

STARTERS

NEW ENGLAND CLAM CHOWDER our classic recipe.....	CUP 8.5 BOWL 10.5
LOBSTER BISQUE ...	CUP 10.5 BOWL 12.5 cream sherry
G F CRISPY CALAMARI.....	17 with tartar sauce
RHODE ISLAND STYLE (hot peppers & garlic)...	18
FISH TACOS.....	15 fried whitefish, pickled red cabbage, chipotle aioli, pico de gallo
LEGAL'S SIGNATURE CRAB CAKE	24 lump crab, mustard sauce, greens, apples, dried cranberry, apple Dijon vinaigrette
G F GRILLED OCTOPUS	19 salt boiled potato, olive tapenade, saffron aioli, cauliflower, gremolata
STUFFIES	16 Cape Cod quahogs, chouriço, butter, ritz crumbs
WHITE CLAM FLATBREAD	18 clams, garlic and shallot confit, pancetta, arugula, parmesan
G F ORGANIC PEI MUSSELS.....	18 garlic-butter broth, white wine, grilled crusty bread
G F FALAFEL	16 Baharat tzatziki, cucumber
BANG BANG CAULIFLOWER	16 tempura fried, kung pao sauce (contains peanut oil)

SIDES

G F COLESLAW	4
HERBED RICE PILAF.....	7
G F JASMINE RICE.....	7
G F WINTER VEGETABLE MEDLEY.....	9
G F GIGANTE BEAN, KALE, TOMATO STEW.....	9
G F GRILLED ASPARAGUS.....	8
G F SESAME & SOY ROASTED BROCCOLI.....	8
G F WHIPPED SWEET POTATOES.....	8
G F FRENCH FRIES.....	7

THE RAW FACTS

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.

G F RAW BAR & SUSHI*

PURE, NATURAL, AND PREPARED TO ORDER

OYSTERS OF THE DAY*.....	3.5
NEW ENGLAND LITTLENECK CLAMS*	2.5
COLOSSAL NAKED SHRIMP COCKTAIL.....	20
CHILLED SEAFOOD PLATTER*.....	85 SERVES 4 oysters, clams, shrimp cocktail, lobster tail, tuna poke
HACKLEBACK CAVIAR*.....	44 egg yolk, egg white, shallot, caper, parsley, crème fraiche and blinis
OCTOPUS COCKTAIL	16 bell peppers, cilantro, scallions, soy-mirin vinaigrette
BLACKENED RAW TUNA TATAKI*.....	19 sesame chili vinaigrette, seaweed salad, wasabi cream

Full Sushi Menu Also Available

G F CRISPY FRIED

TRADITIONAL NEW ENGLAND OR ANGRY STYLE served with french fries and coleslaw	
JUMBO NAKED SHRIMP	28
NORTH ATLANTIC SEA SCALLOPS.....	38
NEW ENGLAND CLAMS	MKT whole-bellied, sweet & petite
FISHERMAN'S PLATTER	44 jumbo naked shrimp, sea scallops, local whitefish & calamari
FISH & CHIPS.....	29 locally-sourced by our good friend, Tory Bramante

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 are naturally or can be prepared 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.**



LEGAL SEA FOODS

If it isn't fresh, it isn't Legal!®

LEGAL TEST KITCHEN

G F HERB CRUSTED SALMON*, ORGANIC SEA HARVEST, ISLE OF SKYE	34 winter vegetable medley, beurre rouge
G F SALT & VINEGAR CRUSTED COD.....	31 crispy potato wedges, napa cabbage and bacon slaw, remoulade
G F NORI-CHILI CRUSTED YELLOWFIN TUNA*.....	39 sesame & soy roasted broccoli, sesame and cilantro jasmine rice
G F MEDITERRANEAN SWORDFISH.....	39 gigante bean, kale, tomato stew, chicory
G F SEARED SCALLOPS.....	38 Tuscan kale, whipped sweet potatoes, pancetta, cranberry & sweet potato hash

G F FRESH CATCH

PREPARED BLACKENED OR GRILLED
served with your choice of two sides

ORGANIC SALMON*.....	34 Isle of Skye, Scotland (EU Organic)
YELLOWFIN TUNA STEAK*.....	39 scan below for today's origin
SWORDFISH STEAK.....	39 scan below for today's origin
COD	31 Iceland (MSC Certified Sustainable)
SEA SCALLOPS.....	38 Gulf of Maine (MSC Certified Sustainable)
COLOSSAL SHRIMP	34 Bay of Bengal (All Natural, BAP 4-Star Certified Sustainable)

ADD AN ENHANCEMENT
cajun spice | garlic butter



*Scan for details on
today's Fresh Catch!*

LEGAL CLASSICS

G F NEW ENGLAND BAKED HADDOCK - ANNA'S WAY	29 buttered crumbs, roasted tomato, herbed rice pilaf, broccoli
LINGUINI AND CLAMS.....	29 clams, garlic and shallot confit, white wine, chili flakes
LEGAL'S SIGNATURE CRAB CAKE COMBO	44 lump crab cake, grilled shrimp, seared scallops, mustard sauce, herbed rice pilaf, greens, apples, dried cranberry, apple Dijon vinaigrette
G F CIOPPINO	45 clams, mussels, scallops, shrimp, calamari, whitefish, lobster tail, tomato broth
BAKED LOBSTER MAC & CHEESE.....	MKT one whole Gulf of Maine lobster, Vermont cheddar, buttered crumbs
STUFFED LOBSTER TAILS.....	45 shrimp, scallops, peppers, onions, buttery crackers, choice of two sides
G F GULF OF MAINE LOBSTER	MKT steamed or baked with shrimp & scallop stuffing, choice of two sides
SURF & TURF	
G F FRIED CHICKEN THIGH.....	25 hot honey, whipped sweet potatoes, Tuscan kale
G F DOUBLE R RANCH NY STRIP*.....	48 brushed with garlic butter, crispy potato wedges, grilled asparagus
G F DOUBLE R RANCH TWIN PETIT FILET MIGNON*	49 brushed with garlic butter, crispy potato wedges, grilled asparagus
SURF & TURF*	above twin petit filet mignon paired with your choice of the following:
G F GRILLED COLOSSAL SHRIMP	13
G F SEARED SEA SCALLOPS.....	16
G F GRILLED LOBSTER TAIL	16
LEGAL'S SIGNATURE CRAB CAKE.....	21

G F SANDWICHES & SALADS

DOUBLE R RANCH USDA PRIME BACON CHEDDAR BURGER*	19 applewood smoked bacon, Vermont cheddar, lettuce, tomato, french fries & coleslaw
NEW ENGLAND CRAB ROLL	34 delicate New England crabmeat with mayo, french fries & coleslaw
HALF POUND MAINE LOBSTER ROLL....	43 warm butter-poached or traditional with lemon mayo, french fries & coleslaw
MAKE IT A FULL POUND	+ 39
GREEK SALAD	12 tomato, cucumber, feta, chickpeas, Kalamata olives, lemon-oregano vinaigrette
ADD FALAFEL.....	9
CLASSIC CAESAR SALAD	12 romaine hearts, garlic croutons, shaved romano, creamy dressing
LEGAL WEDGE	12 salmon bacon, iceberg, tomatoes, crispy onions, crumbled blue cheese dressing
QUINOA POWER BOWL	17 arugula, za'atar roasted carrots, beets, pumpkin seeds, yuzu vinaigrette
TOP SALADS WITH:	
GRILLED OR CAJUN CHICKEN.....	7
GRILLED PETIT FILET MIGNON*	16
GRILLED OR CAJUN COLOSSAL SHRIMP	13
SEARED OR CAJUN SEA SCALLOPS.....	16
GRILLED OR CAJUN ORGANIC SALMON*.....	15
GRILLED OR CAJUN TUNA*	15
LOBSTER OR CRABMEAT SALAD	MKT
LUNCH SERVED UNTIL 4PM	
G F CRISPY FISH SANDWICH	18 lettuce, tomato, pickle, tartar sauce, french fries & coleslaw
TUNA BURGER	19 chili-garlic seasoned ground tuna, roasted red pepper sauce, french fries & coleslaw
G F SBLT	18 salmon bacon, lettuce, tomato, mayo, toasted sourdough, french fries & coleslaw
G F FRIED CHICKEN SANDWICH.....	18 chicken thigh, hot honey, avocado, pickled red cabbage, arugula, french fries & coleslaw
G F GRILLED CHICKEN SANDWICH.....	17 applewood smoked bacon, Vermont cheddar, lettuce, tomato, mayo, french fries & coleslaw
G F SURF & TURF SANDWICH*	29 filet mignon, warm crab, avocado, remoulade, little leaf lettuce, ciabatta, french fries & coleslaw
G F OPEN-FACED FALAFEL	18 Baharat tzatziki, cucumber, olives, tomato, feta, arugula, flatbread, french fries & coleslaw
G F GRILLED PETIT FILET MIGNON*.....	27 brushed with garlic butter, herbed rice pilaf, grilled asparagus