

STARTERS

- NEW ENGLAND CLAM CHOWDER**
our classic recipe..... CUP 8.5 | BOWL 10.5
- LOBSTER BISQUE ... CUP 10.5 | BOWL 12.5**
cream sherry
- 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
- 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
- ORGANIC PEI MUSSELS**..... 18
garlic-butter broth, white wine,
grilled crusty bread
- FALAFEL** 16
Baharat tzatziki, cucumber
- BANG BANG CAULIFLOWER** 16
tempura fried, kung pao sauce
(contains peanut oil)

SIDES

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

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

Pressed Sushi Menu Also Available

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

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

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

- 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
- 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
- GULF OF MAINE LOBSTER** MKT
steamed or baked with shrimp & scallop
stuffing, choice of two sides
- SURF & TURF**
- FRIED CHICKEN THIGH**..... 25
hot honey, whipped sweet potatoes,
Tuscan kale
- DOUBLE R RANCH NY STRIP***..... 48
brushed with garlic butter, crispy potato
wedges, grilled asparagus
- 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:
- GRILLED COLOSSAL SHRIMP** 13
- SEARED SEA SCALLOPS**..... 16
- GRILLED LOBSTER TAIL** 16
- LEGAL'S SIGNATURE CRAB CAKE** 21

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**
- 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
- SBLT** 18
salmon bacon, lettuce, tomato, mayo,
toasted sourdough, french fries & coleslaw
- FRIED CHICKEN SANDWICH** 18
chicken thigh, hot honey, avocado, pickled
red cabbage, arugula, french fries & coleslaw
- GRILLED CHICKEN SANDWICH** 17
applewood smoked bacon, Vermont cheddar,
lettuce, tomato, mayo, french fries & coleslaw
- SURF & TURF SANDWICH*** 29
filet mignon, warm crab, avocado, remoulade,
little leaf lettuce, ciabatta, french fries & coleslaw
- OPEN-FACED FALAFEL** 18
Baharat tzatziki, cucumber, olives, tomato,
feta, arugula, flatbread, french fries & coleslaw
- GRILLED PETIT FILET MIGNON*** 27
brushed with garlic butter, herbed rice pilaf,
grilled asparagus

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.