

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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