






















## CHOWDERS & APPETIZERS

-  **New England Clam Chowder** mug 6.95  
388 cal, 13 sat fat, 0 trans fat, 1136 mg sodium, 19 carb
-  **Lite Clam Chowder** mug 6.95   
135 cal, 0 sat fat, 0 trans fat, 569 mg sodium, 16 carb
-  **Maryland Cream of Crab Soup** mug 6.95  
462 cal, 20 sat fat, 0 trans fat, 2157 mg sodium, 26 carb
- Shrimp Gumbo Soup** 6.95  
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\*** six 10.95 twelve 19.95   
each: 6 cal, 0 sat fat, 0 trans fat, 5 mg sodium, 0 carb  
• Littlenecks  
• Cherrystones
- Raw Shellfish\* Sampler** 10.95   
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"** 14.95   
seared and sliced with 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** 12.95   
1 1/2 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** 16.95  
jumbo lump crab, mustard sauce, seasonal salad  
288 cal, 3 sat fat, 0 trans fat, 693 mg sodium, 9 carb
-  **Shrimp Wontons** steamed or fried, with seaweed salad 11.95  
steamed 276 cal, 1 sat fat, 0 trans fat, 612 mg sodium, 37 carb  
fried 339 cal, 2 sat fat, 0 trans fat, 612 mg sodium, 37 carb
-  **Crispy Montauk Calamari** 13.95   
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   
whole-bellied, sweet & petite, dry packed  
779 cal, 3 sat fat, 0 trans fat, 1691 mg sodium, 115 carb
-  **Popcorn Shrimp** 10.95   
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

 can be prepared without gluten

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

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.

## SALADS

-  **House Salad** half 7.50 full 8.50   
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
-  **Wedge Salad** 9.95  
iceberg wedge, blue cheese, bacon, tomato, blue cheese vinaigrette  
878 cal, 27 sat fat, 0 trans fat, 2561 mg sodium, 9 carb
-  **Classic Caesar Salad** 8.50   
romaine hearts, garlic croutons, shaved romano, creamy dressing  
626 cal, 13 sat fat, 0 trans fat, 1318 mg sodium, 21 carb
-  **Chopped Greek Salad** 8.95   
diced olives, cucumbers, tomatoes, chick peas and feta  
284 cal, 2 sat fat, 0 trans fat, 780 mg sodium, 11 carb
- Top any of the above salads with**
- **Seared Chicken** 5.00 additional   
390 cal, 2.3 sat fat, 0 trans fat, 160 mg sodium, 2.36 carb
  -  • **New England Crabmeat** 10.00 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

- Faroe Island Salmon** 575 cal, 7 sat fat, 0 trans fat, 277 mg sodium, 1 carb 17.95 
-  **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 
- Steak Tips\*** 797 cal, 18 sat fat, 0 trans fat, 784 mg sodium, 20 carb 17.95 
- Marinated Chicken** 21.95   
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
- SIDES** additional sides 4.95 each  
jasmine rice , brown rice , onion strings , french fries ,  
seaweed salad, seasonal vegetable, cole slaw (1.95) 

**PREMIUM SIDES** additional premium sides 6.95 each  
quinoa vegetable salad calabrian lime dressing, pine nuts  
fresh seasonal side salad

sides: 58-480 cal, 0-9 sat fat, 0 trans fat, 2-1003 mg sodium, 9-26 carb

## LEGAL CLASSICS

**Legal's Signature Crab Combo** 30.95  
one jumbo lump crab cake, seared shrimp and scallops mustard sauce,  
seasonal salad 593 cal, 10 sat fat, 0 trans fat, 1309 mg sodium, 12 carb

**Legal's Signature Crab Cakes** 30.95  
two jumbo lump crab cakes, mustard sauce, seasonal salad  
776 cal, 20 sat fat, 0 trans fat, 1576 mg sodium, 18 carb

**Anna's Baked Boston Scrod** 22.95 🍴  
crumbs and tomatoes, choice of two sides  
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** 17.95 🍴  
scrod stewed with mussels, clams and chouriço sausage in a saffron  
tomato broth 724 cal, 8 sat fat, 0 trans fat, 2295 mg sodium, 34 carb

**Seared Mediterranean Salmon** 17.95  
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 french fries and cole slaw

🍴 **Fisherman's Platter** 28.50 🍴  
shrimp, scallops, calamari, clams and scrod  
1530 cal, 8 sat fat, 0 trans fat, 3211 mg sodium, 135 carb

🍴 **New England Clams**...Market Price 🍴  
whole-bellied, sweet & petite, dry packed  
1291 cal, 7 sat fat, 0 trans fat, 2870 mg sodium, 136 carb

🍴 **Fish & Chips** regular or spicy 17.95 🍴  
regular 1267 cal, 7 sat fat, 0 trans fat, 2850 mg sodium, 130 carb  
spicy 1378 cal, 7 sat fat, 0 trans fat, 3723 mg sodium, 154 carb

🍴 **Shrimp** 767 cal, 2 sat fat, 0 trans fat, 1872 mg sodium, 91 carb 17.95 🍴

🍴 **North Atlantic Sea Scallops** dry packed...Market Price 🍴  
858 cal, 2 sat fat, 0 trans fat, 2287 mg sodium, 96 carb

Please note: If you have specific dietary requirements, preferences, or a food allergy, please speak to the owner, manager, chef, or your server.

## SANDWICHES french fries and cole slaw

**Crabmeat Roll** 17.95 🍴  
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  
New England clams, whole-bellied, sweet & petite, dry packed  
796 cal, 9 sat fat, 0 trans fat, 1683 mg sodium, 105 carb

**Seared Chicken Sandwich** 12.95 🍴  
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** 17.95  
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** 14.95  
freshly ground tuna, chili paste, crumbs and spices  
1240 cal, 24 sat fat, 0 trans fat, 1939 mg sodium, 60 carb

**Salmon Reuben** 13.50  
Russian dressing, gouda and cole slaw  
1110 cal, 30 sat fat, 0 trans fat, 1930 mg sodium, 62 carb

**Crispy Fish Sandwich** tartar sauce, lettuce and tomato 12.95 🍴  
913 cal, 9 sat fat, 0 trans fat, 1962 mg sodium, 117 carb

**Hamburger\*** 12.95 🍴  
(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, pomegranate sauce 7.95  
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.

\*Consuming raw or undercooked meat, fish, shellfish, poultry or eggs can increase your chances for a foodborne illness. More information for alternative choices is available upon request.