

LUNCH CLASSICS

Legal's Signature Crab Cake 18.50

jumbo lump crab cake, mustard sauce, broccoli, seasonal salad *(may contain nuts)*

Everything Spiced Tuna* 17.95 🌿

(cooked medium rare) roasted red pepper sauce, cucumber sauce, jasmine rice, sautéed spinach

Anna's Baked Boston Cod 18.95 🌿

seasoned crumbs, roasted tomato, spinach, jasmine rice

Grilled Mediterranean Salmon* 18.50

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

Portuguese Fisherman's Stew 16.95 🌿

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

Shrimp & Garlic 16.95

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

Jasmine Special 16.95 🌿

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

Shrimp Casserole 15.95

monterey jack cheese, sherry garlic butter, broccoli

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

TACOS ham hock braised black beans and rice

Crispy Fish Tacos 15.95

avocado, pickled cabbage, chipotle mayo

Blackened Salmon Tacos* 15.95

salsa verde, avocado, cabbage & red onion crudito, queso fresco, sriracha aioli

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.

SALADS

Vine Ripe Tomato & Burrata Salad 8.95

arugula, radicchio, pesto vinaigrette

House Salad 8.95 🌿

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

Caesar Salad 8.95 🌿

romaine hearts, garlic croutons, shaved romano, creamy dressing*

Chopped Greek Salad 9.95 🌿

olives, cucumbers, tomatoes, chickpeas, feta

Market Salad 8.95

seasonal selection *(may contain nuts)*

Top any of the above salads with...

- Grilled Organic Chicken 6.50 *additional* 🌿
- New England Crabmeat 12.00 *additional* 🌿
- Grilled Shrimp 9.00 *additional* 🌿
- Grilled Salmon* 10.00 *additional* 🌿
- Lobster Salad...*market price* 🌿

SANDWICHES fries & coleslaw

Crispy Fish Sandwich 14.95 🌿

tartar sauce, lettuce and tomato

Crabmeat Roll 19.95 🌿

delicate New England crabmeat on a warm buttery bun

Lobster Roll...*market price* 🌿

warm butter poached or traditional with mayo

Tuna Burger 16.95

freshly ground tuna, chili paste, crumbs and spices

Legal's Crab Cake 18.50

jumbo lump crab on a bun with mustard sauce

Grilled Organic Chicken Sandwich 14.95 🌿

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

Hamburger* 13.95 🌿

(can be undercooked upon request)

- add cheese for 1.00

*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.

LUNCH OPEN FLAME GRILLED

Rainbow Trout 🌿

garlic leek brown rice, broccoli

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

garlic leek brown rice, broccoli

Salmon* 🌿

jasmine rice, sautéed spinach

Shrimp 🌿

garlic leek brown rice, broccoli

Haddock 🌿

jasmine rice, sautéed spinach

add a skewer of scallops for 9.95 🌿 or shrimp for 6.95 🌿

FLAVORS

kung pao sauce

cajun spice 🌿

cucumber yogurt sauce 🌿

shandong sauce

lemon butter sauce 🌿

herbes de provence butter 🌿

LUNCH CRISPY FRIED fries & coleslaw

Seafood Trio shrimp, whitefish, calamari 18.95 🌿

Shrimp 17.95 🌿

New England Clams...*market price* 🌿

dry-packed, whole-bellied, sweet & petite

North Atlantic Sea Scallops...*market price* 🌿

dry-packed

Fish & Chips 16.95 🌿

Haddock 18.95 🌿

SIDES

sautéed kale 🌿

honey yogurt, roasted peanuts

roasted mushrooms 🌿

confit shallots, herb oil, garlic butter

fresh seasonal side salad *(may contain nuts)*

market vegetable

seasonal preparation

a la carte premium sides 7.50



If it isn't fresh, it isn't Legal!®

TAKE-OUT MENU

South Shore Place
30 Forbes Road
Braintree, MA 02184

Phone: 781-817-1292

Order Packaged By

Date

Restaurant Guest Services
guestservices@legalseafoods.com
800.732.0392 x9305

STARTERS

Jumbo Shrimp Cocktail 15.95 🌿

Smoked Salmon* 14.95 🌿
mustard sauce, capers, red onion, brioche toast points

Legal's Signature Crab Cake 17.50
jumbo lump crab, mustard sauce, seasonal salad (*may contain nuts*)

Oysters Legal 16.95
baked with spinach, cheese and crumbs

Sautéed Mussels 14.95 🌿
1 ½ pounds with garlic, white wine, crushed red pepper

Steamers 17.95 🌿
with drawn butter

Kung Pao Chicken Wings 11.95

Crispy Calamari 14.95
• **regular** 🌿
• **Rhode Island style** (*hot peppers and garlic*) 🌿
• **Thai style** (*pineapple and peanuts*)

Buffalo Popcorn Shrimp 12.95 🌿
avocado, blue cheese, celery hearts

Hot Lump Crab Dip 13.95
horseradish, cheddar, cream cheese, seafood chips

Bang Bang Cauliflower kung pao 8.50

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

Shrimp Wontons 11.95
steamed with seaweed salad

SOUPS

New England Clam Chowder cup 6.95 bowl 9.95

Lite Clam Chowder cup 6.95 bowl 9.95 🌿

Fish Chowder cup 6.95 bowl 9.95

Lobster Bisque cup 8.95 bowl 12.95

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.

CLASSICS

Nutty Salmon* 26.95
almond-encrusted, sautéed in a lemon caper butter sauce, mushroom ravioli, spinach

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

Cioppino 32.95
lobster, scallops, shrimp, calamari, littlenecks and mussels in a light tomato broth

Legal's Signature Crab Cake Combo 31.95
one jumbo lump crab cake, grilled shrimp and scallops, mustard sauce, seasonal salad (*may contain nuts*)

Legal's Signature Crab Cakes 31.95
two jumbo lump crab cakes, mustard sauce, seasonal salad (*may contain nuts*)

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

Anna's Baked Boston Cod 24.95 🌿
seasoned crumbs, roasted tomato, spinach, jasmine rice

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

Seafood Casserole 29.95
scallops, shrimp, lobster, whitefish and cheese baked with sherry garlic butter, roasted fingerling potatoes, seasonal vegetable

Baked Stuffed Shrimp Casserole 28.95
jumbo shrimp, buttery crabmeat stuffing, broccoli

Lemon Caper Grey Sole 29.95
lemon beurre blanc, jasmine rice, sautéed spinach

Salmon Rice Bowl* 23.95
garlic leek brown rice, kimchi, shiitake, seaweed salad, spinach, gouchujang sauce and sesame vinaigrette, substitute:
• **Tuna "Sashimi"*** 23.95 • **Kung Pao Tofu** 17.95

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

Pan-Seared Boneless Half Chicken 21.95
mashed potatoes, broccoli, chive lemon butter sauce

Grilled 8 oz. Filet Mignon* 35.95 🌿
herbes de provence butter, mashed potatoes, broccoli
(**can be undercooked upon request*)

LEGAL LOBSTERS

from crisp, cold North Atlantic waters

Steamed Lobsters...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

CRISPY FRIED

fries & coleslaw

Fish & Chips 20.95 🌿

Shrimp 23.95 🌿

Fisherman's Platter 29.95 🌿
shrimp, scallops, calamari, clams and whitefish

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

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

Haddock 26.95 🌿

PIZZA

Crab & Pepperoni 13.95
mozzarella, peppadew peppers

White Clam 11.95
pancetta and arugula

Chipotle BBQ Organic Chicken 12.95
bacon, jalapeno jam, gouda, cheddar

Shrimp Feta Spinach 12.95
caramelized onions, garlic confit, fontina

Chef's Daily Feature

*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.

© copyright 2018 Legal Sea Foods, LLC

OPEN FLAME GRILLED

add a skewer of scallops 9.95 🌿 or shrimp 6.95 🌿

Swordfish Steak...market price 🌿
mashed potatoes, sautéed spinach

Tuna Steak*...market price 🌿
(*cooked medium rare*) jasmine rice, seaweed salad

Rainbow Trout 19.95 🌿
garlic leek brown rice, broccoli

Salmon* 26.95 🌿
jasmine rice, sautéed spinach

Arctic Char 26.95 🌿
jasmine rice, sautéed spinach

Halibut Steak 32.95 🌿
garlic leek brown rice, broccoli

Mahi Mahi 25.95 🌿
garlic leek brown rice, spinach

Shrimp 23.95 🌿
garlic leek brown rice, broccoli

North Atlantic Sea Scallops...market price 🌿
dry-packed, garlic leek brown rice, broccoli

Haddock 26.95 🌿
jasmine rice, sautéed spinach

FLAVORS

kung pao sauce
cajun spice 🌿
cucumber yogurt sauce 🌿

shandong sauce
lemon butter 🌿
herbes de provence butter 🌿

SIDES

sautéed kale 🌿
honey yogurt, roasted peanuts
roasted mushrooms 🌿
confit shallots, herb oil, garlic butter
fresh seasonal side salad (*may contain nuts*)

market vegetable
seasonal preparation

a la carte premium sides 7.50