

LUNCH MAINS

Legal's Signature Crab Cake 17.95

jumbo lump crab, mustard sauce, seasonal salad, 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 16.95 / Chicken 12.95 / Crab 18.95

jasmine rice, fried okra *with*

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 / **Tofu** 15.95 /

Grilled Shrimp 17.95 / **Grilled Chicken** 16.95

Grilled Mediterranean Salmon 17.95

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

Seafood Casserole 15.95

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

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

Please note: If you have specific dietary requirements, preferences, or a food allergy, please speak to the owner, manager, chef, or your server.

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 7.95

cucumber, basil, pickled red onion, white balsamic vinaigrette

Spinach Quinoa Salad 8.95

pear tomatoes, cider dijon 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, BURGERS & PO BOYS

Grilled Chicken Sandwich 12.95

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

Burger* 13.50

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

add a fried egg to any sandwich 1.00

LUNCH 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 *(medium rare)*...market price

HiddenFjord Faroe Island Salmon 17.95

Rainbow Trout 16.95

Shrimp 17.95

North Atlantic Sea Scallops...market price

dry packed

Marinated Chicken 21.95

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

crispy risotto cake *corn, cucumber, tomato jam*

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

grilled asparagus *pecorino romano*

LUNCH CRISPY FRIED fries and cole slaw

Seafood Trio shrimp, whitefish, calamari 19.95

New England Fried Clams...market price

whole-bellied, sweet & petite, dry packed

Shrimp 17.95

North Atlantic Sea Scallops dry packed...market price

Haddock 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

Order Packaged By

Date

Restaurant Guest Services
guestservices@legalseafoods.com
800.732.0392 x9305

Prices subject to change.

APPETIZERS plates to share

Jumbo Shrimp Cocktail 16.50

Crispy Point Judith 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 11.95

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) 16.95

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 6.75 / bowl 9.50

Lite Clam Chowder cup 6.75 / bowl 9.50

Maryland Cream of Crab Soup cup 6.75 / bowl 9.50

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 23.50

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 27.95

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

Legal’s Signature Crab Cakes 30.95

two jumbo lump crab cakes, mustard sauce, seasonal salad

Legal’s Signature Crab Cake Combo 30.95

one jumbo lump crab cake, grilled shrimp and scallops, mustard sauce, seasonal salad

Pecan Crusted Snapper 25.95

bourbon butter sauce, mashed sweet potato, buttered green beans

Cioppino 30.95

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

Seafood Caserole 28.95

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

Please note: If you have specific dietary requirements, preferences, or a food allergy, please speak to the owner, manager, chef, or your server.

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 6.00

shrimp & scallop buttery cracker stuffing

BBQ Ribs & Shrimp 24.95

Filet Mignon* 6 oz.

bacon shallot brown butter

with

- **Shrimp and Scallops** 41.95
- **Steamed Lobster** 44.95
- **Crab Cake** 41.95

CRISPY FRIED

fries and cole slaw

Fish & Chips 19.95

regular or spicy

Fisherman’s Platter 29.95

shrimp, scallops, calamari, clams & whitefish

New England Clams...market price

whole-bellied, sweet & petite, dry packed

North Atlantic Sea Scallops...market price

dry packed

Oysters 21.95

Haddock 25.95

Shrimp 23.95

*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.

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 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* 34.95

bacon shallot brown butter

Marinated Chicken 21.95

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

crispy risotto cake *corn, cucumber, tomato jam*

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

grilled asparagus *pecorino romano*