



Chowder & Soup

NEW ENGLAND CLAM CHOWDER
our award-winning recipe CUP 9 | BOWL 11

LOBSTER BISQUE
cream sherry CUP 10.5 | BOWL 12.5

Raw Bar

pure, natural, and prepared to order

OYSTERS OF THE DAY* 3.5
selection changes daily, featuring fresh oysters from farms all over the East Coast and beyond

LITTLENECK CLAMS* NEW ENGLAND 2.5

SHRIMP COCKTAIL, COLOSSAL NAKED 21

SHELLFISH TOWER*
oysters, clams, shrimp cocktail, lobster, shrimp ceviche, kelp salad
FOR TWO 48
FOR FOUR 96
FOR SIX 144

TUNA TARTARE* 21
gochujang marinated cucumbers, avocado crema, rice paper crisps

SHRIMP CEVICHE 17
citrus marinated shrimp, tomato, red onion, cilantro, blue corn tortilla, salsa roja

TUNA TATAKI* 19
cajun blackened, citrus soy sauce, kelp salad, wasabi cream

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.

Starters

PEEL AND EAT SHRIMP 19
WILD CAUGHT, MEXICO andouille sausage, cajun spice, lobster broth

CALAMARI, CRISPY FRIED 18.5
GULF OF MAINE regular with tartar sauce or Rhode Island style (*hot peppers & garlic*)

FISH TACOS FRIED 16 | CAJUN BLACKENED 16
NORTH ATLANTIC whitefish, pickled red cabbage, chipotle aioli, pico de gallo

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

OCTOPUS 21
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 19
PEI garlic-butter broth, white wine, grilled crusty bread

POPCORN SHRIMP 17
chili lime aioli

CHICKEN WINGS 17
garlic parmesan with black garlic aioli, or kung pao sauce (contains peanut oil)

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

EDAMAME 8
with sea salt or sticky soy sauce

KELP SALAD 8
MAINE sesame chili vinaigrette

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Salads & Bowls

GREEK SALAD 13
tomato, cucumber, feta cheese, chickpeas, Kalamata olives, lemon-oregano vinaigrette

HOUSE SALAD 12
local organic leaf lettuce, tomato, roasted corn, hard boiled egg, red onion, croutons, apple Dijon vinaigrette

CLASSIC CAESAR SALAD 11.5
romaine hearts, garlic croutons, shaved romano cheese, creamy dressing

TOMATO AND BURRATA SALAD 16
cherry tomato, burrata cheese, lemon vinaigrette, pesto, grilled crostini

GRAIN BOWL 13
kimchi, pickled cabbage, avocado, kelp salad, pineapple, spicy mayo
choice of: quinoa or farro

TOP SALADS/BOWL WITH:
GRILLED CHICKEN 7 **GRILLED SIRLOIN TIPS*** 15
GRILLED SHRIMP 13 **LOBSTER TAIL MKT**
PETIT SALMON* 16 **PETIT YELLOWFIN TUNA*** 18

Sandwiches

served with french fries and coleslaw

CRISPY FISH SANDWICH 19
NORTH ATLANTIC wild caught whitefish (always fresh!), lettuce, tomato, pickle, tartar sauce

LOBSTER ROLL, HALF POUND MKT
warm butter-poached or traditional with lemon mayo

JONAH CRAB ROLL 35
delicate North Atlantic crabmeat with mayo

TUNA BURGER 20
chili-garlic seasoned ground tuna, lettuce, tomato, roasted red pepper sauce

GRILLED CHICKEN SANDWICH 19
applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo

BACON CHEDDAR BURGER* 20
DOUBLE R RANCH, WASHINGTON STATE
applewood smoked bacon, Vermont cheddar, lettuce, tomato



A New Legal Experience

Choose a Protein From the Sea or Butcher's Table, a Flavor Style, and 2 Sides

Offering a sea of choice in preparation and personal taste, for the adventurous palate to the tried and true, we have something for everyone. Ask your server for recommendations and fan favorites.

From the Sea

We work to ensure responsible sourcing of the freshest harvested and farmed seafood possible. Learn more at legalseafoods.com/freshly-sourced

SOLE SEARED 28

visit Freshly Sourced for today's origin

COD LOIN SEARED 32

ICELAND MSC Certified Sustainable

STRIPED BASS GRILLED 34

FARMED, GULF OF MEXICO BAP 4-Star Certified Sustainable

RAINBOW TROUT GRILLED 29

COLOMBIA BAP 4-Star Certified Sustainable

ARCTIC CHAR GRILLED 29

ICELAND

SALMON* GRILLED 34

HELGELAND COAST, NORWAY

SWORDFISH STEAK GRILLED 40

visit Freshly Sourced for today's origin

YELLOWFIN TUNA* SEARED 41

visit Freshly Sourced for today's origin

SHRIMP GRILLED 35

BAY OF BENGAL all natural,
BAP 4-Star Certified Sustainable

Butcher's Table

FILET MIGNON* 8oz 48

DOUBLE R RANCH, WASHINGTON STATE

BONELESS RIBEYE* 16oz 48

DOUBLE R RANCH, WASHINGTON STATE

SIRLOIN STEAK TIPS* 12oz 32

DOUBLE R RANCH, WASHINGTON STATE

ROASTED HALF CHICKEN 26

Flavor Styles

prepared simply with lemon & olive oil, or enhance with one of our chef-curated flavor combinations

Fresh & Savory

- Lemon Butter & Crispy Capers
- Apple-Pomegranate Chutney & Smoked Salt
- Roasted Corn Salsa & Avocado Crema
- Garlic Herb Chimichurri

Earthy & Spicy

- Montreal Steak Seasoning & Espagnole Sauce
- Cajun Blackened & Hot Butter
- Nori Chili Crust & Sticky Soy Sauce
- Five Spice & Kung Pao Sauce (contains peanut oil)

Legal Classics

HADDOCK, BAKED ANNA'S WAY 28.5

NORTH ATLANTIC wild caught, buttered crumbs, roasted tomato, herbed rice pilaf, steamed broccoli

COD, SALT & VINEGAR CRUSTED 32

ICELAND crispy potato wedges, napa cabbage and bacon slaw, remoulade

CIOPPINO 45

clams, mussels, shrimp, calamari, whitefish, lobster tail, tomato broth

CLAMS AND LINGUINI 30

clams, garlic-shallot confit, white wine, pancetta, chili flakes

SHRIMP SCAMPI 27

linguini, tomato, sofrito, white wine, garlic butter

CRAB CAKE & SHRIMP 45

lump crab cake, grilled shrimp, mustard sauce, herbed rice pilaf, greens, corn, onion, tomato, Dijon vinaigrette

Lobster

STEAMED LOBSTER MKT

choice of two sides

BAKED STUFFED LOBSTER MKT

shrimp, scallops, peppers, onions, buttery crackers, choice of two sides

STUFFED LOBSTER TAILS MKT

shrimp, scallops, peppers, onions, buttery crackers, choice of two sides

LOBSTER MAC & CHEESE MKT

one whole lobster, Vermont cheddar, buttered crumbs

LOBSTER ROLL, HALF POUND MKT

warm butter-poached or traditional with lemon mayo, fries, coleslaw

LOBSTER BAKE FOR 2 MKT

two steamed 1 lb. lobsters, steamers, mussels, corn, potatoes

Sides

STEAMED BROCCOLI

ROASTED BUTTERNUT SQUASH

SZECHUAN GREEN BEANS (contains peanuts)

BRUSSELS SPROUTS WITH BACON

ROASTED MUSHROOMS

COLESLAW

FRENCH FRIES

WHIPPED POTATOES

CRISPY POTATO WEDGES

STEAMED JASMINE RICE

HERBED RICE PILAF

MUSHROOM FARRO RISOTTO

Add Ons

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

CRAB CAKE 20

SHRIMP & SCALLOP STUFFING 12

GRILLED SHRIMP 13

LOBSTER TAIL MKT

PETIT SALMON* 16

PETIT YELLOWFIN TUNA* 18

Crispy Fried

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

FISH & CHIPS 28

NORTH ATLANTIC wild caught, always fresh

SHRIMP 28.5

jumbo naked

SCALLOPS 38

GULF OF MAINE

CLAMS, WHOLE BELLY MKT

NEW ENGLAND sweet & petite

CLAM STRIPS 29

NEW ENGLAND

FISHERMAN'S PLATTER 48

jumbo naked shrimp, scallops, local 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 can be prepared or are naturally 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.

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