

## LUNCH CLASSICS

**Legal's Signature Crab Cake** 17.95  
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 brown rice*)

**Anna's Baked Boston Cod** 17.95  
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** 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** 17.95  
hummus, cucumber yogurt sauce, orzo, whole wheat pita chips

**Shrimp Casserole** 15.95  
monterey jack cheese and sherry garlic butter

**Crispy Fish Tacos** 15.95  
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

Please note: Before placing your order, please inform  
your server if a person in your party has a food allergy .

\*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** 8.50  
cherry tomato, shaved carrot and sunflower seeds, creamy romano  
peppercorn dressing or tomato balsamic vinaigrette

**Classic Caesar Salad** 8.50  
romaine hearts, garlic croutons, shaved romano, creamy dressing\*

**Chopped Greek Salad** 9.50  
olives, cucumbers, tomatoes, chickpeas and feta

**Vine Ripe Tomato & Manouri Cheese Salad** 8.50  
cucumber, basil, pickled red onion, arugula,  
white balsamic vinaigrette

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

**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*

## SANDWICHES, BURGERS & PO BOYS

**Grilled Organic Chicken Sandwich** 13.95  
applewood smoked bacon, jack cheese, lettuce, tomato and mayo

**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

**Super Sea Roll** 22.95  
lobster, shrimp, crab, avocado, bacon, lemon mayo

**Legal's Crab Cake** 17.95  
jumbo lump crab on a bun with mustard sauce

**Hamburger\*** 13.95  
can be undercooked upon request  
add cheese for 1.00

**Crispy Fish Sandwich** 13.95  
tartar sauce, lettuce and tomato

**Catfish Po' Boy** 12.95  
crispy fried with shredded lettuce, tomato, chipotle mayo

**Shrimp Po' Boy** 14.95  
crispy fried with shredded lettuce, tomato, chipotle mayo

**Oyster Po' Boy** 14.95  
crispy fried with shredded lettuce, tomato, chipotle mayo

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

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

**Salmon** 17.95

**Rainbow Trout** 16.95

**Shrimp** 17.95

**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  
lemon butter sauce  
cucumber yogurt sauce

bacon shallot brown butter  
cajun spice  
shandong sauce

## HOUSE SIDES

*a la carte house sides 5.50*

french fries  
brown rice, leeks, garlic  
broccoli & cheese  
spinach

seaweed salad  
jasmine rice  
mashed sweet potatoes  
cole slaw (1.95)

## PREMIUM SIDES

*a 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 and cole slaw

**Seafood Trio** shrimp, whitefish, calamari 19.95

**Oysters** 21.95

**Shrimp** 17.95

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

**Cod** 17.95

**Catfish** 13.95

**Fish & Chips** regular or spicy 16.95



*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!

7th Street

704-708 7th Street NW  
Washington, D.C. 20001

Phone: 202-347-0007

Fax: 202-347-9829

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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.

**STARTERS** plates to share

**Jumbo Shrimp Cocktail** 16.50

**Crispy Calamari** 13.95

- regular
- 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

**Hot Lump Crab Dip** 12.95  
horseradish, cheddar and cream cheese, seafood chips

**Bang Bang Cauliflower** kung pao 7.95

**Legal's Signature Crab Cake** 16.95  
jumbo lump crab, mustard sauce, seasonal salad

**Kung Pao Chicken Wings** 11.95

## PURE & FRESH SHELLFISH

**Fried Oysters** chorizo aioli 12.95

**Steamers** (soft shell clams) 17.95  
steamed with drawn butter

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

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

## SOUPS

**New England Clam Chowder** cup 6.95 / bowl 9.95

**Lite Clam Chowder** cup 6.95 / bowl 9.95

**Maryland Cream of Crab Soup** cup 6.95 / 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** 23.95  
seasoned crumbs, roasted tomato, spinach, jasmine rice (cod or had-dock depending on landings)

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

**Shrimp and Garlic** 24.95  
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 and spinach

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

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

**Legal's Signature Crab Cakes** 30.95  
two jumbo lump crab cakes, mustard sauce, seasonal salad (*may contain nuts*)

**Legal's Signature Crab Cake Combo** 30.95  
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 potato, seasonal vegetable

**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

**Salmon Rice Bowl** 22.95  
brown rice, kimchi, shiitake, seaweed salad, spinach, gochujang sauce and sesame vinaigrette  
substitute:  
**Tuna "Sashimi"**\* 22.95 / **Kung Pao Tofu** 16.95

**LOBSTERS & SURF N' TURF**  
comes with choice of two house sides or opt for two premium sides for an additional 1.95 each

**Steamed Lobster**...market price

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

**Baked Stuffed Lobster** add 8.00  
shrimp & scallop buttery cracker stuffing

**Filet Mignon\*** 6 oz.  
bacon shallot brown butter

*with*

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

**CRISPY FRIED**  
fries and cole slaw

**Fish & Chips** 19.95  
regular or spicy

**Fisherman's Platter** 25.95  
shrimp, scallops, calamari, whitefish

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

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

**Oysters** 21.95

**Cod** 23.95

**Shrimp** 23.95

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

**Salmon** 26.95

**Swordfish Steak**...market price

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

**Snapper** 25.95

**Rainbow Trout** 19.95

**Shrimp** 23.95

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

**Chef's Assortment\*** 28.95  
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\*** 35.95  
bacon shallot brown butter

**Marinated Organic Chicken** 22.95

## FLAVORS

<b>kung pao sauce</b>	<b>bacon shallot brown butter</b>
<b>lemon butter sauce</b>	<b>cajun spice</b>
<b>cucumber yogurt sauce</b>	<b>shandong sauce</b>

## HOUSE SIDES

<i>a la carte house sides 5.50</i>	
<b>french fries</b>	<b>seaweed salad</b>
<b>brown rice, leeks, garlic</b>	<b>jasmine rice</b>
<b>broccoli &amp; cheese</b>	<b>mashed sweet potatoes</b>
<b>spinach</b>	<b>cole slaw</b> (1.95)

## PREMIUM SIDES

*a la carte premium sides 7.50*

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