



## 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 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\* 19

blackened, citrus soy sauce, kelp salad, wasabi cream

## 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 19

WILD CAUGHT, MEXICO andouille sausage, cajun spice, lobster broth

### CALAMARI, CRISPY FRIED GULF OF MAINE 18.5

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

### STUFFIES 16

Cape Cod quahogs, chouriço, butter, ritz crumbs

### TUNA POKE NACHOS\* 20

crab chips, cream cheese, kelp salad, sriracha aioli

### STEAMERS 19

classic New England soft-shell clams, drawn butter

### MUSSELS, ORGANIC PEI 19

garlic-butter broth, white wine, grilled crusty bread

### CHICKEN LOLLIPOPS 17

hoisin glaze, napa cabbage slaw

### POPCORN SHRIMP 17

chili lime aioli

### BANG BANG CAULIFLOWER 16

tempura fried, kung pao sauce (contains peanut oil)

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 sticky soy sauce

### KELP SALAD MAINE 8

sesame chili vinaigrette

### Modern Nigiri

TWO PIECES PER ORDER, SERVED OVER SEASONED RICE WITH SOY SAKE GLAZE

### MAGURO\* (TUNA) 12

### SAKE\* (SALMON) 11

### Sashimi

THREE PIECES PER ORDER

### MAGURO\* (TUNA) 16

### SAKE\* (SALMON) 15

### Specialty Maki

### CALIFORNIA ROLL 16

Jonah crab, avocado, cucumber

### RAINBOW ROLL\* 24

California roll topped with tuna, salmon, avocado

### SHRIMP TEMPURA ROLL\* 18

avocado, cucumber, tobiko, spicy mayo, teriyaki

### FIRECRACKER ROLL\* 20

spicy tuna, salmon, tempura shrimp, avocado

### LOBSTER TEMPURA ROLL\* MKT

avocado, lobster, tobiko, spicy mayo, teriyaki

### SPICY ROLLS\* cucumber, spicy mayo

TUNA 18

SALMON 16

### DRAGON ROLLS\*

RED tuna topped spicy tuna roll 21

ORANGE salmon topped spicy salmon roll 18

GREEN avocado topped spicy salmon roll 17

## Salads

### 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

### TOP SALADS 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

CRABMEAT SALAD MKT

## Join Legal Net Rewards

Earn points for every visit and redeem for exclusive rewards and benefits.

[legalseafoods.com/loyalty](http://legalseafoods.com/loyalty)

## 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

crop organic meyer lemon vodka, st. germain elderflower, sauvignon blanc, lemonade, lemon-lime soda, lemon bitters

#### TIKI TAI 14

corvus grilled pineapple vodka, planteray o.f.t.d. rum, reál peach puree, lemon, apricot, orgeat

#### MANGO LEMON DROP 14

grainger's deluxe organic citrus vodka, reál mango puree, lemon

#### PRIVATEER PAINKILLER 15

privateer new england reserve rum, rumchata coconut cream, pineapple, orange, nutmeg

#### SPICY CUCUMBER MARGARITA 15

lunazul blanco tequila, ghost tequila, bols triple sec, cucumber, agave, lime, lemon

#### PATRÓN MARGARITA REÁL 17

LSF barrel-select patrón reposado tequila, patrón citrónge, lime, lemon

#### ESPRESSO MARTINI 16

grainger's organic vanilla vodka, borghetti caffè espresso liqueur, buffalo trace bourbon cream

### Non-Alcoholic

#### ALL DAY ROSÉ 12

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

### By the Glass

#### BODEGAS LA CANA ALBARINO

Rias Baixas 2022



6oz 9oz BTL

14 | 18 | 52

#### CHATEAU MIRAVAL ROSÉ

Côtes de Provence 2022

17 | 21 | 64

#### TERLATO PINOT GRIGIO Friuli 2022

15 | 19 | 56

#### YEALANDS SAUVIGNON BLANC

Marlborough 2023

14 | 18 | 52

#### CLOUDY BAY SAUVIGNON BLANC

Marlborough 2022

18 | 22 | 68

#### JACQUES DUMONT SANCERRE Loire 2022

19 | 23 | 76

#### SONOMA CUTRER "RRR" CHARDONNAY

Sonoma 2021/22

16 | 20 | 60

#### CHEHALEM PINOT NOIR

Willamette Valley 2021

16 | 20 | 60

#### SIMI CABERNET SAUVIGNON

Sonoma 2021

15 | 19 | 56

#### CHAPPELLET "THE MOUNTAIN CUVÉE"

RED BLEND Napa 2021

19 | 23 | 76

#### KYLIE SPARKLING NON-ALCOHOLIC ROSÉ GL 12

### Brews

16oz | 23oz

#### NIGHT SHIFT LEGALLY HAZY MA 10 | 13

Brewed in partnership with Night Shift Brewing, our exclusive New England 'Hazy' Style IPA is bold and juicy yet sessionable

#### ALLAGASH WHITE ME 10 | 13

SAMUEL ADAMS SEASONAL MA 8.5 | 11.5

BOTTLE/CAN

GUINNESS Ireland 9.5

MICHELOB ULTRA MO 7.5

OWL'S BREW HIBISCUS & RASPBERRY

BOOZY TEA NY 9

ATHLETIC BREWING NON-ALCOHOLIC CT 9

GUINNESS ZERO NON-ALCOHOLIC Ireland 7

Many more options available on our full Beverage Menu!



## 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
- 🌿 **TUNA\*, YELLOWFIN, NORI-CHILI CRUST** 41  
sesame & soy roasted broccoli, sesame & cilantro jasmine rice
- 🌿 **SWORDFISH, SEVEN SPICED** 40  
coconut curry vegetables, achar sauce, naan
- 🌿 **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
- 🌿 **HOT HONEY FRIED CHICKEN** 25  
chicken thigh, whipped potatoes, sautéed spinach
- 🌿 **SUSHI RICE BOWL**  
sticky sushi rice, kimchi, pickled cabbage, avocado, kelp salad, pineapple, spicy mayo, top with:  
**TUNA SASHIMI\*** 28  
**SALMON SASHIMI\*** 27

## 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

## 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, steamers, 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

## 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
- 🌿 **CURRIED VEGETABLE MEDLEY** 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, always fresh
- SHRIMP, JUMBO NAKED** 28.5
- 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 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** 19  
NORTH ATLANTIC wild caught whitefish (always fresh!), lettuce, tomato, pickle, tartar sauce
- 🌿 **JONAH CRAB ROLL** 35  
delicate North Atlantic crabmeat with mayo
- 🌿 **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
- 🌿 **FRIED CHICKEN SANDWICH** 18  
chicken thigh, hot honey, avocado, lettuce, pickles, brioche
- 🌿 **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

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.

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

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