

APPETIZERS

Blackened Raw Tuna* "Sashimi" 14.95 🌿
pan seared and sliced with sesame chili vinaigrette,
seaweed salad and wasabi

Steamers steamed with drawn butter 16.95 🌿

Smoked Salmon* 13.95 🌿
served chilled with homemade toasted brioche

Jumbo Shrimp Cocktail 15.95 🌿

Sautéed Mussels 13.95 🌿
1 1/2 pounds with garlic, white wine, crushed red pepper

Legal's Signature Crab Cake 16.95
jumbo lump crab, mustard sauce, seasonal salad

Oysters Legal baked with spinach, cheese and crumbs 16.95

Crispy Point Judith Calamari 13.95
• regular 🌿
• spicy
• **Rhode Island style** (hot peppers and garlic) 🌿
• **Thai style** (pineapple and peanuts)

Shrimp Wontons steamed with seaweed salad 11.95

Buffalo Popcorn Shrimp 11.95 🌿
avocado, blue cheese, celery hearts

Bang Bang Cauliflower kung pao 7.95

Hot Lump Crab Dip 11.95
horseradish, cheddar and cream cheese, seafood chips

Kung Pao Chicken Wings 11.95

CHOWDERS & SALADS

New England Clam Chowder cup 6.75 bowl 9.50

Lite Clam Chowder cup 6.75 bowl 9.50 🌿

Fish Chowder cup 6.75 bowl 9.50

Lobster Bisque cup 8.50 bowl 12.95
authentic creamy bisque garnished with lobster

House Salad 8.50 🌿
cherry tomato, shaved carrot and sunflower seeds, creamy romano
peppercorn dressing or tomato balsamic vinaigrette

Classic Caesar Salad 8.50 🌿
romaine, garlic croutons, shaved romano, creamy dressing

Chopped Greek Salad 9.50
olives, cucumbers, tomatoes, chick peas and feta

Spinach Quinoa Salad 8.95 🌿
pear tomatoes, cider dijon vinaigrette

Vine Ripe Tomato & Manouri Cheese Salad 7.95 🌿
cucumber, basil, pickled red onion, white balsamic vinaigrette
also available as a table share 16.00

Top any of the above salads with:

- **Grilled Chicken** 5.00 additional 🌿
- **New England Crabmeat** 11.00 additional 🌿
- **Grilled Shrimp** 9.00 additional 🌿
- **Grilled Salmon** 10.00 additional 🌿

🌿 can be prepared without gluten

*Served raw or undercooked, or contain (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.

long wharf all day 6.17

LEGAL LOBSTERS from crisp, cold North Atlantic waters

Steamed 1.25-1.50 lb 34.95 / 1.50-1.75 lb 41.95 / 2.00-2.50 lb 55.95 🌿

Baked Stuffed Lobster add 6.00 🌿
shrimp & scallop buttery cracker stuffing

Lobster Bake 41.95 🌿
cup of clam chowder, steamers, mussels, chouriço, corn on the cob,
steamed 1-1.25 lb. lobster (larger sizes available please inquire)

CHAR GRILLED

Swordfish Steak market price 🌿 **Rainbow Trout** 19.95 🌿

Tuna* Steak market price 🌿
cooked medium rare

Shrimp 23.95 🌿

**HiddenFjord Faroe Island
Salmon** 26.95 🌿

**North Atlantic
Sea Scallops** market price 🌿
dry packed

Arctic Char 26.95 🌿

Haddock 25.95 🌿

Snapper 25.95 🌿

comes with choice of two house sides or opt for two premium sides
for an additional 1.95 each

add a flavor for no additional charge - kung pao sauce, shandong sauce,
bacon shallot brown butter, cajun spice 🌿 cucumber yogurt sauce 🌿
lemon butter sauce 🌿

add a skewer of scallops 9.95 🌿 or shrimp 6.95 🌿

The costs of sourcing high quality shellfish are currently very high due to supply constraints. We will continue to make these menu items available, but prices will reflect market conditions.

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LEGAL CLASSICS

Legal's Signature Crab Cake Combo 30.95
one jumbo lump crab cake, grilled shrimp and scallops,
mustard sauce, seasonal salad

Legal's Signature Crab Cakes 30.95
two jumbo lump crab cakes, mustard sauce, seasonal salad

Baked Stuffed Shrimp Casserole 27.95
jumbo shrimp, buttery crabmeat stuffing, choice of one house side

Nutty Hidden Fjord Faroe Island Salmon 26.95
almond encrusted, sautéed in a lemon caper butter sauce,
mushroom ravioli and spinach

Shrimp and Garlic 24.95
sautéed with tomato, scallions and mushrooms, tossed with fresh pasta

Grilled Assortment* 28.95 🌿
chef's choice of three fish (can be cooked medium rare), shrimp, scallops,
choice of two house sides

Anna's Baked Boston Cod 23.50 🌿
seasoned crumbs, roasted tomato, spinach, jasmine rice

Salmon Rice Bowl 17.95
garlic leek brown rice, kimchi, shiitake, seaweed salad, spinach,
gochujang sauce and sesame vinaigrette, substitute:

- **Tuna Sashimi*** 17.95
- **Tofu** 15.95
- **Grilled Shrimp** 17.95
- **Grilled Chicken** 16.95

Cioppino 30.95 🌿
lobster, scallops, shrimp, calamari, littlenecks, mussels
and whitefish in a light tomato broth

Red Onion Jam Swordfish...market price 🌿
jasmine rice, sautéed sherry mushrooms and spinach

Everything Tuna*...market price 🌿
grilled medium rare with everything spice mix, roasted red pepper
and cucumber sauce, jasmine rice, spinach

Seafood Casserole 28.95 🌿
scallops, shrimp, lobster, whitefish and cheese baked
with sherry garlic butter, choice of one house side

CRISPY FRIED french fries and cole slaw

Fisherman's Platter 29.95 🌿
shrimp, scallops, calamari, clams & whitefish

New England Fried Clams...market price 🌿
whole-bellied, sweet & petite, dry packed

Fish & Chips regular 🌿 or spicy 19.95

Shrimp 23.95 🌿

North Atlantic Sea Scallops dry packed...market price 🌿

Haddock 25.95 🌿

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Please note: Before placing your order, please inform your server if a person in your party has a food allergy.

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SURF & TURF

Baked Stuffed Shrimp & Filet* 41.95
6 oz. filet, bacon shallot brown butter,
choice of two house sides

Grilled Shrimp, Scallops & Filet* 41.95 🌿
6 oz. filet, bacon shallot brown butter,
choice of two house sides

Steamed 1 - 1.25 lb. Lobster & Filet* 44.95 🌿
6 oz. filet, bacon shallot brown butter,
choice of two house sides

King Crab Legs 45.95 🌿
steamed or braised with sherry garlic butter

Grilled 8 oz. Filet Mignon* 34.95 🌿
bacon shallot brown butter, choice of two house sides
(*can be undercooked upon request)

Marinated Grilled Chicken 21.95 🌿
broccoli, mashed potatoes, lemon chive butter sauce

HOUSE SIDES	PREMIUM SIDES
<i>a la carte house sides 5.50</i>	<i>a la carte premium sides 7.50</i>
french fries 🌿	sautéed kale
onion strings 🌿	honey yogurt, roasted peanuts 🌿
garlic leek brown rice 🌿	fresh seasonal side salad
broccoli 🌿	crispy risotto cake 🌿
seaweed salad	corn, cucumber, tomato jam
jasmine rice 🌿	roasted mushrooms
mashed potatoes 🌿	confit shallots, herb oil, garlic butter 🌿
baked potato 🌿	grilled asparagus 🌿
cole slaw (1.95) 🌿	pecorino romano

LUNCH ENTRÉES & SANDWICHES

Legal's Signature Crab Cake 17.95
jumbo lump crab, mustard sauce, seasonal salad,
choice of one house side

Grilled Mediterranean Salmon 17.95
hummus, cucumber yogurt sauce, orzo, whole wheat pita chips

Louisiana Gumbo 16.95
shrimp, spicy andouille sausage and crispy fried okra
with jasmine rice

Legal's Crab Cake Sandwich 17.95
jumbo lump crab on a bun with mustard sauce

Tuna Burger 16.95
freshly ground tuna, chili paste, crumbs and spices

Lobster Roll...market price 🌿
warm butter poached or traditional with mayo

Crabmeat Roll 19.95 🌿
delicate New England crabmeat on a warm buttery bun

Grilled Chicken Sandwich 12.95 🌿
applewood smoked bacon, jack cheese, lettuce, tomato
and mayo

Burger* can be undercooked upon request 13.50 🌿
add cheese for 1.00

Crispy Fish Sandwich tartar sauce, lettuce and tomato 13.95 🌿
- lunch served until 4pm -

long wharf all day 6.17