



## 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



## Join Legal Net Rewards

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

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

## Chowder & Soup

### NEW ENGLAND CLAM CHOWDER

our award-winning recipe CUP 9 | BOWL 11

### LOBSTER BISQUE

cream sherry CUP 10.5 | BOWL 12.5

## 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

### MUSSELS, ORGANIC 19

PEI garlic-butter broth, white wine, grilled bread

### POPCORN SHRIMP 17

BAY OF BENGAL chili lime aioli

### 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

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 SIRLOIN TIPS\* 15

GRILLED SHRIMP 13

LOBSTER TAIL MKT

GRILLED SALMON\* 16 | 21

SEARED TUNA\* 18 | 29

LOBSTER 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

### 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)

**COD LOIN SEARED** 33  
ICELAND MSC Certified Sustainable

**RAINBOW TROUT GRILLED** 29  
COLOMBIA BAP 4-Star Certified Sustainable

**ARCTIC CHAR GRILLED** 30  
ICELAND

**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
- 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

### 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

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### Sides

\*additional sides 9 (coleslaw 4)

- STEAMED BROCCOLI
- 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

**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, 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.