin

Enhancements

add on to any fish or steak

garlic butter | ancho chili butter | lemon beurre blanc

Crispy Fried

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

- 🌿 **FISH & CHIPS** 19
- 🌿 **SHRIMP, JUMBO NAKED** 27
- 🌿 **FLOUNDER** 27
- 🌿 **CLAM STRIPS** 27
- 🌿 **SCALLOP & SHRIMP COMBO** 29
- 🌿 **FISHERMAN'S PLATTER** 42
jumbo naked shrimp, sea scallops, whitefish, calamari,
clam strips

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** 17
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** 20
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** 17
chicken thigh, hot honey, avocado, lettuce, pickles,
brioche
- 🌿 **GRILLED CHICKEN SANDWICH** 17
applewood smoked bacon, Vermont cheddar, lettuce,
tomato, mayo
- 🌿 **BACON CHEDDAR BURGER*, DOUBLE R RANCH** 18
applewood smoked bacon, Vermont cheddar, lettuce, tomato
PACIFIC NORTHWEST

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.

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

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