

LUNCH CLASSICS

Legal's Signature Crab Cake 18.50
jumbo lump crab, mustard sauce, seasonal salad (*may contain nuts*),
choice of one house side

Jasmine Special 16.95
steamed shrimp and broccoli over jasmine rice with melted
monterey jack cheese (*available with garlic leek brown rice*)

Anna's Baked Boston Cod 18.95
seasoned crumbs, roasted tomato, spinach jasmine rice

Everything Tuna* ...market price
(*cooked medium rare*) roasted red pepper sauce, cucumber sauce,
jasmine rice, sautéed spinach

Bowl of Gumbo jasmine rice, fried okra *with*
Shrimp 16.95 / **Organic Chicken** 13.95 / **Crab** 18.95

Portuguese Fisherman's Stew 16.95
saffron tomato broth, chouriço

Salmon Rice Bowl* 17.95 garlic leek brown rice, kimchi,
shiitake, seaweed salad, spinach, gochujang sauce
and sesame vinaigrette, substitute:
Tuna "Sashimi"* 17.95 / **Kung Pao Tofu** 15.95

Grilled Mediterranean Salmon* 18.95
hummus, cucumber yogurt sauce, orzo, whole wheat pita chips

Shrimp Casserole 16.95
monterey jack cheese and sherry garlic butter

Crispy Fish Tacos 16.95
avocado, pickled cabbage, chipotle mayo,
ham hock braised black beans and rice

Blackened Tuna Tacos* 16.95
avocado, pickled cabbage, chipotle mayo,
ham hock braised black beans and rice

Before placing your order, please inform your server if
a person in your party has a food allergy. Allergen,
ingredient and calorie information available upon
request.

*Served raw or undercooked, or contains (or may contain) raw
or undercooked ingredients. Consuming raw or undercooked
meats, poultry, seafood, shellfish, or eggs may increase your
risk of foodborne illness, especially if you have certain medical
conditions.

SALADS

House Salad 8.95
cherry tomato, shaved carrot and sunflower seeds, creamy romano
peppercorn dressing or tomato balsamic vinaigrette

Classic Caesar Salad 8.95
romaine hearts, garlic croutons, shaved romano, creamy dressing*

Chopped Greek Salad 9.95
olives, cucumbers, tomatoes, chickpeas, feta

Vine Ripe Tomato & Burrata Salad 8.95
arugula, radicchio, pesto vinaigrette

Market Salad 8.95
seasonal selection (*may contain nuts*)

Top any of the above salads with:

- **Grilled Organic Chicken** 7.00 *additional*
- **New England Crabmeat** 13.00 *additional*
- **Grilled Shrimp** 10.00 *additional*
- **Grilled Salmon*** 11.00 *additional*

SANDWICHES, BURGERS & PO BOYS

Grilled Organic Chicken Sandwich 14.95
applewood smoked bacon, jack cheese, lettuce, tomato and mayo

Tuna Burger 16.95
chili spiced fresh ground tuna, herb crumbs,
roasted red pepper sauce

Lobster Roll...market price
warm butter poached or traditional with mayo

Crabmeat Roll 21.95
delicate New England crabmeat on a warm buttery bun

Super Sea Roll 23.95
lobster, shrimp, crab, avocado, bacon, lemon mayo

Legal's Crab Cake 18.50
jumbo lump crab on a bun with mustard sauce

Hamburger* 14.95
(*can be undercooked upon request*)
add cheese for 1.00

Crispy Fish Sandwich 14.95
tartar sauce, lettuce and tomato

Catfish Po' Boy 13.95
crispy fried with shredded lettuce, tomato, chipotle mayo

Shrimp Po' Boy 15.95
crispy fried with shredded lettuce, tomato, chipotle mayo

Oyster Po' Boy 15.95
crispy fried with shredded lettuce, tomato, chipotle mayo

LUNCH OPEN FLAME GRILLED
choice of two house sides or opt for
two premium sides for an additional 1.95 each

Tuna Steak* (*medium rare*)...market price

Salmon* 18.95

Rainbow Trout 17.95

Shrimp 18.95

North Atlantic Sea Scallops...market price
dry-packed

Marinated Organic Chicken 22.95
add a skewer of scallops 9.95 or shrimp 6.95

FLAVORS

kung pao sauce herbes de provence butter
lemon butter sauce cajun spice
cucumber yogurt sauce shandong sauce

HOUSE SIDES
à la carte house sides 5.50

french fries seaweed salad
garlic leek brown rice jasmine rice
broccoli & cheese mashed sweet potatoes
spinach coleslaw (1.95)

PREMIUM SIDES
à la carte premium sides 7.50

bacon braised greens
crabmeat stuffed baked potato
fresh seasonal side salad (*may contain nuts*)
market vegetable *seasonal preparation*

LUNCH CRISPY FRIED fries & coleslaw

Seafood Trio shrimp, whitefish, calamari 18.95

Oysters 21.95

Shrimp 18.95

North Atlantic Sea Scallops...market price
dry-packed

Cod 18.95

Catfish 13.95

Fish & Chips regular or spicy 17.95



*If it isn't fresh, it isn't Legal!**

Take-Out Menu

7th Street

704-708 7th Street NW

Washington, D.C. 20001

Phone: 202-347-0007

Order Packaged By

Date

Restaurant Guest Services
guestservices@legalseafoods.com
800.732.0392 x9305

Prices subject to change.

STARTERS

Jumbo Shrimp Cocktail 16.50

Crispy Calamari 14.95

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

Shrimp Wontons 12.95

handmade steamed wontons with sea vegetable salad

Buffalo Popcorn Shrimp 12.95

avocado, blue cheese, celery hearts

Hot Lump Crab Dip 13.95

horseradish, cheddar and cream cheese, seafood chips

Bang Bang Cauliflower kung pao 8.95

Legal's Signature Crab Cake 17.50

jumbo lump crab, mustard sauce, seasonal salad

Kung Pao Chicken Wings 12.95

PURE & FRESH SHELLFISH

Fried Oysters chorizo aioli 13.95

Steamers (*soft shell clams*) 18.95

with drawn butter

Sautéed Mussels 14.95

1 ½ pounds with garlic, white wine, crushed red pepper

New England Fried Clams...market price

dry-packed, whole-bellied, sweet & petite

SOUPS

New England Clam Chowder cup 7.50 bowl 9.95

Lite Clam Chowder cup 7.50 bowl 9.95

Maryland Cream of Crab Soup cup 7.50 bowl 9.95

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CLASSICS

Lobster Bake...market price

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

Anna's Baked Boston Cod 24.95

seasoned crumbs, roasted tomato, spinach, jasmine rice (*cod or haddock depending on landings*)

Jasmine Special 24.95

steamed shrimp and broccoli over jasmine rice with melted monterey jack cheese (*available with garlic leek brown rice*)

Shrimp and Garlic 25.95

sautéed with tomato, scallions and mushrooms, tossed with fresh pasta

Baked Stuffed Shrimp Casserole 28.95

jumbo shrimp, buttery crabmeat stuffing, choice of one house side

Louisiana Catfish Matrimony 17.95

sautéed with shrimp and andouille sausage, jasmine rice, seasonal vegetables

Red Onion Jam Swordfish...market price

jasmine rice, sautéed sherry mushrooms, spinach

Everything Tuna*...market price

grilled medium rare with everything spice mix, roasted red pepper and cucumber sauce, jasmine rice, spinach

Nutty Salmon* 27.95

almond-encrusted, sautéed in a lemon caper butter sauce, mushroom ravioli, spinach

Legal's Signature Crab Cakes 31.95

two jumbo lump crab cakes, mustard sauce, seasonal salad (*may contain nuts*)

Legal's Signature Crab Cake Combo 31.95

one jumbo lump crab cake, grilled shrimp and scallops, mustard sauce, seasonal salad (*may contain nuts*)

Pecan Crusted Snapper 25.95

bourbon butter sauce, mashed sweet potatoes, seasonal vegetable

Cioppino 32.95

lobster, scallops, shrimp, calamari, littlenecks, mussels and whitefish in a light tomato broth

Seafood Casserole 29.95

scallops, shrimp, lobster, whitefish and cheese baked with sherry garlic butter, choice of one house side

Salmon Rice Bowl* 23.95

garlic leek brown rice, kimchi, shiitake, seaweed salad, spinach, gochujang sauce and sesame vinaigrette substitute:

Tuna "Sashimi"* 23.95 / **Kung Pao Tofu** 17.95

LOBSTERS & SURF N' TURF

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

Steamed Lobsters...market price

- **1.25-1.50 lb.**
- **1.50-1.75 lb.**

Baked Stuffed Lobsters add 9.00

shrimp and scallop buttery cracker stuffing

Surf & Turf*

6 oz. filet, herbes de provence butter, *with*

- **Shrimp and Scallops** 42.95
- **Steamed Lobster** 45.95
- **Crab Cake** 42.95

CRISPY FRIED

fries & coleslaw

Fish & Chips 20.95

regular or spicy

Fisherman's Platter 29.95

shrimp, scallops, calamari and whitefish

New England Clams...market price

dry-packed, whole-bellied, sweet & petite

North Atlantic Sea Scallops...market price

dry-packed

Oysters 21.95

Cod 24.95

Shrimp 24.95

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OPEN FLAME GRILLED

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

Salmon* 27.95

Swordfish Steak...market price

Tuna Steak* (*medium rare*)...market price

Snapper 25.95

Rainbow Trout 20.95

Shrimp 24.95

North Atlantic Sea Scallops...market price

dry-packed

Grilled Assorted* 29.95

chef's choice of three fish (*can be cooked medium rare*), shrimp and scallops

add a skewer of scallops 9.95 or shrimp 6.95

Grilled 8 oz. Filet Mignon* 36.95

herbes de provence butter

Marinated Organic Chicken 22.95

FLAVORS

kung pao sauce

lemon butter sauce

cucumber yogurt sauce

herbes de provence butter

cajun spice

shandong sauce

HOUSE SIDES

à la carte house sides 5.50

french fries

garlic leek brown rice

broccoli & cheese

spinach

seaweed salad

jasmine rice

mashed sweet potatoes

coleslaw (1.95)

PREMIUM SIDES

à la carte premium sides 7.50

bacon braised greens

crabmeat stuffed baked potato

fresh seasonal side salad (*may contain nuts*)

market vegetable *seasonal preparation*