



Raw Bar

PURE, NATURAL, AND PREPARED TO ORDER

OYSTERS OF THE DAY* 4

SHRIMP COCKTAIL, COLOSSAL NAKED 24

TUNA TATAKI* 22.5

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

Starters

NEW ENGLAND CLAM CHOWDER 12.5

our award-winning recipe

CRAB CAKE, A LEGAL SIGNATURE 28

lump crab, mustard sauce, greens, corn, onions, tomatoes, Dijon vinaigrette

CALAMARI, CRISPY FRIED 21

tartar sauce or Rhode Island style (hot peppers & garlic)

From the Sea

choose a flavor style and two sides

SALMON* SEARED 40

HELGELAND COAST, NORWAY

YELLOWFIN TUNA* SEARED 47

WILD CAUGHT visit Freshly Sourced for today's origin

RAINBOW TROUT SEARED 33.25

COLOMBIA BAP 4-Star Certified Sustainable

SHRIMP, JUMBO NAKED SEARED 40.25

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

Crispy Fried

TRADITIONAL NEW ENGLAND STYLE OR CAJUN

served with french fries & coleslaw

SHRIMP, JUMBO NAKED 33.5

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

CLAMS, WHOLE BELLY MKT

FISHERMAN'S PLATTER 48

jumbo naked shrimp, local whitefish & calamari

FISH & CHIPS 33

NORTH ATLANTIC wild caught, always fresh

Mains

SALMON*, HOISIN GLAZED 40

HELGELAND COAST, NORWAY

quinoa, mushrooms, asparagus, roasted red peppers, red onions

HADDOCK, BAKED ANNA'S WAY 33.5

NORTH ATLANTIC, WILD CAUGHT

buttered crumbs, roasted tomato, jasmine rice, broccoli

CRAB CAKE & SHRIMP COMBO 51.75

lump crab cake, mustard sauce, jasmine rice, greens, corn, onion, tomato, Dijon vinaigrette

FISH TACOS 25

crispy local whitefish, pickled red cabbage, chipotle aioli, pico de gallo, fried plantains

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.

Salads

GREEK SALAD 16

tomato, cucumber, feta, chickpeas, Kalamata olives, lemon-oregano vinaigrette

HOUSE SALAD 13.5

local organic leaf lettuce, tomato, roasted corn, hard boiled egg, red onion, croutons, Dijon vinaigrette

CLASSIC CAESAR SALAD 14

romaine hearts, garlic croutons, shaved romano, creamy dressing

TOP SALADS WITH:

CHICKEN seared or cajun blackened 8

SHRIMP, JUMBO seared or cajun blackened 15

SALMON* seared or cajun blackened 24

PETIT YELLOWFIN TUNA* seared or cajun blackened 20.5

LOBSTER OR CRABMEAT SALAD MKT

Flavor Styles

SIMPLY PREPARED WITH LEMON AND SEA SALT

CAJUN BLACKENED & HOT BUTTER

NORI CHILI CRUST & STICKY SOY SAUCE

ROASTED CORN SALSA & CHIPOTLE CREMA

Sides

JASMINE RICE 10

FRENCH FRIES 10

BROCCOLI 10

ASPARAGUS 10

COLESLAW 4.5

Sandwiches

served with french fries & coleslaw

CRISPY FISH SANDWICH 21.5

NORTH ATLANTIC wild caught whitefish (always fresh!), lettuce, tomato, pickle, tartar sauce

BACON CHEDDAR BURGER*, DOUBLE R RANCH 23

applewood smoked bacon, Vermont cheddar, lettuce, tomato

SMOKED SALMON SANDWICH* 22

lettuce, tomato, mustard sauce, capers

JONAH CRAB ROLL MKT

delicate North Atlantic crabmeat with mayo

PETIT LOBSTER ROLL & CUP OF CHOWDER MKT

LEGAL LOBSTER ROLL MKT

traditional with lemon mayo

WHOLE BELLY CLAM ROLL MKT

lettuce, tomato, tartar sauce

CRAB CAKE SANDWICH 36

avocado, sriracha mayo, toasted brioche bun

SEARED CHICKEN SANDWICH 21.5

applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo

Desserts

BOSTON CREAM PIE 12.5

sponge cake, custard, chocolate sauce, almonds, toffee bits

KEY LIME PIE 12.5

lime custard, raspberry sauce, whipped cream

Take-Away

PEPSI, DIET PEPSI 4

AQUAFINA 5.75

Ask your server for food to go

Join Legal Net Rewards

Earn points for every visit and redeem for exclusive rewards and benefits. legalseafoods.com/loyalty



Cocktails

LEGAL RED SANGRIA 17.5
spanish red wine, crème de pêche, bacardi limon & raspberry rums, fresh citrus, lemon-lime soda

LEGAL WHITE SANGRIA 17.5
crop organic meyer lemon vodka, st. germain elderflower, sauvignon blanc, lemonade, lemon-lime soda, lemon bitters

MANGO LEMON DROP 16.5
grainger's deluxe organic citrus vodka, real mango puree, lemon

TROPICAL WINTER MULE 16.5
new amsterdam passionfruit vodka, planteray o.f.t.d. rum, spiced demerara syrup, ginger beer, lime

PATRON MARGARITA REAL 19
LSF barrel-select patrón reposado tequila, patrón citrónge, lime

SPICY CUCUMBER MARGARITA 17.5
lunazul blanco tequila, ghost tequila, bols triple sec, cucumber, agave, lime, lemon

CARAJILLO 17
licor 43, espresso

ESPRESSO MARTINI 17.5
grainger's organic vanilla vodka, borghetti caffè espresso liqueur, buffalo trace bourbon cream

BELLINI 16
jeio prosecco, peach liqueur, peach puree

BLOODY MARY 15.5
grainger's deluxe organic vodka, LSF bloody mary mix, celery, lemon, lime
ADD CORNICHONS .50
ADD BACON 1
ADD SHRIMP COCKTAIL 4.25

Beer

Draft 16 oz | 23 oz

NIGHT SHIFT LEGALLY HAZY MA 11.5 | 16.5

ALLAGASH WHITE ME 11.5 | 16

BUD LIGHT MO 9 | 13.5

SAMUEL ADAMS BOSTON LAGER MA 10 | 14.75

SAMUEL ADAMS SEASONAL MA 10 | 14.75

BOURQUE'S BREW MA 10.75 | 15.75
Crafted in collaboration with MA-based Jack's Abby and Boston hockey legend Ray Bourque, this refreshing helles-style lager boasts a round, full-bodied character with a crisp finish. \$1 from every pint sold supports the Bourque Family Foundation. Learn more: legalseafoods.com/bourques-brew



Can

HIGH NOON HARD SELTZER CA 10

Sparkling Wine

JEIO PROSECCO *Valdobbiadene NV*



16.5 | 60

LUCIEN ALBRECHT CREMANT D'ALSACE ROSÉ BRUT *Alsace NV*

17 | 64

CHIARLO "NIVOLE" MOSCATO D'ASTI *Piedmont*

14.5 | (1/2) 29

White Wine

ALBARIÑO

BODEGAS LA CANA *Rias Baixas*

16.75 | 21.75 | 63

ROSÉ

CHATEAU MIRAVAL *Côtes de Provence*

18 | 23 | 68

RIESLING

KARL ERBES ÜRZIGER WÜRZGARTEN KABINETT *Mosel*

16 | 21 | 60

PINOT GRIGIO

TERLATO *Friuli*

17 | 22 | 64

SAUVIGNON BLANC

YEALANDS *Marlborough*

16.75 | 21.75 | 63

HONIG *Napa*

(1/2) 39

CLOUDY BAY *Marlborough*

21.5 | 26.5 | 84

CAKEBREAD *North Coast*

21.75 | 26.75 | 85

SAGER & VERDIER SANCERRE *Loire*

21.75 | 26.75 | 85

CHARDONNAY

IMAGERY WINE ESTATES *California*

(1/2) 25

VERGELEGAN "ROCKY LANDS" *Stellenbosch*

16 | 21 | 60

LOUIS LATOUR "LSF CUVÉE" *Mâconnais*

18.25 | 23.25 | 69

SONOMA-CUTRER "RRR" *Sonoma*

19 | 24 | 72

LA CHABLISIENNE *Chablis*

(1/2) 42

JORDAN *Russian River*

20.5 | 25.5 | 82

Red Wine

PINOT NOIR

CHATEAU SOUVERAIN *California*

16 | 21 | 60

CHEHALEM *Willamette Valley*

17.5 | 22.5 | 69

BENTON-LANE ESTATE *Willamette Valley*

20.75 | 25.75 | 78

LA CREMA *Sonoma Coast*

(1/2) 40

TEMPRANILLO

MUGA RESERVA *Rioja*

20.75 | 25.75 | 78

MERLOT

BUENA VISTA *Alexander Valley*

15.75 | 20.75 | 58

MALBEC

ALCANZA *Mendoza*

16 | 21 | 60

CABERNET SAUVIGNON

SIMI *Sonoma*

18 | 23 | 67

BUEHLER *Napa Valley*

20 | 25 | 80

J. LOHR "HILLTOP" *Paso Robles*

(1/2) 40

JORDAN *Alexander Valley*

97

Non-Alcoholic

BLACKBERRY BURLESQUE 13.5
steeped dammann frères nuit d'été tea, real blackberry puree, ginger beer, lime

ALL DAY ROSÉ 13.5
fluere non-alcoholic bitter spirit, steeped dammann frères nuit d'été tea, kylie non-alcoholic sparkling rosé, soda

KYLIE SPARKLING ROSÉ 13.5
beautifully pale pink, alcohol-free, sparkling rosé - refined and refreshing on the palate with a complex dry finish

COCONUT MINT WATER 5.75
(plain coconut water also available)

ATHLETIC BREWING UPSIDE DAWN CT 10.25
classic golden ale

GUINNESS ZERO *Ireland* 8
hints of chocolate and coffee, balanced with bitter, sweet, roasted notes