



Raw Bar

pure, natural, and prepared to order

OYSTERS OF THE DAY* 3.5

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*

gochujang marinated cucumbers, avocado crema, rice paper crisps

SHRIMP CEVICHE

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

TUNA TATAKI*

cajun blackened, citrus soy sauce, kelp salad, wasabi cream

Sushi

EDAMAME

with sea salt or sticky soy sauce

KELP SALAD

sesame chili vinaigrette

MAINE

MODERN NIGIRI*

two pieces served over seasoned rice with soy sake glaze

MAGURO (TUNA) 13

SAKE (SALMON) 12

SASHIMI*

three pieces

MAGURO (TUNA) 17

SAKE (SALMON) 16

Specialty Maki

CALIFORNIA ROLL

Jonah crab, avocado, cucumber

RAINBOW ROLL*

California roll topped with tuna, salmon, avocado

SHRIMP TEMPURA ROLL*

avocado, cucumber, tobiko, spicy mayo, teriyaki

FIRECRACKER ROLL*

spicy tuna, salmon, tempura shrimp, avocado

LOBSTER TEMPURA ROLL*

avocado, lobster, tobiko, spicy mayo, teriyaki

SPICY ROLLS*

cucumber, spicy mayo

TUNA 19

SALMON 17

DRAGON ROLLS*

topped spicy rolls

RED tuna 22

ORANGE salmon 19

GREEN salmon with avocado 18

Starters

NEW ENGLAND CLAM CHOWDER

our award-winning recipe CUP 9 | BOWL 11

LOBSTER BISQUE

cream sherry CUP 10.5 | BOWL 12.5

PEEL AND EAT SHRIMP

20
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

25
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

18
garlic parmesan with black garlic aioli, or kung pao sauce (contains peanut oil)

BANG BANG CAULIFLOWER

17
tempura fried, kung pao sauce (contains peanut oil)

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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

12.5
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:

GRILLED CHICKEN 7

GRILLED SIRLOIN TIPS* 15

GRILLED SHRIMP 13

LOBSTER TAIL MKT

PETIT SALMON* 16

PETIT YELLOWFIN TUNA* 18

GRAIN BOWL

kimchi, pickled cabbage, avocado, kelp salad, pineapple, spicy mayo

CHOICE OF: sushi rice, quinoa, or farro

TOP BOWL WITH:

TUNA SASHIMI*

28

SALMON SASHIMI*

27

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

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.



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 29

visit Freshly Sourced for today's origin

COD LOIN SEARED 33

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 35

HELGELAND COAST, NORWAY

SWORDFISH STEAK GRILLED 41

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 49

DOUBLE R RANCH, WASHINGTON STATE

BONELESS RIBEYE* 16oz 49

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 29.5

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

COD, SALT & VINEGAR CRUSTED 33

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

CIOPPINO 46

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

CLAMS AND LINGUINI 30

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

SHRIMP SCAMPI 28

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 21

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 29

NORTH ATLANTIC wild caught, always fresh

SHRIMP 29.5

jumbo naked

SCALLOPS 39

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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