



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* 22

gochujang marinated cucumbers, avocado crema, rice paper crisps

SHRIMP CEVICHE 18

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 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 | 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

MUSSELS, ORGANIC 19

PEI garlic-butter broth, white wine, grilled crusty bread

POPCORN SHRIMP 17

chili lime aioli

BANG BANG CAULIFLOWER 17

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 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

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 16

spanish red wine, crème de pêche, bacardí limon and raspberry rums, fresh citrus, lemon-lime soda

LEGAL WHITE SANGRIA 16

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

MANGO LEMON DROP 15

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

CLASSIC SMOKED OLD FASHIONED 15

1792 small batch bourbon, demerara sugar, angostura bitters, orange bitters

COCONUT WATERMELON MOJITO 15

rum haven coconut rum, watermelon, lime, mint, soda water

SPICY CUCUMBER MARGARITA 16

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

PATRÓN MARGARITA REAL 17

patrón reposado tequila, patrón citrónge, lime, lemon

ESPRESSO MARTINI 16

grainger's organic vanilla vodka, borghetti caffè espresso liqueur, bailey's irish cream

Wines

CONDES DE ALBAREI ALBARIÑO

6oz 9oz BTL
14 | 18 | 52

CHATEAU MIRAVAL ROSÉ

18 | 22 | 68

TERLATO PINOT GRIGIO

15 | 19 | 56

YEALANDS SAUVIGNON BLANC

15 | 19 | 56

SAGER AND VERDIER SANCERRE

19 | 23 | 76

CAKEBREAD SAUVIGNON BLANC

24 | 28 | 92

SONOMA-CUTRER "RRR"

CHARDONNAY

17 | 21 | 64

CHEHALEM PINOT NOIR

16 | 20 | 60

BRAAI CABERNET SAUVIGNON

14 | 18 | 52

GREENWING BY DUCKHORN

CABERNET SAUVIGNON

17 | 21 | 64

DAOU RESERVE CABERNET

SAUVIGNON

23 | 27 | 88

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 9 | 12

SAMUEL ADAMS SEASONAL MA 9 | 12

BOTTLE/CAN

GUINNESS Ireland 9.5

MICHELOB ULTRA MO 8

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** 35
HELGELAND COAST, NORWAY
quinoa, mushrooms, snap peas, carrots, peanuts
- COD, SALT & VINEGAR CRUSTED** 33
crispy potato wedges, napa cabbage and bacon slaw, remoulade ICELAND
- TUNA*, YELLOWFIN, NORI-CHILI CRUST** 41
sesame & soy roasted broccoli, sesame & cilantro jasmine rice
- HADDOCK, BAKED ANNA'S WAY** 29.5
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** 46
clams, mussels, shrimp, calamari, whitefish, lobster tail, tomato broth

Grilled or Blackened

served with your choice of two sides

- SALMON*, NORWEGIAN** 35
HELGELAND COAST
- YELLOWFIN TUNA*** 41
scan below for today's origin
- SWORDFISH STEAK** 41
scan below for today's origin
- COD LOIN** 33
ICELAND MSC Certified Sustainable
- SHRIMP, JUMBO NAKED** 35
BAY OF BENGAL All Natural
BAP 4-Star Certified Sustainable
- RAINBOW TROUT** 29
COLUMBIA 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** 21

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** 29
NORTH ATLANTIC wild caught
- 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, 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*

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.

*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.

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