

## APPETIZERS

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

**Steamers** steamed with drawn butter 17.95 🌿

**Smoked Salmon\*** 14.95 🌿  
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** 12.95  
horseradish, cheddar and cream cheese, seafood chips

**Kung Pao Chicken Wings** 11.95

## CHOWDERS & SALADS

**New England Clam Chowder** cup 6.95 bowl 9.95

**Lite Clam Chowder** cup 6.95 bowl 9.95 🌿

**Fish Chowder** cup 6.95 bowl 9.95

**Lobster Bisque** cup 8.95 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** 8.50 🌿  
cucumber, basil, pickled red onion, white balsamic vinaigrette  
also available as a table share 17.00

**Top any of the above salads with:**

- Grilled Chicken 6.00 *additional* 🌿
- New England Crabmeat 12.00 *additional* 🌿
- Grilled Shrimp 9.00 *additional* 🌿
- Grilled Salmon 10.00 *additional* 🌿

🌿 can be prepared without gluten

\*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.

long wharf all day 8.17

## LEGAL LOBSTERS from crisp, cold North Atlantic waters

**Steamed** 1.25-1.50 lb 36.95 / 1.50-1.75 lb 44.95 / 2.00-2.50 lb 59.95 🌿

**Baked Stuffed Lobster** add 8.00 🌿  
shrimp & scallop buttery cracker stuffing

**Lobster Bake** 44.95 🌿  
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** 28.95  
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** 23.95 🌿  
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 🌿

🌿 can be prepared without gluten

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\*** 42.95  
6 oz. filet, bacon shallot brown butter,  
choice of two house sides

**Grilled Shrimp, Scallops & Filet\*** 42.95 🌿  
6 oz. filet, bacon shallot brown butter,  
choice of two house sides

**Steamed 1 - 1.25 lb. Lobster & Filet\*** 45.95 🌿  
6 oz. filet, bacon shallot brown butter,  
choice of two house sides

**King Crab Legs** 46.95 🌿  
steamed or braised with sherry garlic butter

**Grilled 8 oz. Filet Mignon\*** 35.95 🌿  
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 13.95 🌿  
add cheese for 1.00

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