

APPETIZERS

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

Steamers thyme, garlic, white wine 16.95 🍷

476 cal, 1 sat fat, 0 trans fat, 381 mg sodium, 17 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 or Rhode Island style (hot peppers and garlic)

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

🍷 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

🍷 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.

CHOWDERS & SALADS

🍷 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

🍷 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

- Grilled 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

- Grilled Shrimp 9.00 additional 🍷

380 cal, 3.42 sat fat, 0 trans fat, 421 mg sodium, 2.61 carb

- Grilled Salmon 10.00 additional 🍷

396 cal, 4.6 sat fat, 0 trans fat, 117 mg sodium, 0 carb

CHAR GRILLED 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 grilled 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, jalapeño cheddar polenta 🍷, cole slaw (1.95) 🍷

PREMIUM SIDES additional premium sides 6.95 each

quinoa vegetable salad calabrian lime dressing, pine nuts 1.95

fresh seasonal side salad 1.95

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, grilled 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 17.95 🍴
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

Grilled 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

New England Lobster Bake...Market Price 🍴
cup of clam chowder, steamers, mussels, chouriço, corn on the cob,
steamed 1-1.25 lb. lobster 729 cal, 8 sat fat, 0 trans fat, 2386 mg sodium, 34 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.

*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.

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

Grilled 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

Tuna Salad Melt 10.95 🍴
pita wrap with pecorino romano and provolone cheese
715 cal, 16 sat fat, 0 trans fat, 1482 mg sodium, 33 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

Sorbet & Fruit 6.95
blood orange sorbet, mixed berries, peach mango syrup, almond cookie
330 cal, 4.5 sat fat, 0 trans fat, 30 mg sodium, 64 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.