

CHOWDERS & APPETIZERS


 **New England Clam Chowder** mug 7.95
388 cal, 13 sat fat, 0 trans fat, 1136 mg sodium, 19 carb


 **Lite Clam Chowder** mug 7.95 
135 cal, 0 sat fat, 0 trans fat, 569 mg sodium, 16 carb

 **Maryland Cream of Crab Soup** mug 7.50
462 cal, 20 sat fat, 0 trans fat, 2157 mg sodium, 26 carb

Shrimp Gumbo Soup 7.50
760 cal, 9 sat fat, 0 trans fat, 2480 mg sodium, 55 carb


Raw Oysters*...market price 
each: 10-11 cal, 0 sat fat, 0 trans fat, 15-30 mg sodium, 1 carb

Raw Clams* 1.95 each 
each: 6 cal, 0 sat fat, 0 trans fat, 5 mg sodium, 0 carb
• Littlenecks
• Cherrystones


Raw Shellfish Sampler* 13.95 
2 oysters, 3 littlenecks and 2 cherrystone clams
51 cal, 0 sat fat, 0 trans fat, 60 mg sodium, 2 carb



 **Blackened Raw Tuna "Sashimi"*** 15.50 
sesame chili vinaigrette, seaweed salad and wasabi
239 cal, 2 sat fat, 0 trans fat, 1066 mg sodium, 6 carb

 **Jumbo Shrimp Cocktail** 16.50 
199 cal, 0 sat fat, 0 trans fat, 871 mg sodium, 16 carb

Mussels 14.95 
1 ½ pounds, garlic, white wine, crushed red pepper
966 cal, 19 sat fat, 0 trans fat, 1950 mg sodium, 32 carb


Legal's Signature Crab Cake 17.50
jumbo lump crab, mustard sauce, seasonal salad (may contain nuts)
288 cal, 3 sat fat, 0 trans fat, 693 mg sodium, 9 carb

 **Shrimp Wontons** steamed with seaweed salad 11.95
276 cal, 1 sat fat, 0 trans fat, 612 mg sodium, 37 carb

 **Crispy Calamari** 14.95 
regular, spicy, Rhode Island style (hot peppers and garlic)
or Thai style (pineapple and peanuts)
regular 794 cal, 6 sat fat, 0 trans fat, 1682 mg sodium, 81 carb
spicy 691 cal, 6 sat fat, 0 trans fat, 1042 mg sodium, 57 carb
Rhode Island 657 cal, 12 sat fat, 0 trans fat, 1494 sodium, 47 carb
Thai 810 cal, 4.5 sat fat, 0 trans fat, 2410 sodium, 80 carb

 **New England Fried Clams**...market price 
dry-packed, whole-bellied, sweet & petite
779 cal, 3 sat fat, 0 trans fat, 1691 mg sodium, 115 carb

 **Popcorn Shrimp** 12.95 
854 cal, 6 sat fat, 0 trans fat, 2588 mg sodium, 91 carb



Buffalo Wings blue cheese dressing 9.95 
960 cal, 13 sat fat, 0 trans fat, 3040 mg sodium, 4 carb



 These fresh items are on-time, all the time.
Catch a bite to eat and then be on your way.



 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. *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.

SALADS


 **House Salad** half 7.50 full 8.95 
creamy romano peppercorn dressing, cherry tomato, shaved carrot
and sunflower seeds
half: 307 cal, 5 sat fat, 0 trans fat, 332 mg sodium, 10 carb
full: 607 cal, 10 sat fat, 0 trans fat, 660 mg sodium, 20 carb



 **Spinach Quinoa Salad** 8.95 
pear tomatoes, cider dijon vinaigrette
450 cal, 3.5 sat fat, 0 trans fat, 780 mg sodium, 43 carb


 **Classic Caesar Salad** 8.95 
romaine hearts, garlic croutons, shaved romano, creamy dressing
626 cal, 13 sat fat, 0 trans fat, 1318 mg sodium, 21 carb


 **Chopped Greek Salad** 9.95 
diced olives, cucumbers, tomatoes, chickpeas and feta
284 cal, 2 sat fat, 0 trans fat, 780 mg sodium, 11 carb

Top any of the above salads with

• **Seared Organic Chicken** 6.50 additional 
390 cal, 2.3 sat fat, 0 trans fat, 160 mg sodium, 2.36 carb



 • **New England Crabmeat** 12.00 additional 
199 cal, 0 sat fat, 0 trans fat, 640 mg sodium, 0 carb

• **Seared Shrimp** 9.00 additional 
380 cal, 3.42 sat fat, 0 trans fat, 421 mg sodium, 2.61 carb

• **Seared Salmon*** 10.00 additional 
396 cal, 4.6 sat fat, 0 trans fat, 117 mg sodium, 0 carb

SEARED choice of two sides

Salmon* 18.50 
575 cal, 7 sat fat, 0 trans fat, 277 mg sodium, 1 carb

 **Tuna*** cooked medium rare...market price 
545 cal, 4 sat fat, 0 trans fat, 265 mg sodium, 1 carb

Swordfish 583 cal, 7 sat fat, 0 trans fat, 415 mg sodium, 1 carb...market price 



Rainbow Trout 576 cal, 6 sat fat, 0 trans fat, 248 mg sodium, 1 carb 19.95 

Smothered BBQ Steak Tips* 17.95
mesquite bbq, peppers & onions
820 cal, 6 sat fat, 0.5 trans fat, 1480 mg sodium, 55 carb

Marinated Organic Chicken 22.95 
630 cal, 17 sat fat, 0 trans fat, 1061 mg sodium, 2 carb

Shrimp 461 cal, 4 sat fat, 0 trans fat, 496 mg sodium, 3 carb 17.95 

North Atlantic Sea Scallops dry-packed...market price 
554 cal, 4 sat fat, 0 trans fat, 911 mg sodium, 1 carb

add a skewer of seared shrimp for 6.95  or scallops for 9.95 
237-347 cal, 2-4 sat fat, 0 trans fat, 328-380 mg sodium, 1-2 carb

HOUSE SIDES a la carte 5.50 each

jasmine rice , brown rice , onion strings , french fries ,
seaweed salad, seasonal vegetable, coleslaw (1.95) 

The FDA recommends limits of 20 g of saturated fat (including trans fats) and 2,400 mg of sodium based on a 2,000 calorie per day diet. A 2000 calorie diet is used for the basis of general nutrition advice; individual calorie needs, however, may vary.

LEGAL CLASSICS

Legal's Signature Crab Combo 31.95
one jumbo lump crab cake, seared shrimp and scallops mustard sauce,
seasonal salad (may contain nuts) 593 cal, 10 sat fat, 0 trans fat, 1309 mg sodium, 12 carb

Legal's Signature Crab Cakes 31.95
two jumbo lump crab cakes, mustard sauce, seasonal salad (may contain nuts)
776 cal, 20 sat fat, 0 trans fat, 1576 mg sodium, 18 carb

Anna's Baked Boston Cod 24.95 🍴
seasoned crumbs, roasted tomato, spinach, jasmine rice
691 cal, 26 sat fat, 0 trans fat, 397 mg sodium, 20 carb

Shrimp and Garlic 24.95
sautéed with tomato, scallions and mushrooms, with fresh pasta
1431 cal, 22 sat fat, 0 trans fat, 711 mg sodium, 103 carb

Lobster Ravioli "Fra Diavolo" 24.95
spicy plum tomato broth, garlic croustade, fresh parsley
1063 cal, 22 sat fat, 0 trans fat, 2630 mg sodium, 101 carb

Portuguese Fisherman's Stew 16.95 🍴
cod stewed with mussels, clams and chorizo sausage in a saffron
tomato broth 724 cal, 8 sat fat, 0 trans fat, 2295 mg sodium, 34 carb

Seared Mediterranean Salmon* 18.50
hummus, cucumber yogurt sauce, orzo, whole wheat pita chips
789 cal, 6 sat fat, 0 trans fat, 1820 mg sodium, 63 carb

Salmon Rice Bowl* 17.95
brown rice, kimchi, shiitake, seaweed salad, spinach,
gochujang sauce and sesame vinaigrette
1310 cal, 9 sat fat, 0 trans fat, 2700 mg sodium, 128 carb
substitute: **Tuna Sashimi*** 17.95 / **Seared Shrimp** 17.95
Tuna Sashimi* 1180 cal, 7 sat fat, 0 trans fat, 34900 mg sodium, 132 carb
Seared Shrimp 1150 cal, 7 sat fat, 0 trans fat, 2690 mg sodium, 128 carb

Steamed Lobster...market price 🍴
121-145 cal, 0 sat fat, 0 trans fat, 420-503 mg sodium, 1 carb
1.00 - 1.25 lb. 1.25 - 1.50 lb.

CRISPY FRIED fries and coleslaw

🍴 **Fisherman's Platter** 29.95 🍴
shrimp, scallops, calamari, clams & whitefish
1130 cal, 8 sat fat, 0 trans fat, 3030 mg sodium, 56 carb

🍴 **New England Clams**...market price 🍴
dry-packed, whole-bellied, sweet & petite
960 cal, 8 sat fat, 0 trans fat, 3480 mg sodium, 55 carb

🍴 **Fish & Chips** 20.95 🍴
880 cal, 7 sat fat, 0 trans fat, 2250 mg sodium, 46 carb

🍴 **Shrimp** 790 cal, 7 sat fat, 0 trans fat, 1470 mg sodium, 29 carb 17.95 🍴

🍴 **North Atlantic Sea Scallops** dry-packed...market price 🍴
580 cal, 6 sat fat, 0 trans fat, 1680 mg sodium, 19 carb

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SANDWICHES fries and coleslaw

Crabmeat Roll 19.95 🍴
delicate New England crabmeat on a warm buttery bun
699 cal, 12 sat fat, 0 trans fat, 1178 mg sodium, 33 carb

🍴 **Fried Clam Roll**...market price
dry-packed New England clams, whole-bellied, sweet & petite
796 cal, 9 sat fat, 0 trans fat, 1683 mg sodium, 105 carb

Seared Organic Chicken Sandwich 14.95 🍴
applewood smoked bacon, monterey jack cheese,
lettuce, tomato and mayonnaise
1348 cal, 34 sat fat, 0 trans fat, 1850 mg sodium, 47 carb

Legal's Signature Crab Cake 18.50
jumbo lump crab on a bun with mustard sauce, lettuce and tomato
592 cal, 9 sat fat, 0 trans fat, 1156 mg sodium, 54 carb

🍴 **Lobster Roll**...market price 🍴
freshly shucked native lobster, celery mayo, brioche bun
597 cal, 12 sat fat, 0 trans fat, 1079 mg sodium, 35 carb

Tuna Burger 16.95
chili spiced fresh ground tuna, herb crumbs, roasted red pepper sauce
1240 cal, 24 sat fat, 0 trans fat, 1939 mg sodium, 60 carb

Salmon Avocado BLT chipotle mayo, avocado, multigrain 14.95
1230 cal, 28 sat fat, 1 trans fat, 1460 mg sodium, 46 carb

Crispy Fish Sandwich tartar sauce, lettuce and tomato 14.95 🍴
913 cal, 9 sat fat, 0 trans fat, 1962 mg sodium, 117 carb

Hamburger* 13.95 🍴
(can be undercooked upon request)
add cheese for 1.00
hamburger 844 cal, 19 sat fat, 0 trans fat, 609 mg sodium, 48 carb
cheeseburger 962 cal, 25 sat fat, 0 trans fat, 802 mg sodium, 49 carb

DESSERTS

🍴 **Boston Cream Pie** 8.50
chocolate sauce, rum caramel sauce, toffee almond crunch
571 cal, 24 sat fat, 0 trans fat, 268 mg sodium, 42 carb

🍴 **Key Lime Pie** lime cream, raspberry sauce 8.95
611 cal, 22 sat fat, 0 trans fat, 444 mg sodium, 58 carb

🍴 **Cheesecake** seasonal topping 8.50
460 cal, 20 sat fat, 0 trans fat, 330 mg sodium, 31 carb

🍴 **Ice Cream** 5.95
vanilla ice cream 270 cal, 11 sat fat, 0.5 trans fat, 70 mg sodium, 21 carb
chocolate ice cream 270 cal, 11 sat fat, 0.5 trans fat, 60 mg sodium, 22 carb

- Bakery is not a nut and/or gluten free kitchen; items may contain nuts. -

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