



Sushi

EDAMAME 8

sea salt or sticky soy sauce

KELP SALAD 8

MAINE sesame chili vinaigrette

MODERN NIGIRI* two pieces

served over seasoned rice with soy sake glaze

MAGURO (TUNA) 13

SAKE (SALMON) 12

SASHIMI* three pieces

MAGURO (TUNA) 17

SAKE (SALMON) 16

Specialty Maki

CALIFORNIA ROLL 17

Jonah crab, avocado, cucumber

RAINBOW ROLL* 25

California roll topped with tuna, salmon, avocado

SHRIMP TEMPURA ROLL* 19

avocado, cucumber, tobiko, spicy mayo, teriyaki

FIRECRACKER ROLL* 21

spicy tuna, salmon, tempura shrimp, avocado

LOBSTER TEMPURA ROLL* MKT

avocado, lobster, tobiko, spicy mayo, teriyaki

SPICY ROLLS* cucumber, spicy mayo

TUNA 19

SALMON 17

DRAGON ROLLS* topped spicy rolls

RED tuna 22

ORANGE salmon 19

GREEN salmon with avocado 18

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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 TWO 48 | FOR FOUR 96 | FOR SIX 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

cajun 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

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 garlic-butter broth, white wine, grilled bread

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)

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

TOP SALADS WITH:

GRILLED CHICKEN 7

GRILLED SHRIMP 13

GRILLED SALMON* 16 | 21

LOBSTER SALAD MKT

GRILLED SIRLOIN TIPS* 15

LOBSTER TAIL MKT

SEARED TUNA* 18 | 29

CRABMEAT SALAD MKT

GRAIN BOWL

kimchi, pickled cabbage, avocado, kelp salad, pineapple, spicy mayo,
CHOICE OF: sushi rice or farro

TOP WITH:

TUNA SASHIMI* 28

SALMON SASHIMI* 27

Sandwiches

served with french fries and coleslaw

CRISPY FISH SANDWICH 19

NORTH ATLANTIC wild caught whitefish (always fresh!), 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

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.



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

SOLE SEARED 30
WILD CAUGHT visit Freshly Sourced for today's origin

COD LOIN SEARED 33
ICELAND MSC Certified Sustainable

STRIPED BASS GRILLED 34
FARMED, BAJA, MEXICO BAP 4-Star Certified Sustainable

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

SWORDFISH STEAK GRILLED 41
WILD CAUGHT visit Freshly Sourced for today's origin

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 49
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)

Legal Classics

HADDOCK, BAKED ANNA'S WAY 29.5
NORTH ATLANTIC wild caught, buttered crumbs, roasted tomato, herbed rice pilaf, steamed broccoli

COD, SALT & VINEGAR CRUSTED 33
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

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

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

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.

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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
- GRILLED SHRIMP GRILLED** 13
- LOBSTER TAIL MKT**
- PETIT SALMON* GRILLED** 16
- PETIT YELLOWFIN TUNA* SEARED** 18

Crispy Fried

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

FISH & CHIPS 29
NORTH ATLANTIC wild caught, always fresh

SHRIMP 29.5
BAY OF BENGAL 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, local whitefish, calamari, clam strips