

## 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 Scrod** 17.95  
seasoned crumbs, roasted tomato, spinach, jasmine rice (cod or haddock depending on landings)

**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

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

**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

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

**Vine Ripe Tomato & Manouri Cheese Salad** 7.50  
cucumber, basil, pickled red onion, extra virgin olive oil

### 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** 18.95  
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*

**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  
quinoa vegetable salad calabrian lime dressing, pine nuts  
grilled asparagus pecorino romano  
crispy risotto cake corn, cucumber, tomato jam  
fresh seasonal side salad

*a la carte premium sides 7.50*

## FLAVORS

kung pao sauce	shandong sauce
lemon, parsley, anchovy butter	cajun spice
cucumber yogurt sauce	

**LUNCH CRISPY FRIED** french fries & cole slaw

**Fisherman's Trio** shrimp, scallops & clams 19.95

**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** dry packed...market price

**Scrod** (cod or haddock depending on landings) 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** thyme, garlic, white wine 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 7.50

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

**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

**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

**Vine Ripe Tomato & Manouri Cheese Salad** 7.50  
cucumber, basil, pickled red onion, extra virgin olive oil

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

## 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 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 Scrod** 22.95  
seasoned crumbs, roasted tomato, jasmine rice, seasonal vegetables (cod or haddock depending on landings)

**Lobster Ravioli "Fra Diavolo"** 25.95  
spicy calabrian pepper sauce, garlic bread, side salad

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

**Hoisin Glazed Faroe Island Salmon** 26.95  
hoisin sauce and vegetable pad thai with crushed peanuts

**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, lemon, parsley, anchovy butter, choice of two house sides

**Grilled Shrimp, Scallops & Filet\*** 41.95  
6 oz. filet, lemon, parsley, anchovy butter, choice of two house sides

**Steamed 1-1.25 lb. Lobster & Filet\*** 44.95  
6 oz. filet, lemon, parsley, anchovy 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  
lemon, parsley, anchovy 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

**Scrod** 22.95  
(cod or haddock depending on landings)

**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

**Faroe Island Salmon** 26.95

**Arctic Char** 26.95

**Rainbow Trout** 19.95

**Shrimp** 23.95

**North Atlantic Sea Scallops** Market Price  
dry packed

**Haddock** 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  
quinoa vegetable salad calabrian lime dressing, pine nuts  
grilled asparagus pecorino romano  
crispy risotto cake corn, cucumber, tomato jam

fresh seasonal side salad

*a la carte premium sides 7.50*

## FLAVORS

kung pao sauce	shandong sauce
lemon, parsley, anchovy butter	cajun spice
cucumber yogurt sauce	

\*Consuming raw or undercooked meat, fish, shellfish, poultry or eggs can increase your chances for a foodborne illness. More information for alternative choices is available upon request.