

APPETIZERS

Blackened Raw Tuna* "Sashimi" 14.95 🌿

pan seared and sliced with sesame chili vinaigrette, seaweed salad and wasabi

Steamers (soft shell clams) 16.95 🌿

thyme, garlic, white wine

Jumbo Shrimp Cocktail 16.50 🌿

Sautéed Mussels 12.95 🌿

1 1/2 pounds with garlic, white wine, crushed red pepper

New England Fried Clams...Market Price 🌿

whole-bellied, sweet & petite, dry packed

Legal's Signature Crab Cake 16.95

jumbo lump crab, mustard sauce, seasonal salad

Fried Oysters chorizo aioli 12.95

Crispy Montauk Calamari 13.95

- regular 🌿
- spicy
- Rhode Island style (hot peppers and garlic) 🌿
- Thai style (pineapple and peanuts)

Crispy Montauk Calamari Trio 16.95

regular, Rhode Island style (hot peppers and garlic) and Thai style (pineapple and peanuts)

Shrimp Wontons 11.95

steamed or fried with seaweed salad

Buffalo Popcorn Shrimp 10.95 🌿

avocado, blue cheese, celery hearts

Bang Bang Cauliflower kung pao 7.50

Warm Spinach and Feta Dip

- with whole wheat pita chips 6.95
- with crabmeat and crab chips 12.95

CHOWDERS

New England Clam Chowder cup 6.50 bowl 8.95

Lite Clam Chowder cup 6.50 bowl 8.95 🌿

Maryland Cream of Crab Soup bowl 8.95

🌿 can be prepared without gluten

LEGAL LOBSTERS from crisp, cold North Atlantic waters

Steamed 1.25-1.50 lb 34.95 / 1.50-1.75 lb 41.95 / 2.00-2.50 lb 55.95 🌿

Baked Stuffed Lobster add 6.00 🌿

shrimp & scallop buttery cracker stuffing

Lobster Bake 41.95 🌿

cup of clam chowder, steamers, mussels, chouriço, corn on the cob, steamed 1-1.25 lb. lobster (larger sizes available please inquire)

CHAR GRILLED

Faroe Island Salmon 17.95 🌿

Rainbow Trout 16.95 🌿

Shrimp 17.95 🌿

North Atlantic

Sea Scallops...Market Price 🌿

dry packed

Haddock 17.95 🌿

comes with choice of two house sides or opt for two premium sides for an additional 1.95 each

add a flavor for no additional charge - kung pao sauce, shandong sauce, lemon, parsley, anchovy butter 🌿 cajun spice 🌿 cucumber yogurt sauce 🌿

add a skewer of scallops 9.95 🌿 or shrimp 6.95 🌿

HOUSE SIDES

a la carte house sides 4.95

french fries 🌿
brown rice leeks, garlic 🌿
broccoli 🌿
seaweed salad
jasmine rice 🌿
mashed potatoes 🌿
cole slaw (1.95) 🌿

PREMIUM SIDES

a la carte premium sides 6.95

sautéed kale honey yogurt, roasted peanuts 🌿
grilled asparagus pecorino romano
fresh seasonal side salad
quinoa vegetable salad
calabrian lime dressing, pine nuts
crispy risotto cake 🌿
corn, cucumber, tomato jam

The costs of sourcing high quality shellfish are currently very high due to supply constraints. We will continue to make these menu items available, but prices will reflect market conditions.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. More information about the safety of consuming raw food is available upon request.

LUNCH ENTREES

- Seafood Casserole** scallops, shrimp and whitefish baked with cheese and sherry garlic butter 🌱 or cream sauce 15.95
- Legal's Signature Crab Cake** jumbo lump crab, mustard sauce, seasonal salad, choice of one house side 17.95
- Grilled Mediterranean Salmon** hummus, cucumber yogurt sauce, orzo, whole wheat pita chips 17.95
- Mushroom Ravioli** portobello mushrooms in a cream sauce 12.95
- Fried Oysters and Chicken Salad** a Philadelphia classic! 12.95
- Jasmine Special** steamed shrimp and broccoli over jasmine rice with melted monterey jack cheese (available with brown rice) 16.95 🌱
- Anna's Baked Boston Scrod** seasoned crumbs, roasted tomato, spinach, jasmine rice (cod or haddock depending on landings) 17.95 🌱
- Portuguese Fisherman's Stew** whitefish stewed with mussels, clams and chouriço sausage in a saffron tomato broth 16.95 🌱
- Everything Spiced Tuna*** (cooked medium rare) roasted red pepper sauce, cucumber sauce, jasmine rice, sautéed spinach 17.50 🌱
- Crispy Fish Tacos** avocado, pickled cabbage, chipotle mayo, ham hock braised black beans and rice 13.95

SALADS

- House Salad** 8.50 🌱
cherry tomato, shaved carrot and sunflower seeds, creamy romano peppercorn dressing or tomato balsamic vinaigrette
- Wedge Salad** 9.95
blue cheese, bacon, tomatoes, blue cheese vinaigrette
- Classic Caesar Salad** 8.50 🌱
romaine, garlic croutons, shaved romano, creamy dressing
- Chopped Greek Salad** 8.95 🌱
olives, cucumbers, tomatoes, chickpeas and feta
- Top any of the above salads with:**
- **Grilled Chicken** 5.00 *additional* 🌱
 - **New England Crabmeat** 10.00 *additional* 🌱
 - **Grilled Shrimp** 9.00 *additional* 🌱
 - **Grilled Salmon** 10.00 *additional* 🌱

CRISPY FRIED french fries and cole slaw

- Fisherman's Trio** 18.95 🌱
shrimp, scallops and clams
- New England Fried Clams**...Market Price 🌱
whole-bellied, sweet & petite, dry packed
- Fish & Chips** 16.95
regular 🌱 or spicy
- Shrimp** 17.95 🌱
- North Atlantic Sea Scallops**...Market Price 🌱
dry packed
- Scrod** 17.95 🌱
(cod or haddock depending on landings)

SANDWICHES french fries and cole slaw

- Legal's Crab Cake** 17.95
jumbo lump crab on a bun with mustard sauce
- Tuna Burger** 15.95
freshly ground tuna, chili paste, crumbs and spices
- Lobster Roll**...Market Price 🌱
warm butter poached or traditional with mayo
- Tuna Salad Melt** 10.95 🌱
pita wrap with pecorino romano and provolone cheese
- Crabmeat Roll** 18.50 🌱
delicate New England crabmeat on a warm buttery bun
- Grilled Chicken Sandwich** 12.95 🌱
applewood smoked bacon, jack cheese, lettuce, tomato and mayo
- Burger*** can be undercooked upon request 12.95 🌱
add cheese for 1.00
- Crispy Fish Sandwich** 12.50 🌱
tartar sauce, lettuce and tomato

🌱 can be prepared without gluten

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 meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. More information about the safety of consuming raw food is available upon request.