



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, crabmeat cocktail, kelp salad

FOR TWO 48

FOR FOUR 96

FOR SIX 144

TUNA TARTARE*

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

Starters

CHOWDER FRIES 17
New England clam chowder, french fries, sharp cheddar cheese, bacon, scallions

CALAMARI, CRISPY FRIED 18.5
GULF OF MAINE regular with tartar sauce or Rhode Island style (*hot peppers & garlic*)

FISH TACOS FRIED 17 | CAJUN BLACKENED 17
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

STUFFIES 16
CAPE COD quahogs, chouriço, butter, Ritz crumbs

MUSSELS, ORGANIC 19
PEI chouriço sausage, Samuel Adams Boston Lager

POPCORN SHRIMP 17
BAY OF BENGAL chili lime aioli

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

MEATBALLS 18
homemade meatballs, ricotta, grilled bread

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

EDAMAME 8
sea salt or sticky soy sauce

KELP SALAD 8
MAINE sesame chili vinaigrette

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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.

Salads & Bowls

GREEK SALAD 14
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

WINTER CHOPPED SALAD 13
romaine, radicchio, candied walnuts, blue cheese, pepitas, pomegranate, maple cider dressing

THAI PEANUT SALAD 14
napa cabbage, red cabbage, edamame, scallion, red pepper, peanut dressing, crispy rice noodles

GRAIN BOWL 13
kimchi, pickled cabbage, avocado, kelp salad, pineapple, spicy mayo
choice of: sushi rice or farro

TOP SALADS/BOWL WITH:

GRILLED CHICKEN 7

GRILLED SIRLOIN TIPS* 15

GRILLED SHRIMP 13

LOBSTER TAIL MKT

GRILLED SALMON* 16 | 21

SEARED TUNA* 18 | 29

LOBSTER SALAD MKT

CRABMEAT SALAD MKT

Sandwiches

served with french fries and coleslaw

CRISPY FISH SANDWICH 19
NORTH ATLANTIC wild caught whitefish, lettuce, tomato, pickle, tartar sauce

LEGAL LOBSTER ROLL MKT
warm butter-poached or traditional with lemon mayo

JONAH CRAB ROLL MKT
NORTH ATLANTIC delicate 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



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

COD LOIN SEARED 34
ICELAND MSC Certified Sustainable

LAKE WHITEFISH GRILLED 32
GREAT LAKES

RAINBOW TROUT GRILLED 29
COLOMBIA BAP 4-Star Certified Sustainable

ARCTIC CHAR GRILLED 30
ICELAND

SEA BASS SEARED 41
WILD CAUGHT, CHILE

SALMON* GRILLED 35
HELGELAND COAST, NORWAY

YELLOWFIN TUNA* SEARED 41
WILD CAUGHT 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 GRILLED 49
DOUBLE R RANCH, WASHINGTON STATE

BONELESS RIBEYE* 16oz GRILLED 50
DOUBLE R RANCH, WASHINGTON STATE

SIRLOIN STEAK TIPS* 12oz GRILLED 32
DOUBLE R RANCH, WASHINGTON STATE

HALF CHICKEN ROASTED 26

Flavor Styles

simply prepared 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 & Red Wine Sauce
- Cajun Blackened & Hot Butter
- Nori Chili Crust & Sticky Soy Sauce
- Five Spice & Kung Pao Sauce (contains peanut oil)

Sides

*additional sides 9 (coleslaw 4)

- 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

Add Ons

make your meal a Surf & Surf or a Surf & Turf

- CRAB CAKE 21
- SHRIMP & SCALLOP STUFFING 12
- SIRLOIN TIPS* GRILLED 15
- SHRIMP GRILLED 13
- LOBSTER TAIL MKT
- PETIT SALMON* GRILLED 16
- PETIT YELLOWFIN TUNA* SEARED 18

Legal Classics

- HADDOCK, BAKED ANNA'S WAY** 30
NORTH ATLANTIC wild caught, buttered crumbs, roasted tomato, herbed rice pilaf, steamed broccoli
- COD, SALT & VINEGAR CRUSTED** 34
ICELAND crispy potato wedges, napa cabbage and bacon slaw, rémoulade
- CIOPPINO** 46
clams, mussels, shrimp, calamari, whitefish, lobster tail, tomato broth
- CRAB CAKE & SHRIMP** 45
lump crab cake, grilled shrimp, mustard sauce, herbed rice pilaf, greens, corn, onion, tomato, Dijon vinaigrette

Lobster

GULF OF MAINE

- 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
- LEGAL LOBSTER ROLL** MKT
warm butter-poached or traditional with lemon mayo, fries, coleslaw

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Pasta

- CLAMS AND LINGUINI** 30
clams, garlic-shallot confit, white wine, pancetta, chili flakes
- SHRIMP SCAMPI** 28
linguini, tomato, sofrito, white wine, garlic butter
- RIGATONI BOLOGNESE** 28
slow braised beef and pork ragù, marinara, ricotta, mascarpone
- ORECCHIETTE SALSICCIA** 26
sweet Italian sausage, mushrooms, leeks, tomatoes

Crispy Fried

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

- FISH & CHIPS** 29
NORTH ATLANTIC wild caught
- SHRIMP** 29.5
BAY OF BENGAL jumbo naked
- SCALLOPS** 39
GULF OF MAINE
- CLAM STRIPS** 29
NEW ENGLAND
- FISHERMAN'S PLATTER** 48
jumbo naked shrimp, scallops, 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.