

## APPETIZERS

**Blackened Raw Tuna\* "Sashimi"** 14.95 🌿  
pan seared and sliced with sesame chili vinaigrette,  
seaweed salad and wasabi

**Steamers** thyme, garlic, white wine 16.95 🌿

**Jumbo Shrimp Cocktail** 16.50 🌿

**Sautéed Mussels** 13.95 🌿  
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)

**Shrimp Wontons** 11.95  
steamed or fried with seaweed salad

**Buffalo Popcorn Shrimp** 11.95 🌿  
avocado, blue cheese, celery hearts

**Bang Bang Cauliflower** kung pao 7.50

**Warm Spinach and Feta Dip**  
• with whole wheat pita chips 7.95  
• with crabmeat and crab chips 13.95

## CHOWDERS

**New England Clam Chowder** cup 6.50 bowl 8.95

**Lite Clam Chowder** cup 6.50 bowl 8.95 🌿

**Lobster Bisque** cup 8.50 bowl 12.95  
authentic creamy bisque garnished with lobster

🌿 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 🌿  
corn on the cob 🌿  
brown rice leeks, garlic 🌿  
broccoli 🌿  
seaweed salad  
jasmine rice 🌿  
mashed potatoes 🌿  
sautéed spinach 🌿  
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 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

**Curried Shrimp** pineapple, peanuts and jasmine rice 15.95

**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

**Salmon Rice Bowl** 17.95

brown rice, kimchi, shiitake, seaweed salad, spinach, gochujang sauce and sesame vinaigrette  
substitute: Tuna Sashimi\* 17.95 / Tofu 15.95 / Grilled Shrimp 17.95 / Grilled Chicken 16.95

## SALADS

**House Salad** 8.50 🌿

cherry tomato, shaved carrot and sunflower seeds, creamy romano peppercorn dressing or tomato balsamic vinaigrette

**Classic Caesar Salad** 8.50 🌿

romaine, garlic croutons, shaved romano, creamy dressing

**Chopped Greek Salad** 8.95 🌿

olives, cucumbers, tomatoes, chickpeas and feta

**Vine Ripe Tomato & Manouri Cheese Salad** 7.50

cucumber, basil, pickled red onion, extra virgin olive oil  
also available as a table share 15.00

**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** 19.95 🌿

shrimp, scallops and clams

**New England Fried Clams...**Market Price 🌿

whole-bellied, sweet & petite, dry packed

**Fish & Chips** regular 🌿 or spicy 16.95

**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

**Lobster Roll...**Market Price 🌿

warm butter poached or traditional with mayo

**Crabmeat Roll** 18.50 🌿

delicate New England crabmeat on a warm buttery bun

**Crispy Fish Sandwich** 12.95 🌿

tartar sauce, lettuce and tomato

**Tuna Burger** 16.50

freshly ground tuna, chili paste, crumbs and spices

**Burger\*** 12.95 🌿

can be undercooked upon request  
add cheese for 1.00

**Grilled Chicken Sandwich** 12.95 🌿

applewood smoked bacon, jack cheese,  
lettuce, tomato and mayo

🌿 can be prepared without gluten

Food Allergies? If you have a food allergy, or specific dietary requirements or preferences, please speak to the owner, manager, chef or your server.

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