

Menu Items	Calories (kcal)
FOOD MENU	
APPETIZERS	
Bang Bang Cauliflower	900
Bisque Lobster Bowl	530
Bisque Lobster Cup	340
Buffalo Wings	960
Calamari Fried Appetizer Plain	760
Calamari Fried Appetizer Plain Marinara	560
Calamari Fried Thai Style Appetizer	810
Calamari Rhode Island Fried Appetizer	650
Calamari Rhode Island Spicy Fried Appetizer	620
Calamari Spicy Fried Appetizer	700
Calamari Spicy Fried Appetizer Marinara	540
Calamari Trio Fried Appetizer	1110
Chicken Wings Asian	830
Chicken Wings Kung Pao	820
Chowder Clam Bowl	510
Chowder Clam Cup	280
Chowder Clam Lite Bowl	270
Chowder Clam Lite Cup	140
Chowder Fish Bowl	620
Chowder Fish Cup	470
Chowder RI Red Bowl	300
Chowder RI Red Cup	180
Clam Cake Appetizer	690
Clams Casino	350
Clams Cherrystones 6 Piece Appetizer	160
Clams Cherrystones 1 Piece Appetizer	25
Clams Littleneck Steamers	570
Clams Littlenecks 6 Piece Appetizer	120
Clams Littlenecks 1 Piece Appetizer	20
Clams Steamers	760
Crab Cream Soup Bowl	470
Crab Cream Soup Cup	320
Crab Dip and Crab Chips	570
Crab Spinach and Feta Dip Appetizer	560
Flatbread Sausage Ricotta	1180
Legal Signature Crabcake - no salad	480
Mussels Fra Diavolo Appetizer	1280
Mussels Picatta Appetizer	1480

New England Fried Clams	730
Oyster Fried Appetizer Chorizo Aioli	730
Oyster Merry 6	120
Oyster Merry 1	20
Oysters Legal	860
Pickles Deep Fried	720
Rhode Island Stuffie	580
Salmon Smoked Appetizer	870
Sauteed Mussels	1130
Shellfish Sampler	180
Shrimp Cocktail Appetizer	210
Shrimp Gumbo Cup	400
Shrimp Popcorn Appetizer	640
Shrimp Popcorn Buffalo Appetizer	620
Shrimp Popcorn Sriracha Lime	670-690
Stuffed Artichokes Shrimp and Scallop	900
Stuffed Quahog	750
Sweet and Spicy Ribs	1130
Treasures of the Reef Large	540
Treasures of the Reef Small	270
Tuna Sashimi	210
Wontons Steamed Appetizer	420
SALADS	
Blue Cheese Red Pear Salad	630
Caesar Full	600
Chop Greek Full	490
Cobb Salad Plain	970
House Full (Peppercorn)	600
House Full (Tomato Balsamic)	390
Little Gem Grilled Haloumi Salad	640
Salad Tortilla Apple Goat Cheese Full	640
Spinach Quinoa Salad	450
Tomato Manouri	450
Tomato Manouri For Sharing	890
Salad Crabmeat Avocado	650
Seasonal Premium Salad - Arugula Pear	490
Seasonal Premium Salad - Craisin Walnut	440
Seasonal Premium Salad - Peas and Radish	160
Seasonal Premium Salad - Tomato Pine Nut	300
Market Salad - Blue Cheese Red Pear	630
Market Salad - Gem Grilled Haloumi	640

Salad Topping Chicken	340
Salad Topping Crabmeat	110
Salad Topping Lobster Salad	280
Salad Topping Salmon	380-430
Salad Topping Shrimp	210
Salad Topping Shrimp Cocktail	90
Salad Topping Tuna Sashimi	110
Swordfish Salad Cous Cous	970
SUSHI	
Sushi BLT Roll	610
Sushi Boat Large	11820
Sushi Boat Small	3130
Sushi California Roll	350
Sushi Caterpillar Roll	660
Sushi Eel Nigiri	240
Sushi Firecracker Roll	620
Sushi Green Dragon Roll	500
Sushi Legal Roll	690
Sushi Lobster Rangoon Roll	580
Sushi Lobster Tempura Roll	610
Sushi Orange Dragon Roll	700
Sushi Red Dragon Roll	500
Sushi Salmon Nigiri	260
Sushi Shrimp Tempura Roll	540
Sushi Spicy Salmon Maki	490
Sushi Spicy Tuna Maki	420
Sushi Surf and Turf	580
Sushi Tuna Hand Roll	260
Sushi Tuna Nigiri	230
MAINS	
Andouille Cornbread Stuffed Trout	1310
Assorted Dinner Entree	1260
Baked Stuffed Shrimp Casserole	1120
Bouillabaisse Dinner	1460
Bouillabaisse Lunch	1150
Catfish Matrimony	1360
Chicken Gumbo Lunch	1090
Chicken Half Boneless	1740
Chicken Half Boneless Mashed Sweets	1360
Chicken Half Roasted	1630
Cioppino	1540

Crab Cake Dinner - no salad	760
Crab Cake Lunch - no salad	480
Crab Gumbo Lunch	930
Fish in a Bag	790
Fisherman Platter Dinner	1130
Fisherman Platter Dinner No Clams	910
Fishermans Stew Lunch	1010
Fried Fisherman Trio Lunch	1260
Fried Oysters and Chicken Salad	790
Grilled Chicken Brown Rice Bowl	1470
Haddock Matrimony	1540
Jasmine Special Dinner	1490
Jasmine Special Dinner Brown Rice	1500
Jasmine Special Dinner Shrimp Cocktail	990-1470
Jasmine Special Shrimp Cocktail Brown Rice	1000-1480
Jasmine Special Lunch	1010
Jasmine Special Lunch Brown Rice	1020
Kung Pao Tofu Brown Rice Bowl Dinner	1440
Kung Pao Tofu Brown Rice Bowl Lunch	1350
Legal Signature Crab Cake Combo - no salad	780
Lobster Ravioli Calabrian	1120
Lobster Shrimp Ravioli Calabrian	1380
Mahi Mahi Blackened	460
Pecan Crusted Snapper - sides	1660
Pizza Chipotle Chicken Breast	1310
Pizza Crab Pepperoni	1020
Pizza Shrimp Florentine	1090
Pizza White Clam	1150
Red Snapper Salsa Verde	620
Salmon Brown Rice Bowl	1370-1400
Salmon Brown Rice Bowl Dinner	1500
Salmon Hoisin	970-1490
Salmon Jasmine Rice Bowl	1580
Salmon Poke Jasmine Rice Bowl	1380
Salmon Mediterranean Grill	920-1020
Salmon Nutty	1910-1960
Scrod Anna's Baked Dinner	980-1320
Scrod Anna's Baked Lunch	980-1140
Seafood Casserole Sherry Dinner	1050
Seafood Casserole Sherry Lunch	920
Seafood Fra Diavolo Dinner	1390

Sesame Ginger Tofu Brown Rice Bowl	1420
Shrimp & Grits	830
Shrimp and Garlic Dinner	1600
Shrimp and Garlic Lunch	1290
Shrimp Brown Rice Bowl	1270
Shrimp Jasmine Rice Bowl	1180
Shrimp Casserole Sherry Lunch	930
Shrimp Curry Lunch	1000
Shrimp Fusilli Dinner	1510
Shrimp Fusilli Lunch	1470
Shrimp Gumbo Bowl Popcorn Shrimp	760
Shrimp Gumbo Lunch	1040
Shrimp Scampi Pizza	1400
Smothered Steak Tips - no sides	820
Sole Lemon Caper Dinner	1260
Swordfish Piccata Lunch	2030
Swordfish Red Onion Jam	1150
Tuna Everything Lunch	1140
Tuna Everything Dinner	1200
Tuna Sashimi Brown Rice Bowl	1240
Tuna Sashimi Brown Rice Bowl Dinner	1340
Tuna Sashimi Jasmine Rice Bowl	1240
Wontons Entrée	680
GRILLED	
Arctic Char Grilled - no sides	490
Arctic Char Grilled - sides	1030
Assorted Dinner Entree - no sides	740
Assorted Dinner Entree - sides	1380
Chicken Breast Grilled Dinner - no sides	1050
Chicken Breast Grilled Dinner - sides	1650
Filet Mignon Grilled - no sides	820
Filet Mignon Grilled - sides	1420
Haddock Grilled Dinner - no sides	360
Haddock Grilled Dinner - sides	900
Haddock Grilled Lunch - no sides	310
Haddock Grilled Lunch - sides	860
Halibut Steak - no sides	340
Halibut Steak - sides	860
Salmon Grilled Lunch - no sides	380-430
Salmon Grilled Lunch - sides	930-980
Salmon Grilled Dinner - no sides	430-490

Salmon Grilled Dinner - sides	980-1030
Scallops Sea Grill Dinner - no sides	340
Scallops Sea Grill Dinner-sides	860
Scallops Sea Grill Lunch - no sides	290
Scallops Sea Grill Lunch - sides	810
Scallops Skewer	180
Shrimp Grilled Dinner - no sides	270
Shrimp Grilled Dinner - sides	790
Shrimp Grilled Lunch - no sides	210
Shrimp Grilled Lunch - sides	730
Shrimp Skewer	150
Sirloin - no sides	630
Sirloin - sides	1230
Smothered Steak Tips – no sides	820
Snapper Grilled - no sides	320
Steak Tips	490
Swordfish and Shrimp Combo – no sides	360
Swordfish Grilled Lunch - no sides	280
Swordfish Grilled Lunch - sides	920
Swordfish Grilled Dinner - no sides	410
Swordfish Grilled Dinner - sides	1050
Swordfish Kabob Grill	500
Trout Rainbow Dinner - no sides	430
Trout Rainbow Dinner - sides	950
Trout Rainbow Lunch - no sides	430
Trout Rainbow Lunch - sides	950
Tuna Grilled Dinner - no sides	340
Tuna Grilled Dinner - sides	710
Tuna Twin Grilled Lunch - no sides	240
Tuna Twin Grilled Lunch - sides	610
CRISPY FRIED (fries, coleslaw or other sides not included)	
Catfish Fried	710
Clams Fried Dinner	960
Clams Fried Lunch	730
Cod Fried Dinner	660
Cod Fried Lunch	660
Fish & Chips Dinner	880
Fish & Chips Lunch	770
Fish & Chips Spicy Dinner	880
Fish & Chips Spicy Lunch	770
Fisherman Platter Dinner	1130

Fisherman Platter Dinner – no clams	910
Fried Seafood Trio Lunch	860
Haddock Fried Dinner	760
Haddock Fried Lunch	650
Oyster Fried Dinner	720
Scallops Sea Fried Dinner	580
Scallops Sea Fried Lunch	500
Shrimp Fried Dinner	800
Shrimp Fried Lunch	620
Special Oyster Fried Lunch	530
SURF & TURF (sides not included)	
Crab Legs King Steamed Braised Dinner	880
Crab Legs King Steamed Dinner	720
Filet with Crab Cake	1510
Filet with Baked Stuffed Shrimp	1470
Filet with Scallop & Shrimp - no sides	890
Filet with Steamed Lobster - no sides	1100
Lobster 1.25-1.5 Baked Stuffed	1170
Lobster 1.5-1.75 Baked Stuffed	1200
Lobster 2.0-2.5 Baked Stuffed	2300
Lobster Bake with Chorizo	1560
Lobster Steamed 1.5 lb	640
Lobster Steamed 1.75 lb	660
Lobster Steamed 2.5 lb	720
Sirloin & Shrimp & Scallops	1140
Sirloin & Stuffed Shrimp	1330
Sirloin with Steamed Lobster - no sides	1120
SANDWICHES	
Blackened Salmon Tacos Lunch - no sides	690
Blackened Salmon Tacos Lunch - sides	1080
Cajun Tuna Taco	1270
Catfish Po Boy - no sides	860
CCP Cape Cod Chips - Fish Sandwich - no sides	1410
CCP Cape Cod Chips - Fish Sandwich - sides	1960
Cheeseburger - no sides	810-1000
Cheeseburger - sides	1350-1540
Chicken BLT	1790
Chicken Grilled Sandwich - no sides	1340
Chicken Grilled Sandwich - sides	1880
Clam Roll Fried – no sides	980
Clam Roll Fried – sides	1520

Crab Cake Sandwich - no sides	830-850
Crab Cake Sandwich - sides	1370
Crabmeat Roll - no sides	580-630
Crabmeat Roll - sides	860-1170
Fish Sandwich Whitefish - no sides	650
Fish Sandwich Whitefish - sides	1190
Fish Tacos	1270
Hamburger - no sides	730-920
Hamburger - sides	1270-1460
Lobster Roll Butter Poached - no sides	870
Lobster Roll Butter Poached - sides	1420
Lobster Roll - no sides	510-570
Lobster Roll - sides	860-1050
Mystic Burger - no sides	1450
Mystic Burger - sides	1990
Oyster Po Boy - no sides	850
Salmon Avocado BLT - no sides	1220
Salmon Burger - no sides	1350
Salmon Burger - sides	1890
Salmon Burger Pita – no sides	1060
Salmon Burger Pita – sides	1330
Salmon Reuben - no sides	980-1040
Salmon Reuben - sides	1520-1580
Shrimp Po Boy - no sides	830
Shrimp Taco	1250
Super Sea Roll - no sides	870
Swordfish Taco	1360
Tuna Burger - no sides	1580
Tuna Burger - sides	2120
Turkey Club - no sides	850
Turkey Club - chips	1140
Turkey Club - fries	1390
SAUCES & FLAVORS	
Gochujang Sauce	35
Bacon Shallot Brown Butter	440
Cajun	220
Cucumber Sauce	80
Kung Pao Sauce	150
Lemon Butter Sauce	560
Lemon Parsley Anchovy Butter	340
Shandong	90

SIDES	
Asparagus Pecorino Grilled	330
Broccoli Steamed	250
Broccoli with Cheese	270
Brown Rice	270
Brussels Sprouts Apple Bacon	230
Brussels Sprouts Braised Bacon	330
Catfish Po Boy Slaw	160
Cole Slaw	130
Corn on the Cob	170
Crispy Risotto Cake	690
French Fries	410
Green Beans	140
Greens Bacon Braised	360
Grits Cheddar	260
Jasmine Rice	260
Kale and Yogurt	300
Onion Strings	430
Orzo Salad Red Pepper Olive	320
Potato Baked	280
Potato Chips Cape Cod	140
Potato Crab Stuffed	660
Potato Mashed	350
Potato Sweet Mashed	250
Premium Baked Potato	1070
Premium Market Vegetable - Asparagus Pecorino	330
Premium Market Vegetable - Snap Peas	130
Premium Market Vegetable - Brussels Sprouts Apple Bacon	230
Quinoa Salad	570
Roasted Fingerling Butternut	360
Roasted Fingerling, Cauliflower, Kale	290
Roasted Mushrooms	470
Seaweed Salad	110-140
Snap Peas	130
Soupy Beans	140
Spinach Sauteed	290
Roll & Butter	140
DESSERTS	
Bananas Foster	770
Blood Orange Sorbet	140
Bon Bon	100

Boston Cream Pie	700
Cake Chocolate Layer Slice	720
Cheesecake Cherry Topping	600
Chocolate Chip Cookies	150
Chocolate Pudding Cake Warm	1200
Dark Chocolate No Sugar Added Mousse	340
Ice Cream, Chocolate	240
Ice Cream, Coffee	180
Ice Cream, Vanilla	250
Key Lime Pie	810
Pecan Tart	780
Sorbet Lemon	140
Whipped Skotidakis Greek Yogurt & Fruit	270
BREAKFAST	
Honey Yogurt & Fruit	240
All American Breakfast	1180
Open Face Smoked Salmon Sandwich	660-970
Egg Crab Cake Sandwich Logan	980-1290
Smoked Salmon & Toasted Bagel	640
French Toast Brioche	1000
Steel Cut Oats	1690
Challah French Toast	1030
Egg Sandwich	870-1240
Topping Avocado for Sandwich	60
Topping Bacon for Sandwich	270
Topping Onion for Sandwich	25
Topping Roasted Red Pepper for Sandwich	20
Topping Tomato for Sandwich	15
Vegetable Omelet	1240-1410
Smoked Salmon Omelet	810-940
Lobster Goat Cheese Omelet	1080
Lobster Omelet	1860
Lobster Crab Omelet	1120-1720
Lobster Meat Omelet	40
Omelet Basic	1320
Omelet Not So Basic	960
Avocado	60
Red Roasted Peppers	20
Bacon	270
Crabmeat	45
Onion	25

Smoked Salmon	70
Tomato Diced	15
Homefries	360
Bacon	160
Breakfast Sausage Links	500
Fresh Fruit	100
English Muffin	230
Rye Toast	340
Brioche	250
Toast Multigrain	240
Toast Sourdough	230
Toast Wheat	240
Asiago Bagel	350
Blueberry Bagel	450
Cinnamon Raisin Bagel	350
Everything Bagel	360
Honey Grain Bagel	370
Marble Bagel	350
Onion Bagel	350
Plain Bagel	350
Poppy Bagel	360
Wheat Bagel	320
Grapefruit Juice	110
Cranberry Juice	150
Orange Juice	140
Tomato Juice	50
Pineapple Juice	150
KIDS	
Cheese Burger	610
Cheese Pizza	630
Pepperoni Pizza	860
Chicken Fingers	340
Cod Sticks	610
Grilled Cheese	560
Hamburger	520
Hot Dog	440
Lobster	690
Mac & Cheese	300
Popcorn Shrimp	430
Ravioli	350
Salad	40

Salmon	400
Shrimp Grilled	220
Brown Rice	130
Fish & Chips	380
French Fries	220
Fresh Fruit	40
Jasmine Rice	130
Mashed Potato	170
Vegetable	60
Brownie	350
Brownie Sundae	910
Ice Cream Chocolate	240
Ice Cream Coffee	180
Ice Cream Vanilla	250
Sundae	510
Milk	140
Apple Juice	100
BEVERAGES	
Bourbon Buck	210
Braveheart	200
Cape Codder	130
Chai White Russian	200
Cranberry Lemon Drop	250
Deadrise	180
Endless Summer	250
Espresso Martini	320
Georgia Julep	210
Hawaiian Seabreeze	170
High Tea	190
Hurricane	270
Iced Irish Coffee	150
Improved Gin & Tonic	160
Mai Tai	210
Maple Old Fashioned	220
Maple Whiskey Sour	240
Mexican Coffee	230
Mexican Mule	170
OFTD Daiquiri	210
Pain Crusher	270
Ruby Red Sangria	240
Spicy Mango Margarita	210

