

APPETIZERS

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

Raw Littleneck Clams*...market price 🍷
each: 6 cal, 0 sat fat, 0 trans fat, 5 mg sodium, 0 carb

Shellfish Sampler* 14.95 🍷
2 oysters, 2 littlenecks and 2 cocktail shrimp
160 cal, 0 sat fat, 0 trans fat, 840 mg sodium, 21 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, baby lettuce salad with tomato, roasted corn and cider dijon vinaigrette
288 cal, 3 sat fat, 0 trans fat, 693 mg sodium, 9 carb

Crispy Calamari 14.95 🍷🌱
regular, or rhode island style (*hot peppers and garlic*)
regular: 760 cal, 7 sat fat, 0 trans fat, 1600 mg sodium, 43 carb
rhode island: 650 cal, 9 sat fat, 0 trans fat, 2720 mg sodium, 38 carb

Popcorn Shrimp 12.95 🍷🌱
regular, buffalo or kung pao
regular: 640 cal, 6 sat fat, 0 trans fat, 1610 mg sodium, 30 carb
buffalo: 590 cal, 8 sat fat, 0 trans fat, 2650 mg sodium, 15 carb
kung pao: 550 cal, 2.5 sat fat, 0 trans fat, 1590 mg sodium, 38 carb

Shrimp Wontons 12.95 🌱
handmade steamed wontons with seaweed salad
276 cal, 1 sat fat, 0 trans fat, 612 mg sodium, 37 carb

Buffalo Wings blue cheese dressing 11.95 🍷
960 cal, 13 sat fat, 0 trans fat, 3040 mg sodium, 4 carb

SANDWICHES FRIES AND COLESLAW

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
570 cal, 10 sat fat, 0 trans fat, 1300 mg sodium, 33 carb

Blackened Salmon Reuben 14.95
russian dressing, gouda and coleslaw on rye
960 cal, 27 sat fat, 1 trans fat, 20 mg sodium, 56 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

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

Hamburger* (*can be undercooked upon request*) 14.95 🍷
add cheese for 1.00
hamburger 730 cal, 18 sat fat, 2 trans fat, 580 mg sodium, 35 carb
cheeseburger 810 cal, 23 sat fat, 2 trans fat, 710 mg sodium, 36 carb

All American Legal Breakfast* 11.95 🍷🌱
3 eggs cooked to any style, bacon, brioche toast and home fries 691 cal, 19 sat fat, 3 trans fat, 826 mg sodium, 30 carb

Legal Breakfast Sandwich 9.95 🌱
scrambled eggs, applewood smoked bacon, monterey jack cheese, brioche, home fries
1320 cal, 48 sat fat, 1.5 trans fat, 2160 mg sodium, 67 carb

Open-Faced Smoked Salmon Bagel* 10.95 🌱
lettuce, red onion, mustard sauce, home fries
1110 cal, 19 sat fat, 1 trans fat, 2600 mg sodium, 116 carb

Brioche French Toast 10.95
seasonal fruit, maple syrup
1000 cal, 33 sat fat, 0.5 trans fat, 550 mg sodium, 94 carb

Fruit & Yogurt Parfait 7.95 🌱
greek yogurt, honey, fresh fruit
240 cal, 4.5 sat fat, 0 trans fat, 45 mg sodium, 39 carb

Coffee 3.75

Orange Juice 3.50
140 cal, 0 sat fat, 0 trans fat, 5 mg sodium, 33 carb

Juice 2.95
Grapefruit, Cranberry, Tomato or Pineapple
50-150 cal, 0 sat fat, 0 trans fat, 0-760 mg sodium, 12-38 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*
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.

Please note: Before placing your order, please inform your server if a person in your party has a food allergy. Allergen, ingredient and calorie information available upon request.
*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.

CHOWDERS & SALADS

New England Clam Chowder mug 8.95 🌱
388 cal, 13 sat fat, 0 trans fat, 1136 mg sodium, 19 carb

Lite Clam Chowder mug 8.95 🍷🌱
135 cal, 0 sat fat, 0 trans fat, 569 mg sodium, 16 carb

Maryland Cream of Crab Soup mug 8.95 🌱
462 cal, 20 sat fat, 0 trans fat, 2157 mg sodium, 26 carb

House Salad 8.95 🍷🌱
creamy romano peppercorn dressing, cherry tomato, shaved carrot and sunflower seeds
607 cal, 10 sat fat, 0 trans fat, 660 mg sodium, 20 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** 7.00 *additional* 🍷
390 cal, 2.3 sat fat, 0 trans fat, 160 mg sodium, 2.36 carb
• **Seared Shrimp** 10.00 *additional* 🍷
380 cal, 3.42 sat fat, 0 trans fat, 421 mg sodium, 2.61 carb
• **Seared Salmon*** 11.00 *additional* 🍷
396 cal, 4.6 sat fat, 0 trans fat, 117 mg sodium, 0 carb

LEGAL CLASSICS

Legal’s Signature Crab Cake Combo 31.95
one jumbo lump crab cake, seared shrimp and scallops, mustard sauce, baby lettuce salad with quinoa, tomato, roasted corn and cider dijon vinaigrette
980 cal, 15 sat fat, 0 trans fat, 2000 mg sodium, 30 carb

Legal’s Signature Crab Cakes 31.95
two jumbo lump crab cakes, mustard sauce, baby lettuce salad with quinoa, tomato, roasted corn and cider dijon vinaigrette
1250 cal, 17 sat fat, 0 trans fat, 2360 mg sodium, 86 carb

Anna’s Baked Boston Cod 24.95 🍷
seasoned crumbs, roasted tomato, spinach, jasmine rice
980 cal, 24 sat fat, 0.5 trans fat, 1380 mg sodium, 84 carb

Shrimp and Garlic 25.95
sautéed with tomato, scallions and mushrooms, with fresh pasta
1431 cal, 22 sat fat, 0 trans fat, 711 mg sodium, 103 carb

LSF Rice Bowl
brown rice, kimchi, shiitake, seaweed salad, spinach, gochujang sauce and sesame vinaigrette, with:
• **Salmon*** 17.95, **Tuna Sashimi*** 17.95 or **Shrimp** 17.95
• *Salmon**: 1580 cal, 10 sat fat, 0 trans fat, 4060 mg sodium, 152 carb
• *Tuna Sashimi**: 1240 cal, 5.5 sat fat, 0 trans fat, 5680 mg sodium, 160 carb
• *Shrimp*: 1180 cal, 4.5 sat fat, 0 trans fat, 3990 mg sodium, 152 carb

Bowl of Gumbo
spicy andouille sausage, crispy fried okra, jasmine rice, with:
• **Shrimp** 17.95, **Organic Chicken** 14.95 or **Crab** 18.95
• *shrimp*: 1040 cal, 14 sat fat, 0 trans fat, 3800 mg sodium, 90 carb
• *organic chicken*: 1090 cal, 11 sat fat, 0 trans fat, 3260 mg sodium, 90 carb
• *crab*: 930 cal, 8 sat fat, 0 trans fat, 3740 mg sodium, 89 carb

Steamed Lobster...market price 🍷
1.25-1.50 lb, fries, coleslaw
720 cal, 42 sat fat, 0 trans fat, 920 mg sodium, <1 carb

BREAKFAST

served until 10 am

Vegetable Omelet 12.50 🍷🌱
roasted red peppers, avocado, tomato, scallions, monterey jack cheese, home fries, applewood smoked bacon and brioche toast
1420 cal, 58 sat fat, 2.5 trans fat, 2300 mg sodium, 54 carb

Smoked Salmon Omelet* 15.95 🍷🌱
cream cheese, chives, brioche toast, home fries
950 cal, 31 sat fat, 1 trans fat, 2160 mg sodium, 45 carb

Bacon Cheddar Omelet 11.95 🍷🌱
brioche toast, home fries
1000 cal, 35 sat fat, 1 trans fat, 1900 mg sodium, 45 carb

Lobster Omelet...market price 🍷🌱
monterey jack cheese, home fries, applewood smoked bacon and brioche toast
1860 cal, 74 sat fat, 3 trans fat, 3070 mg sodium, 74 carb

Home Fries 3.00
187 cal, 1 sat fat, 3 trans fat, 20 mg sodium, 28 carb
Brioche Toast 2.00
390 cal, 16 sat fat, 0.5 trans fat, 370 mg sodium, 29 carb
Bagel with Cream Cheese 3.00
385 cal, 12 sat fat, 0 trans fat, 500 mg sodium, 38 carb
Applewood Smoked Bacon 4.00
142 cal, 5 sat fat, 0 trans fat, 567 mg sodium, 0 carb
Breakfast Sausage 4.00
510 cal, 18 sat fat, 0 trans fat, 580 mg sodium, 4 carb

SEARED

Salmon* 19.95 🍷
garlic leek brown rice, charred broccoli
1040 cal, 8 sat fat, 0 trans fat, 1050 mg sodium, 71 carb

Tuna* (*cooked medium rare*)...market price 🍷🌱
jasmine rice, seaweed salad
680 cal, 2.5 sat fat, 0 trans fat, 1800 mg sodium, 69 carb

Rainbow Trout 20.95 🍷
roasted sweet potatoes, charred broccoli
1110 cal, 8 sat fat, 0 trans fat, 1470 mg sodium, 76 carb

Smothered BBQ Steak Tips* 17.95
mesquite bbq, peppers & onions, coleslaw, onion strings
1380 cal, 10 sat fat, 1 trans fat, 3150 mg sodium, 119 carb

Marinated Organic Chicken 23.95 🍷
jasmine rice, spinach
1600 cal, 34 sat fat, 1.5 trans fat, 1580 mg sodium, 68 carb

Shrimp 18.95 🍷
garlic leek brown rice, charred broccoli
810 cal, 4 sat fat, 0 trans fat, 1100 mg sodium, 72 carb

North Atlantic Sea Scallops...market price 🍷
dry-packed, jasmine rice, spinach
830 cal, 3.5 sat fat, 0 trans fat, 2230 mg sodium, 74 carb

add a skewer of seared shrimp for 6.95 🍷
150 cal, 1 sat fat, 0 trans fat, 170 mg sodium, <1 carb
or scallops for 9.95 🍷
180 cal, 1 sat fat, 0 trans fat, 730 mg sodium, 6 carb

CRISPY FRIED

fries and coleslaw

Fisherman’s Platter 29.95 🍷🌱
shrimp, scallops, calamari, whitefish
1130 cal, 8 sat fat, 0 trans fat, 3030 mg sodium, 56 carb

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

Shrimp 18.95 🍷🌱
790 cal, 7 sat fat, 0 trans fat, 1470 mg sodium, 29 carb

Cod 24.95 🍷🌱
660 cal, 6 sat fat, 0 trans fat, 1250 mg sodium, 27 carb

DESSERTS

Boston Cream Pie 8.95 🌱
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

Three Bon Bons 4.50 🌱
bite-size scoops of ice cream dipped in chocolate
each: 100 cal, 2.5 sat fat, 0 trans fat, 15 mg sodium, 11 carb

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

BREAKFAST COCKTAILS

Bloody Mary 9.00
Sobieski Vodka, world famous LSF Bloody Mary mix, add cocktail shrimp for an additional charge
140 cal, 0 sat fat, 0 trans fat, 447 mg sodium, 7 carb

Mimosa 11.00
sparkling wine, orange juice
112 cal, 0 sat fat, 0 trans fat, 4 mg sodium, 8 carb

Bellini 11.00
sparkling wine, peach liqueur, peach purée
101 cal, 0 sat fat, 0 trans fat, 1 mg sodium, 17 carb

Screwdriver 8.00
orange juice, vodka
170 cal, 0 sat fat, 0 trans fat, 7 mg sodium, 5 carb

Greyhound 8.00
grapefruit juice, vodka
160 cal, 0 sat fat, 0 trans fat, 0 mg sodium, 12 carb

Hawaiian Sea Breeze 8.00
pineapple and cranberry juices, vodka
170 cal, 0 sat fat, 0 trans fat, 10 mg sodium, 18 carb

Cape Codder 8.00
cranberry juice, vodka
130 cal, 0 sat fat, 0 trans fat, 15 mg sodium, 10 carb