



## 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 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

**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)

**EDAMAME** 8  
with sea salt or sticky soy sauce

**KELP SALAD** 8  
MAINE sesame chili vinaigrette

## Join Legal Net Rewards

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

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

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  
farro, kimchi, pickled cabbage, avocado, kelp salad, pineapple, spicy mayo

**TOP SALADS/BOWL 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**

## 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





## 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](http://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.

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.

### 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

### 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