



## Starters

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

## Chowder & Soup

- NEW ENGLAND CLAM CHOWDER**  
our award-winning recipe CUP 8.5 | BOWL 10.5
- SOUP OF THE DAY**  
rotating Chef's selection CUP 8 | BOWL 10

## Salads & Bowls

- GREEK SALAD** 13  
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
- THAI PEANUT SALAD** 13  
napa cabbage, red cabbage, edamame, scallion, red pepper, peanut dressing, crispy rice noodles
- TOP SALADS/BOWL WITH:**
  - GRILLED CHICKEN 7
  - GRILLED SIRLOIN TIPS\* 15
  - GRILLED SHRIMP 13
  - GRILLED PETIT SALMON\* 15
  - SEARED PETIT YELLOWFIN TUNA\* 15
  - LOBSTER TAIL MKT
  - LOBSTER SALAD MKT
  - CRABMEAT SALAD MKT

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.

## Sandwiches

served with french fries and coleslaw

- CRISPY FISH SANDWICH** 18  
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** 19  
chili-garlic seasoned ground tuna, lettuce, tomato, roasted red pepper sauce
- GRILLED CHICKEN SANDWICH** 18  
applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo
- BACON CHEDDAR BURGER\*** 19  
DOUBLE R RANCH, WASHINGTON STATE  
applewood smoked bacon, Vermont cheddar, lettuce, tomato

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



## 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)

#### FLOUNDER 27

WILD CAUGHT visit Freshly Sourced for today's origin

#### RAINBOW TROUT GRILLED 28

COLOMBIA BAP 4-Star Certified Sustainable

#### SALMON\* GRILLED 32

HELGELAND COAST, NORWAY

#### ROCKFISH 34

WILD CAUGHT visit Freshly Sourced for today's origin

#### YELLOWFIN TUNA\* SEARED 40

WILD CAUGHT visit Freshly Sourced for today's origin

#### SHRIMP GRILLED 32

BAY OF BENGAL all natural, BAP 4-Star Certified Sustainable

### Butcher's Table

#### FILET MIGNON\* 8oz GRILLED 48

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

#### 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, steamed broccoli

#### CRAB STUFFED TROUT 31

lump crab, cajun lemon cream, herbed rice pilaf, steamed 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, rémoulade

#### CRAB CAKE & SHRIMP 44

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

#### LOBSTER MAC & CHEESE MKT

one whole lobster, Vermont cheddar, buttered crumbs

### Pasta

#### SHRIMP SCAMPI 27

linguini, tomato, sofrito, white wine, garlic butter

#### RIGATONI BOLOGNESE 26

slow braised beef and pork ragù, marinara, ricotta, mascarpone

#### ORECCHIETTE SALSICCIA 26

sweet Italian sausage, mushrooms, leeks, tomatoes

### Sides

\*additional sides 7 (coleslaw 4)

#### STEAMED BROCCOLI

#### ROASTED MUSHROOMS

#### BACON BRAISED SWISS CHARD

#### COLESLAW

#### FRENCH FRIES

#### WHIPPED POTATOES

#### CRISPY POTATO WEDGES

#### STREET CORN OFF THE COB

#### STEAMED JASMINE RICE

#### HERBED RICE PILAF

### Add Ons

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

#### CRAB CAKE 20

#### SHRIMP & SCALLOP STUFFING 12

#### SIRLOIN TIPS\* GRILLED 15

#### SHRIMP GRILLED 13

#### LOBSTER TAIL MKT

#### PETIT SALMON\* GRILLED 15

#### PETIT YELLOWFIN TUNA\* SEARED 15

### Crispy Fried

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

#### FISH & CHIPS 24

NORTH ATLANTIC wild caught

#### SHRIMP 27

BAY OF BENGAL jumbo naked

#### FLOUNDER 27

WILD CAUGHT

#### ROCKFISH 34

WILD CAUGHT

#### CLAM STRIPS 27

NEW ENGLAND

#### FISHERMAN'S PLATTER 44

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 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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