

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 14.95
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

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

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
crispy risotto cake corn, cucumber, tomato jam
fresh seasonal side salad
roasted mushrooms confit shallots, herb oil, garlic butter
roasted fingerling potatoes, cauliflower and kale
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

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 dry packed...market price

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

Order Packaged By

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

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

Kung Pao Chicken Wings 10.95

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 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 22.95
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, 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

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

Faroe Island Salmon 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

crispy risotto cake corn, cucumber, tomato jam

fresh seasonal side salad

roasted mushrooms confit shallots, herb oil, garlice butter

roasted fingerling potatoes, cauliflower and kale

a la carte premium sides 7.50

FLAVORS

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cucumber yogurt sauce	

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*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.