



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 2 48

FOR 4 96

FOR 6 144

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* 20

blackened, citrus soy sauce, kelp salad, wasabi cream

Starters

EDAMAME 8

with sea salt or sticky soy sauce

KELP SALAD 8

MAINE sesame chili vinaigrette

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 | 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

MUSSELS, ORGANIC PEI 19

garlic-butter broth, white wine, grilled crusty bread

POPCORN SHRIMP 17

chili lime aioli

BANG BANG CAULIFLOWER 16

tempura fried, kung pao sauce (contains peanut oil)

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

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

TOP SALADS/BOWL WITH:

CHICKEN grilled or blackened 7

PETIT FILET MIGNON* 16

SHRIMP, JUMBO grilled or blackened 13

SALMON* grilled or blackened 15

TUNA* YELLOWFIN grilled or blackened 15

LOBSTER SALAD MKT

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Featured Drinks

Cocktails

LEGAL RED SANGRIA 15

spanish red wine, crème de pêche, bacardí limon and 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

THE TIKI 14

new amsterdam pineapple vodka, planteray o.f.t.d. rum, reål peach puree, lemon, apricot, orgeat

MANGO LEMON DROP 15

sobieski citrus vodka, reål mango puree, 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

Wines

JEAN-LUC COLOMBO CAPE BLEUE ROSÉ



14 | 18 | 52

HEINZ EIFEL KABINETT RIESLING

13 | 17 | 48

QUADRI PINOT GRIGIO

13 | 17 | 48

YEALANDS SAUVIGNON BLANC

14 | 18 | 52

JUSTIN VINEYARDS SAUVIGNON BLANC

16 | 20 | 60

SONOMA CUTRER "RRR" CHARDONNAY

16 | 20 | 60

J VINEYARDS PINOT NOIR

13 | 17 | 48

CASTLE ROCK CABERNET SAUVIGNON

14 | 18 | 52

HESS "SHIRTAIL RANCHES" CABERNET SAUVIGNON

16 | 20 | 60

Brews

16oz | 23oz

WORKHORSE BREWING COMPANY IPA PA 10 | 13

ALLAGASH WHITE ME 10 | 13

SAMUEL ADAMS BOSTON LAGER MA 8.5 | 11.5

SAMUEL ADAMS SEASONAL MA 8.5 | 11.5

BOTTLE/CAN

GUINNESS Ireland 9.5

MICHELOB ULTRA MO 7.5

Non-Alcoholic

ALL DAY ROSÉ 12

fluere non-alcoholic bitter spirit, steeped dammann frères nuit d'ete tea, kylie non-alcoholic sparkling rosé, soda

KYLIE SPARKLING ROSÉ GL 12

ATHLETIC BREWING CT 9

GUINNESS ZERO Ireland 7

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
HELGELAND COAST, NORWAY
quinoa, mushrooms, snap peas, carrots, peanuts
- COD, SALT & VINEGAR CRUSTED** 32
ICELAND crispy potato wedges, napa cabbage and bacon slaw, remoulade
- YELLOWFIN TUNA*, NORI-CHILI CRUST** 41
sesame & soy roasted broccoli, sesame & cilantro jasmine rice
- HADDOCK, BAKED ANNA'S WAY** 28.5
NORTH ATLANTIC wild caught, buttered crumbs, roasted tomato, herbed rice pilaf, broccoli
- CLAMS AND LINGUINI** 30
clams, garlic and shallot confit, white wine, pancetta, chili flakes
- CRAB CAKE & SHRIMP** 45
lump crab cake, grilled shrimp, mustard sauce, herbed rice pilaf, greens, corn, onion, tomato, Dijon vinaigrette
- CIOPPINO** 45
clams, mussels, shrimp, calamari, whitefish, lobster tail, tomato broth

Grilled or Blackened

served with your choice of two sides

- SALMON*, NORWEGIAN** 34
HELGELAND COAST
- YELLOWFIN TUNA*** 41
scan below for today's origin
- SWORDFISH STEAK** 40
scan below for today's origin
- COD LOIN** 32
ICELAND MSC Certified Sustainable
- SHRIMP, JUMBO NAKED** 35
BAY OF BENGAL All Natural
BAP 4-Star Certified Sustainable
- RAINBOW TROUT** 29
COLOMBIA BAP 4-Star Certified Sustainable

Enhancements

add on to any fish or steak

GARLIC BUTTER | ANCHO CHILI BUTTER | LEMON BEURRE BLANC

Lobster & Steak

- LOBSTER MAC & CHEESE** MKT
one whole lobster, Vermont cheddar, buttered crumbs
- STUFFED LOBSTER TAILS** MKT
shrimp, scallops, peppers, onions, buttery crackers, choice of two sides
- STEAMED LOBSTER** MKT
choice of two sides
- BAKED STUFFED LOBSTER** MKT
shrimp, scallops, peppers, onions, buttery crackers, choice of two sides
- LOBSTER BAKE FOR 2** MKT
two steamed 1 lb. lobsters, littlenecks, mussels, corn, potatoes
- NY STRIP*** 49
DOUBLE R RANCH, WASHINGTON STATE
brushed with garlic butter, crispy potato wedges, roasted mushrooms
- TWIN PETIT FILET MIGNON*** 49
DOUBLE R RANCH, WASHINGTON STATE
brushed with garlic butter, crispy potato wedges, roasted mushrooms

Surf & Turf

add on to any steak

- SHRIMP, JUMBO NAKED** grilled or blackened 13
- LOBSTER TAIL** grilled MKT
- CRAB CAKE, A LEGAL SIGNATURE** 20

Sides

- COLESLAW** 4
- HERBED RICE PILAF** 7
- JASMINE RICE** 7
- PAD THAI STYLE QUINOA** 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

- FISH & CHIPS** 28
NORTH ATLANTIC wild caught
- 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, whitefish, calamari, clam strips

Sandwiches

served with french fries and coleslaw

- CRISPY FISH SANDWICH** 19
NORTH ATLANTIC wild caught whitefish, lettuce, tomato, pickle, tartar sauce
- LOBSTER ROLL, HALF POUND** MKT
warm butter-poached or traditional with lemon mayo
- CLAM STRIP ROLL** 22
crispy fried clam strips, lettuce, tomato, remoulade sauce
- 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

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

*Scan for Legal's
Freshly Sourced origins!*



Legal Sea Foods is committed to quality seafood and a sustainable fishing future. We work closely with our partners to ensure responsible sourcing of the freshest 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 Freshly Sourced page for these origins.

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.

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.