

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
- LEGAL'S SIGNATURE CRAB CAKE**..... 23
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** 15
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
- BROCCOLI AU GRATIN** 9

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***..... 18
sesame chili vinaigrette, seaweed salad,
wasabi cream

Pressed Sushi Menu Also Available

SANDWICHES

served with french fries and coleslaw

- CRISPY FISH SANDWICH**..... 18
lettuce, tomato, pickle, tartar sauce
- SBLT**..... 18
salmon bacon, lettuce, tomato, mayo,
toasted sourdough
- NEW ENGLAND CRAB ROLL** 34
delicate New England crabmeat with mayo
- HALF POUND MAINE LOBSTER ROLL** ... 43
warm butter-poached or traditional
with lemon mayo
- MAKE IT A FULL POUND**..... + 39
- TUNA BURGER** 19
chili-garlic seasoned ground tuna, lettuce,
tomato, roasted red pepper sauce
- FRIED CHICKEN SANDWICH**..... 18
chicken thigh, hot honey, avocado, arugula,
pickled red cabbage, brioche
- GRILLED CHICKEN SANDWICH**..... 17
applewood smoked bacon, Vermont
cheddar, lettuce, tomato, mayo
- SURF & TURF SANDWICH*** 29
filet mignon, warm crab, avocado, remoulade,
little leaf lettuce, ciabatta
- DOUBLE R RANCH USDA PRIME BACON
CHEDDAR BURGER*** 19
applewood smoked bacon, Vermont
cheddar, lettuce, tomato
- FRIED OYSTER BURGER*** 24
signature burger topped with fried oysters,
tartar sauce, arugula, aged cheddar cheese
- OPEN-FACED FALAFEL** 18
Baharat tzatziki, cucumber, olives, tomato,
feta, arugula, flatbread

LEGAL SEA FOODS

If it isn't fresh, it isn't Legal!®

LEGAL CLASSICS

- NEW ENGLAND BAKED HADDOCK -
ANNA'S WAY** 28
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
ENTREE**..... 25
lump crab cake, mustard sauce, herbed rice
pilaf, greens, apples, dried cranberry,
apple Dijon vinaigrette
- GRILLED PETIT FILET MIGNON***..... 26
brushed with garlic butter, herbed rice pilaf,
grilled asparagus
- BAKED LOBSTER MAC & CHEESE**..... MKT
one whole Gulf of Maine lobster,
Vermont cheddar, buttered crumbs

CRISPY FRIED

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

- JUMBO NAKED SHRIMP**..... 27
- NORTH ATLANTIC SEA SCALLOPS**..... 28
- NEW ENGLAND CLAMS** MKT
whole-bellied, sweet & petite
- FISH & CHIPS** 21
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 TEST KITCHEN

- HERB CRUSTED SALMON*, ORGANIC
SEA HARVEST, ISLE OF SKYE** 25
winter vegetable medley, beurre rouge
- NORI-CHILI CRUSTED YELLOWFIN TUNA***... 24
sesame & soy roasted broccoli, sesame and
cilantro jasmine rice
- SEARED SCALLOPS**.....28
Tuscan kale, whipped sweet potatoes,
pancetta, cranberry & sweet potato hash
- BEEF & SHRIMP TACOS** 22
blackened shrimp, shaved tenderloin, avocado
chipotle crema, pickled red cabbage, pico de
gallo, cotija cheese, black beans and rice
- FISH TACOS** 18
fried or blackened whitefish, pickled red
cabbage, chipotle aioli, pico de gallo,
black beans and rice

FRESH CATCH

PREPARED BLACKENED OR GRILLED
served with your choice of two sides

- ORGANIC SALMON***..... 25
Isle of Skye, Scotland (EU Organic)
- YELLOWFIN TUNA STEAK* 8 oz**..... 36
scan below for today's origin
- SEA SCALLOPS**..... 28
Gulf of Maine (MSC Certified Sustainable)
- COLOSSAL SHRIMP**..... 27
Bay of Bengal (All Natural, BAP 4-Star
Certified Sustainable)
- RAINBOW TROUT**..... 28
Columbia River
- ADD AN ENHANCEMENT**
cajun spice | garlic butter



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

SALADS

- GREEK SALAD**..... 12
tomato, cucumber, feta, chickpeas, Kalamata
olives, lemon-oregano vinaigrette
- ADD FALAFEL** 9
- HOUSE SALAD**..... 11
local organic leaf lettuce, apples, dried
cranberry, blue cheese, candied walnuts,
apple Dijon vinaigrette
- CLASSIC CAESAR SALAD** 11
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 SALAD** MKT
- CRABMEAT SALAD** MKT

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.

Lunch