



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,
crabmeat cocktail, kelp salad
FOR 2..... 48
FOR 4..... 96
FOR 6..... 144
- 🌿 TUNA TATAKI* 19
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 25
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
- 🌿 TUNA POKE NACHOS* 20
crab chips, cream cheese, kelp salad, sriracha aioli
- SCALLOPS DE JONGHE 21
shallots, garlic, sherry, buttery crumbs
- 🌿 MUSSELS, ORGANIC 18
chorizo sausage, Samuel Adams Boston Lager
PEI
- BAO BUNS SHRIMP 16 | PORK BELLY 16
char siu sauce, fresh pickled carrot and cucumber
- 🌿 POPCORN SHRIMP17
chili lime aioli
- BANG BANG CAULIFLOWER 16
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)..... 13
- 🌿 SAKE* (SALMON) 12
- Sashimi*
THREE PIECES PER ORDER
- 🌿 MAGURO* (TUNA).....17
- 🌿 SAKE* (SALMON)..... 16
- Specialty Maki*
- 🌿 SPICY ROLLS* cucumber, spicy mayo
TUNA..... 18
SALMON17
- 🌿 DRAGON ROLLS*
RED tuna topped spicy tuna roll..... 21
GREEN avocado topped spicy salmon roll 18
- 🌿 CALIFORNIA ROLL17
Jonah crab, avocado, cucumber
- 🌿 SHRIMP TEMPURA ROLL* 19
avocado, cucumber, tobiko, spicy mayo, teriyaki
- 🌿 FIRECRACKER ROLL* 20
spicy tuna, salmon, tempura shrimp, avocado
- 🌿 LADYBUG ROLL* 19
spicy crab and tuna, topped with jalapeño, ponzu, wasabi cream
- 🌿 TORCHED SCALLOP ROLL*..... 21
spicy tuna roll topped with torched scallops
- 🌿 LOBSTER TEMPURA ROLL* 32
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..... 12
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 OR CRABMEAT SALAD MKT

Featured Drinks


Cocktails

- LEGAL RED SANGRIA16
spanish red wine, crème de pêche, bacardí limon and
raspberry rums, fresh citrus, lemon-lime soda
- LEGAL WHITE SANGRIA16
crop organic meyer lemon vodka, st. elder elderflower,
sauvignon blanc, lemonade, lemon-lime soda, lemon bitters
- MANGO LEMON DROP15
grainger's organic citrus vodka, real mango purée, lemon
- SPICY CUCUMBER MARGARITA16
lunazul blanco tequila, ghost tequila, bols triple sec, cucumber,
agave, lime, lemon
- PATRÓN MARGARITA REAL17
patrón reposado tequila, patrón citrónge, lime, lemon
- ESPRESSO MARTINI16
grainger's organic vanilla vodka, borghetti caffè espresso
liqueur, buffalo trace bourbon cream
- BLOODY MARY 14.5
grainger's organic vodka, LSF bloody mary mix, celery, lemon, lime
ADD:
BACON..... 1.00
SHRIMP COCKTAIL 4.25

Non-Alcoholic

- ALL DAY ROSÉ12
fluère non-alcoholic bitter spirit, steeped dammann frères
nuit d'été tea, kylie non-alcoholic sparkling rosé, soda

By the Glass

- BODEGAS LA CAÑA ALBARIÑO  6oz | 9oz | BTL
Rias Baixas 2022 15 | 19 | 56
- CHATEAU MIRAVAL ROSÉ
Côtes de Provence 2022 18 | 22 | 68
- TERLATO PINOT GRIGIO Friuli 2022 15 | 19 | 56
- YEALANDS SAUVIGNON BLANC
Marlborough 2023 15 | 19 | 56
- CLOUDY BAY SAUVIGNON BLANC
Marlborough 2022 19 | 23 | 76
- JACQUES DUMONT SANCERRE Loire 2022..... 20 | 24 | 80
- SONOMA-CUTRER "RRR" CHARDONNAY
Sonoma 2021/22..... 17 | 21 | 64
- CHEHALEM PINOT NOIR
Willamette Valley 2021 16 | 20 | 60
- SIMI CABERNET SAUVIGNON
Sonoma 2021..... 16 | 20 | 60
- BUEHLER Napa Valley 2019..... 19 | 23 | 76
- KYLIE SPARKLING NON-ALCOHOLIC ROSÉ .. GL 12

Brews

- SPITEFUL BREWING  16oz | 23oz
WORKING FOR THE HAZE IL 10.0 | 13.0
- ALLAGASH WHITE ME 10.0 | 13.0
- SAMUEL ADAMS BOSTON LAGER MA 9.0 | 12.0
- SAMUEL ADAMS SEASONAL MA 9.0 | 12.0
BOTTLE/CAN
- GUINNESS Ireland9.5
- GOOSE ISLAND 312 IL.....9.0
- ATHLETIC BREWING NON-ALCOHOLIC CT9.0
- GUINNESS ZERO NON-ALCOHOLIC Ireland7.0

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** 34
quinoa, mushrooms, snap peas, carrots, peanuts
HELGELAND COAST, NORWAY
- 🌿 **COD, SALT & VINEGAR CRUSTED** 34
crispy potato wedges, napa cabbage and bacon slaw, remoulade
ICELAND
- 🌿 **TUNA*, YELLOWFIN, NORI-CHILI CRUST** ... 40
sesame & soy roasted broccoli, sesame & cilantro jasmine rice
- 🌿 **LAKE WHITEFISH, SEARED** 32
salsa verde, roasted corn and tomato salsa, sautéed spinach
GREAT LAKES
- 🌿 **HADDOCK, BAKED ANNA'S WAY** 30
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**.. 45
lump crab cake, grilled shrimp, seared scallops, mustard sauce,
herbed rice pilaf, greens, corn, onion, tomato, Dijon vinaigrette
- 🌿 **CIOPPINO** 46
clams, mussels, scallops, shrimp, calamari, whitefish,
lobster tail, tomato broth
- 🌿 **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,
shiitake 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*** 30
 - SALMON SASHIMI*** 29
 - CRISPY FRIED TOFU** 22

Grilled or Blackened

served with your choice of two sides

- 🌿 **SALMON*, NORWEGIAN** 34
HELGELAND COAST
- 🌿 **TUNA*, YELLOWFIN** 40
scan below for today's origin
- 🌿 **LAKE WHITEFISH** 32
GREAT LAKES
- 🌿 **COD LOIN** 34
ICELAND MSC Certified Sustainable
- 🌿 **SCALLOPS** 38
GULF OF MAINE MSC Certified Sustainable
- 🌿 **SHRIMP, JUMBO NAKED** 34
BAY OF BENGAL All Natural, BAP 4-Star Certified Sustainable
- 🌿 **RAINBOW TROUT** 29
COLOMBIA BAP 4-Star Certified Sustainable

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, littleneck clams, mussels, corn
and potatoes (minimum of 2 people)
- 🌿 **BONELESS RIBEYE*** 50
brushed with garlic butter, crispy potato wedges,
roasted mushrooms
- 🌿 **FILET MIGNON*** 49
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** 21

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
- 🌿 **SAUTÉED SPINACH** 8
- 🌿 **ROASTED MUSHROOMS** 8
- 🌿 **SESAME & SOY ROASTED BROCCOLI** 8
- 🌿 **WHIPPED POTATOES** 8
- 🌿 **FRENCH FRIES** 7

Crispy Fried

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

- 🌿 **SHRIMP, JUMBO NAKED** 29
- 🌿 **SCALLOPS** 38
GULF OF MAINE
- 🌿 **CLAM STRIPS** 29
NEW ENGLAND
- 🌿 **FISHERMAN'S PLATTER** 48
jumbo naked shrimp, sea scallops, whitefish, calamari,
clam strips
- 🌿 **FISH & CHIPS** 29
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
- 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

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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