

APPETIZERS

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

Steamers steamed with drawn butter 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 Point Judith Calamari 13.95
• regular 🌿
• spicy 🌿
• Rhode Island style (hot peppers and garlic) 🌿
• Thai style (pineapple and peanuts)

Shrimp Wontons 11.95
steamed with seaweed salad

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

Bang Bang Cauliflower kung pao 7.50

Hot Lump Crab Dip 11.95
horseradish, cheddar and cream cheese, seafood chips

Kung Pao Chicken Wings 10.95

CHOWDERS

New England Clam Chowder cup 6.75 bowl 9.50

Lite Clam Chowder cup 6.75 bowl 9.50 🌿

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

**HiddenFjord 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 5.50
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 7.50
sautéed kale honey yogurt, roasted peanuts 🌿
fresh seasonal side salad
roasted mushrooms 🌿
confit shallots, herb oil, garlic butter
roasted fingerling potatoes,
cauliflower and kale 🌿
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 ENTRÉES

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 Cod seasoned crumbs, roasted tomato, spinach, jasmine rice 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 🌿

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 9.50 🌿
olives, cucumbers, tomatoes, chickpeas and feta

Blue Cheese Salad 8.95
red pears, frisee, endive, walnuts

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** 11.00 *additional* 🌿
- **Grilled Shrimp** 9.00 *additional* 🌿
- **Grilled Salmon** 10.00 *additional* 🌿

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 18.95 🌿
delicate New England crabmeat on a warm buttery bun

Crispy Fish Sandwich 13.95 🌿
tartar sauce, lettuce and tomato

Tuna Burger 16.95
freshly ground tuna, chili paste, crumbs and spices

CRISPY FRIED french fries and cole slaw

Seafood Trio 17.95 🌿
shrimp, whitefish, calamari

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

Haddock 17.95 🌿

Burger* 13.50 🌿
can be undercooked upon request
add cheese for 1.00

Grilled Chicken Sandwich 12.95 🌿
applewood smoked bacon, jack cheese, lettuce, tomato and mayo

TACOS

Crispy Fish Tacos 14.95
avocado, pickled cabbage, chipotle mayo,
ham hock braised black beans and rice

Blackened Tuna* Tacos 14.95
avocado, pickled cabbage, chipotle mayo,
ham hock braised black beans and rice

🌿 *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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