

## 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 Scrod 17.95

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

### 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 17.95 / Tofu 15.95 / Grilled Shrimp 17.95

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 14.95

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 7.50

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, 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 18.95

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, parsley, anchovy butter

cucumber yogurt sauce

### shandong sauce

cajun spice

## HOUSE SIDES

*a la carte house sides 5.50*

### french fries

brown rice, leeks, garlic

broccoli & cheese

spinach

### seaweed salad

jasmine rice

mashed 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 🌿

roasted fingerling potatoes, cauliflower and kale 🌿

## 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

7th Street



*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.

12.16

## 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 7.50

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

**Kung Pao Chicken Wings** 10.95

## 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** 22.95  
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 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

**Snapper Salsa Verde** 23.95  
lump crabmeat, red rice & beans

**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

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.  
lemon, parsley, anchovy 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

\*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.

**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** 22.95

**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

**Twin Filet Mignon\*** 46.95

**Petite Filet Mignon\*** 28.95

**Marinated Chicken** 21.95

## FLAVORS

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

## HOUSE SIDES

*a la carte house sides 5.50*

**french fries** **seaweed salad**  
**brown rice, leeks, garlic** **jasmine rice**  
**broccoli & cheese** **mashed potatoes**  
**spinach** **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   
**roasted fingerling potatoes, cauliflower and kale** 