EST 1950 LEGAL SEA FOODS NEW ENGLAND

Starters

NEW ENGLAND CLAM CHOWDER
our award-winning recipe **BOWL** 12 | **CUP** 10

LOBSTER BISQUE **BOWL** 12 | **CUP** 10
lobster meat garnish, cream sherry

CRAB CAKE, A LEGAL SIGNATURE 25
lump crab, mustard sauce, greens, apple, candied walnuts, dried cranberries, pickled red onions, maple Dijon vinaigrette

CALAMARI, CRISPY FRIED 19
GULF OF MAINE choice of:
- **TRADITIONAL** with tartar sauce
- **RHODE ISLAND STYLE** *(hot peppers & garlic)*

SHRIMP COCKTAIL 3PC 16 | 5PC 23
BAY OF BENGAL

TUNA TARTARE* 22
avocado, yuzu-miso emulsion, ponzu, root vegetable chips

MUSSELS, ORGANIC 19
PEI garlic-butter broth, white wine, grilled bread

FISH TACOS 17
NORTH ATLANTIC whitefish, pickled red cabbage, chipotle aioli, pico de gallo, choice of:
- **CRISPY FRIED**
- **CAJUN BLACKENED**

STARTER SAMPLER 42
half orders of classic and specialty starters: fried shrimp & scallops, RI style calamari, shrimp pot stickers, bang bang cauliflower (contains peanut oil)

STREET CORN & CHICKEN SKILLET DIP 21
blue corn tortilla chips

SHRIMP POT STICKERS 16
ponzu sauce

STUFFIES 16
CAPE COD quahogs, chouriço, butter, Ritz crumbs

BANG BANG CAULIFLOWER 16
tempura fried, kung pao sauce (contains peanut oil)

Salads

GREEK SALAD 15
romaine, leaf lettuce, tomato, cucumber, feta cheese, chickpeas, Kalamata olives, lemon-oregano vinaigrette

THAI PEANUT SALAD 15
napa cabbage, red cabbage, carrots, scallion, red peppers, peanut dressing, crispy rice noodles

CLASSIC CAESAR SALAD 13
romaine hearts, garlic croutons, shaved romano cheese, creamy dressing

TOP SALADS WITH:
GRILLED PETIT SIRLOIN* 19
GRILLED SHRIMP 13
LOBSTER TAIL MKT
GRILLED SALMON* 19
GRILLED CHICKEN 7

KALE & ROMAINE SALAD 15
sweet potato, dried cranberries, red apple, candied walnuts, goat cheese, maple Dijon vinaigrette

SOUTHWEST CHICKEN SALAD 21
blackened chicken breast, romaine, roasted corn, black beans, cheddar, avocado, tomato, cucumber, red onion, red pepper, scallion, crispy tortilla, chipotle ranch dressing

Sandwiches

served with french fries and coleslaw

BEER-BATTERED FISH SANDWICH 19
NORTH ATLANTIC wild caught whitefish, gluten-free beer batter, lettuce, tomato, pickle, tartar sauce

TUNA MELT 19
olive oil poached tuna, herb spread, American cheese, marble rye, lettuce, tomato, pickle

LEGAL LOBSTER ROLL
traditional with lemon mayo
or warm butter-poached
- **SIGNATURE HALF POUND** 53
- **QUARTER POUND** 35

SMASH BURGER 20
applewood-smoked bacon, American cheese, pickle, caramelized onion aioli

BLACKENED CHICKEN SANDWICH 19
avocado crema, chipotle aioli, pickled red onion, lettuce, tomato

Crispy Fried

made with our gluten-free fry mix, served with french fries and coleslaw
TRADITIONAL NEW ENGLAND STYLE OR CAJUN

SHRIMP 28.5
BAJA, MEXICO

CLAMS, WHOLE BELLY MKT
NEW ENGLAND sweet & petite
- seasonal availability -

FISH & CHIPS 29
NORTH ATLANTIC wild caught, choice of:
- **TRADITIONAL NEW ENGLAND STYLE**
- **BEER-BATTERED** still gluten-free!

FISHERMAN'S PLATTER 44
shrimp, scallops, local whitefish, calamari, onion strings

SCALLOPS 38
ARCTIC OCEAN

From the Grill

served with a choice of two sides, simply prepared with lemon & olive oil, or enhance with one of our chef-curated flavor combinations:
LEMON BUTTER & CRISPY CAPERS | GARLIC HERB CHIMICHURRI | CAJUN BLACKENED & HOT BUTTER | NORI CHILI CRUST & KUNG PAO SAUCE (contains gluten and peanut oil)

SWORDFISH STEAK 42
WILD CAUGHT

SHRIMP 35
BAJA, MEXICO

SALMON* 34
HELGELAND COAST, NORWAY

COD LOIN 33
ICELAND MSC Certified Sustainable

RAINBOW TROUT 30
COLOMBIA BAP 4-Star Certified Sustainable

FILET MIGNON* 8oz 56
DOUBLE R RANCH, WASHINGTON STATE

SIRLOIN STEAK* 10oz 49
DOUBLE R RANCH, WASHINGTON STATE

STATLER CHICKEN BREAST 28

Add Ons

make your meal a Surf & Surf or a Surf & Turf
PETIT SIRLOIN* 19
SHRIMP 13
CRAB CAKE 20
LOBSTER TAIL MKT

Sides

+additional sides 9 *(coleslaw 4)*

STEAMED BROCCOLI
CRISPY POTATO WEDGES
FRENCH FRIES
BAKED POTATO
ONION STRINGS
TRUFFLE FRIES
COLESLAW
JASMINE RICE
LOADED BAKED POTATO with cheese & bacon +2
HERBED RICE PILAF (contains gluten)
ROASTED FALL VEGETABLES with candied walnuts
SAUTEED KALE with prosciutto

Legal Classics

COD, SALT & VINEGAR CRUSTED 33 **ICELAND** crispy potato wedges, napa cabbage and bacon slaw, rémoulade

SOLE MEUNIÈRE 30 **WILD-CAUGHT** pan-seared sole, capers, parsley, brown butter, sautéed spinach, herbed rice pilaf

HADDOCK, BAKED ANNA'S WAY 30 **NORTH ATLANTIC** wild caught, buttered crumbs, roasted tomato, herbed rice pilaf, steamed broccoli

CIOPPINO 45 clams, mussels, shrimp, calamari, whitefish, lobster tail, tomato broth

CRAB CAKE & SHRIMP 46 mustard sauce, herbed rice pilaf, greens, apple, candied walnuts, dried cranberries, pickled red onions, maple Dijon vinaigrette

GOCHUJANG SHRIMP 27 **BAJA, MEXICO** maple-gochujang sweet potatoes, yuzu-miso emulsion, napa cabbage

SHRIMP SCAMPI 27 **BAJA, MEXICO** linguini, tomato, sofrito, white wine, garlic butter

LOBSTER, STEAMED MKT **GULF OF MAINE** choice of two sides

LOBSTER, BAKED STUFFED MKT **GULF OF MAINE** shrimp, scallops, peppers, onions, buttery crackers, choice of two sides

STUFFED LOBSTER TAILS MKT **GULF OF MAINE** shrimp, scallops, peppers, onions, buttery crackers, choice of two sides

LOBSTER POT PIE 53 **GULF OF MAINE** lobster, roasted vegetables, lobster cream, herbs, puff pastry

ROASTED CHICKEN & FUSILLI PASTA 28 roasted leek and mushroom cream sauce, brussels sprouts, herbs, crispy prosciutto

WHAT MAKES LEGAL DISHES SO FRESH? FRESHLY SOURCED LEGALSEAFOODS.COM/FRESHLY-SOURCED

Legal Sea Foods offers a variety of options that can be prepared gluten-free. Please tell 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.
Scan QR code to view menu with allergy info.

*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.

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