

## LUNCH ENTRÉES

### Seafood Casserole 15.95

scallops, shrimp and whitefish baked with cheese and sherry garlic butter

### Legal's Signature Crab Cake 17.95

jumbo lump crab, mustard sauce, seasonal salad, choice of one house side

### Grilled Mediterranean Salmon 17.95

hummus, cucumber yogurt sauce, orzo, whole wheat pita chips

### Curried Shrimp 15.95

pineapple, peanuts and jasmine rice

### Jasmine Special 16.95

steamed shrimp and broccoli over jasmine rice with melted jack cheese (available with brown rice)

### Anna's Baked Boston Cod 17.95

seasoned crumbs, roasted tomato, spinach, jasmine rice

### Portuguese Fisherman's Stew 16.95

whitefish stewed with mussels, clams and chouriço sausage in a saffron tomato broth

### Everything Spiced Tuna\* (cooked medium rare) 17.50

roasted red pepper sauce, jasmine rice, sautéed spinach

### Salmon Rice Bowl 17.95

brown rice, kimchi, shiitake, seaweed salad, spinach, gouchujang sauce and sesame vinaigrette, substitute:

- Tuna Sashimi\* 17.95
- Tofu 15.95
- Grilled Shrimp 17.95
- Grilled Chicken 16.95

## TACOS

### Crispy Fish Tacos 14.95

avocado, pickled cabbage, chipotle mayo, ham hock braised black beans and rice

### Blackened Tuna\* Tacos 15.95

avocado, pickled cabbage, chipotle mayo, ham hock braised black beans and rice

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

## LUNCH 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, chick peas and feta

### Spinach Quinoa Salad 8.95

pear tomatoes, cider dijon vinaigrette

### Vine Ripe Tomato & Manouri Cheese Salad 7.95

cucumber, basil, pickled red onion, white balsamic vinaigrette

### 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 & cole slaw

### Legal's Crab Cake 17.95

jumbo lump crab on a bun with mustard sauce

### Tuna Burger 16.95

freshly ground tuna, chili paste, crumbs and spices

### Lobster Roll...market price

warm butter poached or traditional with mayo

### Crabmeat Roll 19.95

delicate New England crabmeat on a warm buttery bun

### Crispy Fish Sandwich 13.95

tartar sauce, lettuce and tomato

### Grilled Chicken Sandwich 12.95

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

### Burger\* 13.50

(can be undercooked upon request)

add cheese for 1.00

## LUNCH CHAR GRILLED

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

### HiddenFjord Faroe Island Salmon 17.95

### Rainbow Trout 16.95

### Shrimp 17.95

### North Atlantic Sea Scallops market price

dry packed

### Haddock 17.95

selections based on quality and availability

add a skewer of scallops 9.95 or shrimp 6.95

## HOUSE SIDES

french fries	seaweed salad
corn on the cob	jasmine rice
brown rice, leeks, garlic	mashed potatoes
broccoli	sautéed spinach
cole slaw (1.95)	

*a la carte house sides 5.50*

## PREMIUM SIDES

sautéed kale *honey yogurt, roasted peanuts*

crispy risotto cake *corn, cucumber, tomato jam*

fresh seasonal side salad

roasted mushrooms *confit shallots, herb oil, garlic butter*

grilled asparagus *pecorino romano*

*a la carte premium sides 7.50*

## FLAVORS

kung pao sauce	shandong sauce
lemon butter sauce	cajun spice
cucumber yogurt sauce	bacon shallot brown butter

## LUNCH CRISPY FRIED french fries & 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



*If it isn't fresh, it isn't Legal!®*

## TAKE-OUT MENU

Enjoy your take-out order.

I am confident you will be completely satisfied.

We're angling for your thoughts - Give us a call and speak to any of our

Managers with your feedback.

Thank you!

Paramus

One Garden State Plaza

Paramus, NJ 07652

Phone: 201-843-8483

Fax: 201-843-0058

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Order Packaged By

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Date

Restaurant Guest Services  
guestservices@legalseafoods.com

800.732.0392 x9305

Prices subject to change.

## APPETIZERS, CHOWDERS & SALADS

**Steamers** steamed with drawn butter 16.95

**Jumbo Shrimp Cocktail** 16.50

**New England Fried Clams**...market price  
whole-bellied, sweet & petite, dry packed

**Sautéed Mussels** 13.95  
1 1/2 pounds with garlic, white wine, crushed red pepper

**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 or 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 7.95

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

**Kung Pao Chicken Wings** 11.95

**Legal's 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

## LEGAL CLASSICS

**Legal's Signature Crab Cake Combo** 30.95  
one jumbo lump crab cake, grilled shrimp and scallops,  
mustard sauce, seasonal salad

**Legal's Signature Crab Cakes** 30.95  
two jumbo lump crab cakes, mustard sauce, seasonal salad

**Baked Stuffed Shrimp Casserole** 27.95  
jumbo shrimp, buttery crabmeat stuffing,  
choice of one house side

**Nutty HiddenFjord Faroe Island Salmon** 26.95  
almond encrusted, sautéed in a lemon caper butter sauce,  
mushroom ravioli and spinach

**Shrimp and Garlic** 24.95  
sautéed with tomato, scallions and mushrooms, tossed with  
fresh pasta

**Anna's Baked Boston Cod** 23.50  
seasoned crumbs, roasted tomato, spinach, jasmine rice

**Lobster Ravioli & Shrimp "Fra Diavolo"** 25.95  
spicy plum tomato broth, garlic croustade

**Jasmine Special** 24.95  
steamed shrimp and broccoli over jasmine rice with melted  
monterey jack cheese (available with brown rice)

**Cioppino** 30.95  
lobster, scallops, shrimp, calamari, littlenecks, mussels  
and whitefish in a light tomato broth

**Seafood Casserole** 28.95  
scallops, shrimp, lobster, whitefish and cheese baked with  
sherry garlic butter, choice of one house side

**Red Onion Jam Swordfish**...market price  
jasmine rice, sautéed sherry mushrooms and spinach

**Everything Tuna\***...market price  
grilled medium rare with everything spice mix, roasted red pepper  
and cucumber sauce, jasmine rice, spinach

**Salmon Rice Bowl** 17.95  
brown rice, kimchi, shiitake, seaweed salad, spinach,  
gouchujang sauce and sesame vinaigrette, substitute:  
• **Tuna Sashimi\*** 17.95  
• **Tofu** 15.95  
• **Grilled Shrimp** 17.95  
• **Grilled Chicken** 16.95

**LEGAL LOBSTERS**  
from crisp, cold North Atlantic waters

**Steamed**...market price  
1.25 - 1.50 lb.  
1.50 - 1.75 lb.  
2.00 - 2.50 lb.

**Lobster Bake**...market price  
clam chowder, steamers, mussels, chouriço, 1-1.25 lb lobster

**Baked Stuffed Lobster** add 6.00  
shrimp and scallop buttery cracker stuffing

## SURF & TURF

**Baked Stuffed Shrimp & Filet\*** 41.95  
6 oz. filet, bacon shallot brown butter, choice of two  
house sides

**Grilled Shrimp, Scallops & Filet\*** 41.95  
6 oz. filet, bacon shallot brown butter, choice of two  
house sides

**Steamed 1-1.25 lb. Lobster & Filet\*** 44.95  
6 oz. filet, bacon shallot brown butter, choice of two  
house sides

**King Crab Legs** 45.95  
steamed or braised with sherry garlic butter

**Grilled 8 oz. Filet Mignon\*** 34.95  
bacon shallot brown butter, choice of two house sides

**Marinated Grilled Chicken** 21.95  
broccoli, mashed potatoes, lemon chive butter sauce

**CRISPY FRIED** french fries & cole slaw

**Fisherman's Platter** 29.95  
shrimp, scallops, calamari, clams & whitefish

**New England Fried Clams**...market price  
whole-bellied, sweet & petite, dry packed

**Fish & Chips** regular or spicy 19.95

**Shrimp** 23.95

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

**Haddock** 25.95

## CHAR GRILLED

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

**Swordfish Steak** market price

**Tuna\* Steak** cooked medium rare market price

**HiddenFjord Faroe Island Salmon** 26.95

**Rainbow Trout** 19.95

**Shrimp** 23.95

**North Atlantic Sea Scallops** market price  
dry packed

**Haddock** 25.95

**Snapper** 25.95

selections based on quality and availability

add a skewer of scallops 9.95 or shrimp 6.95

## HOUSE SIDES

french fries	seaweed salad
corn on the cob	jasmine rice
brown rice, leeks, garlic	mashed potatoes
broccoli	sautéed spinach
cole slaw (1.95)	

*a la carte house sides 5.50*

## PREMIUM SIDES

sautéed kale *honey yogurt, roasted peanuts*

crispy risotto cake *corn, cucumber, tomato jam*

fresh seasonal side salad

roasted mushrooms *confit shallots, herb oil, garlic butter*

grilled asparagus *pecorino romano*

*a la carte premium sides 7.50*

## FLAVORS

kung pao sauce	shandong sauce
lemon butter sauce	cajun spice
cucumber yogurt sauce	bacon shallot brown butter

\*Served raw or undercooked, or contain (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.

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