



## Starters

- 🍷 **OYSTERS OF THE DAY\*** 3
- 🍷 **SHRIMP COCKTAIL, COLOSSAL NAKED** 20
- 🍷 **EDAMAME** 8  
with sea salt or sticky soy sauce
- 🍷 **KELP SALAD** 8  
MAINE sesame chili vinaigrette
- 🍷 **COCONUT SHRIMP** 14  
orange, lime, and ginger sauce
- BANG BANG CAULIFLOWER** 14  
tempura fried, kung pao sauce (contains peanut oil)
- RED CRAB DIP** 15  
old bay, cheddar, housemade chips, flatbread
- FISH TACOS** FRIED 15 | BLACKENED 15  
NORTH ATLANTIC whitefish, pickled red cabbage, chipotle aioli, pico de gallo
- 🍷 **CHICKEN LOLLIPOPS** 16  
hoisin glaze, napa cabbage slaw
- 🍷 **POPCORN SHRIMP** 16  
chili lime aioli
- 🍷 **OYSTERS BINGO** 17  
pan-fried oysters, shallot and lemon butter sauce, an ode to Ships Cabin
- 🍷 **CALAMARI, CRISPY FRIED** 18  
GULF OF MAINE regular with tartar sauce or Rhode Island style (hot peppers & garlic)
- 🍷 **MUSSELS, ORGANIC** 18  
PEI andouille sausage, old bay, IPA beer

## Chowder & Soup

- NEW ENGLAND CLAM CHOWDER**  
our award-winning recipe CUP 8 | BOWL 10
- SOUP OF THE DAY** CUP 7 | BOWL 9

## Salads & Bowls

- 🍷 **GREEK SALAD** 12  
tomato, cucumber, feta cheese, chickpeas, Kalamata olives, lemon-oregano vinaigrette
- 🍷 **HOUSE SALAD** 11  
local organic leaf lettuce, tomato, roasted corn, hard boiled egg, red onion, croutons, apple Dijon vinaigrette
- 🍷 **CLASSIC CAESAR SALAD** 11  
romaine hearts, garlic croutons, shaved romano cheese, creamy dressing
- 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
  - CRABMEAT SALAD** MKT

## Sandwiches

served with french fries and coleslaw

- 🍷 **CRISPY FISH SANDWICH** 17  
NORTH ATLANTIC wild caught whitefish lettuce, tomato, pickle, tartar sauce
- 🍷 **JONAH CRAB ROLL** 34  
delicate North Atlantic crabmeat with mayo
- 🍷 **LOBSTER ROLL, HALF POUND** MKT  
warm butter-poached or traditional with lemon mayo
- 🍷 **CLAM STRIP ROLL** 20  
crispy fried clam strips, lettuce, tomato, remoulade sauce
- TUNA BURGER** 19  
chili-garlic seasoned ground tuna, lettuce, tomato, roasted red pepper sauce
- 🍷 **FRIED CHICKEN SANDWICH** 17  
chicken thigh, hot honey, avocado, lettuce, pickles, brioche
- 🍷 **GRILLED CHICKEN SANDWICH** 17  
applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo
- 🍷 **BACON CHEDDAR BURGER\*** 18  
DOUBLE R RANCH, WASHINGTON STATE  
applewood smoked bacon, Vermont cheddar, lettuce, tomato

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

## Featured Drinks

### Cocktails

- LEGAL RED SANGRIA** 12  
spanish red wine, crème de pêche, bacardí citrus & raspberry rums, fresh citrus, lemon-lime soda
- LEGAL WHITE SANGRIA** 12  
pinnacle citrus vodka, elderflower liqueur, sauvignon blanc, lemonade, lemon-lime soda, lemon bitters
- MANGO LEMON DROP** 12.5  
absolut citron vodka, real mango puree, lemon
- PLANTERAY PAINKILLER** 13.5  
planteray original dark rum, rumchata coconut cream, pineapple, orange
- SPICY CUCUMBER MARGARITA** 13.5  
lunazul blanco tequila, ghost tequila, orange liqueur, cucumber, agave, lime, lemon
- ESPRESSO MARTINI** 12.5  
sobieski vodka, borghetti caffè espresso liqueur, bailey's irish cream liqueur

### Virginia Beach Crushes

EA 9.95

- |                   |                  |                   |
|-------------------|------------------|-------------------|
| <b>ORANGE</b>     | <b>LEMON</b>     | <b>KEY LIME</b>   |
| <b>BLUBERRY</b>   | <b>RASPBERRY</b> | <b>BLACKBERRY</b> |
| <b>GRAPEFRUIT</b> | <b>MANGO</b>     | <b>PINEAPPLE</b>  |

### Brews

16oz | 23oz

- NIGHT SHIFT LEGALLY HAZY** MA 9 | 12  
Brewed in partnership with Night Shift Brewing, our exclusive New England 'Hazy' Style IPA is bold and juicy yet sessionable
- ALLAGASH WHITE** ME 9 | 12
- MICHELOB ULTRA** MO 6 | 9
- SAMUEL ADAMS SEASONAL** MA 7.5 | 10.5  
BOTTLE/CAN
- CORONA** Mexico 6.5
- SAMUEL ADAMS BOSTON LAGER** MA 6.5
- ATHLETIC BREWING NON-ALCOHOLIC** CT 8
- GUINNESS ZERO NON-ALCOHOLIC** Ireland 7

### By the Glass



6oz 9oz 12oz

- CHATEAU MIRAVAL ROSÉ**  
Côtes de Provence 2021/22 15.5 | 19.5 | 62
- BODEGAS LA CANA ALBARIÑO**  
Rias Baixas 2022 13.5 | 17.5 | 54
- BERTANI FRIULI-VENEZIA**  
**PINOT GRIGIO** Giulia DOC 2021 11 | 15 | 44
- YEALANDS SAUVIGNON BLANC**  
Marlborough 2022 9.5 | 13.5 | 38
- DOMAINE DE LA PERRIERE**  
**SAGET SANCERRE** Loire 2021/22 17.5 | 21.5 | 70
- SONOMA CUTRER "RRR"**  
**CHARDONNAY** Sonoma 2021/22 14.5 | 18.5 | 56
- CHATEAU SOUVERAIN**  
**PINOT NOIR** California 2021 8.5 | 12.5 | 34
- TRIBUTE CABERNET**  
**SAUVIGNON** California 2021 9.5 | 13.5 | 38
- SIMI CABERNET SAUVIGNON**  
Sonoma 2021 12.5 | 16.5 | 50

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

- FLOUNDER, SPINACH & PARMESAN STUFFED** 27  
bacon braised Swiss chard, crispy polenta, lemon butter sauce
- HADDOCK, BAKED ANNA'S WAY** 28  
NORTH ATLANTIC wild caught, buttered crumbs, roasted tomato, herbed rice pilaf, broccoli
- SALMON\*, HOISIN GLAZED** 29  
HELGELAND COAST, NORWAY quinoa, mushrooms, snap peas, carrots, peanuts
- SHRIMP SCAMPI** 28  
linguini, tomato, sofrito, white wine, garlic butter
- CRAB STUFFED TROUT** 31  
lump crab, cajun lemon cream, herbed rice pilaf, roasted broccoli
- SNOW CRAB CLUSTERS** 32  
1 lb. crab, old bay, corn, potato, garlic butter
- ROCKFISH, PANKO & ASIAGO CRUSTED** 34  
blackened snap peas, crispy potato wedges, remoulade
- TUNA\*, YELLOWFIN, NORI-CHILI CRUST** 39  
sesame & soy roasted broccoli, sesame & cilantro jasmine rice
- CRAB CAKE & SHRIMP** 44  
lump crab cake, grilled shrimp, mustard sauce, herbed rice pilaf, greens, corn, onion, tomato, Dijon vinaigrette
- HOT HONEY FRIED CHICKEN** 25  
chicken thigh, whipped potatoes, sautéed spinach

*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.

## Lobster & Steak

- LOBSTER MAC & CHEESE** MKT  
one whole lobster, Vermont cheddar, buttered crumbs
- STEAMED LOBSTER** MKT  
choice of two sides
- BAKED STUFFED LOBSTER** MKT  
shrimp and scallop stuffing, choice of two sides
- BONELESS RIBEYE\*** 49  
DOUBLE R RANCH, WASHINGTON STATE  
brushed with garlic butter, crispy potato wedges, roasted mushrooms
- TWIN PETIT FILET MIGNON\*** 48  
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

## Grilled or Blackened

served with your choice of two sides

- FLOUNDER** 27  
scan left for today's origin
- SHRIMP, JUMBO NAKED** 28  
BAY OF BENGAL All Natural  
BAP 4-Star Certified Sustainable
- RAINBOW TROUT** 28  
COLOMBIA BAP 4-Star Certified Sustainable
- SALMON\*, NORWEGIAN** 29  
HELGELAND COAST
- ROCKFISH** 34  
scan left for today's origin
- YELLOWFIN TUNA\*** 39  
scan left for today's origin

## Enhancements

add on to any fish or steak

GARLIC BUTTER | ANCHO CHILI BUTTER | LEMON BEURRE BLANC

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## Crispy Fried

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

- FISH & CHIPS** 19  
NORTH ATLANTIC wild caught
- SHRIMP** 27  
jumbo naked
- FLOUNDER** 27
- ROCKFISH** 34
- CLAM STRIPS** 27  
NEW ENGLAND
- FISHERMAN'S PLATTER** 42  
jumbo naked shrimp, 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.

## Sides

- COLESLAW** 4
- HERBED RICE PILAF** 7
- JASMINE RICE** 7
- PAD THAI STYLE QUINOA** 7
- ROASTED MUSHROOMS** 7
- SESAME & SOY ROASTED BROCCOLI** 7
- STREET CORN OFF THE COB** 7
- WHIPPED POTATOES** 7
- FRENCH FRIES** 7

## Join Legal Net Rewards

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

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