

## 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 15.95 / Shrimp 17.95 / Chicken 11.95 / Crab 17.95

jasmine rice, fried okra with

### Portuguese Fisherman's Stew 16.95

saffron tomato broth, chouriço

### Sesame Tofu Korean Rice Bowl 12.95

pickled vegetables, shiitake, wakame, jasmine rice, egg yolk\*

### 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 or cream sauce

### Mushroom Ravioli 12.95

portobello mushrooms in a cream sauce

### Crispy Fish Tacos 13.95

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

### Wedge Salad 9.95

blue cheese, bacon, tomatoes, blue cheese vinaigrette

### Classic Caesar Salad 8.50

romaine, garlic croutons, shaved romano, creamy dressing

### Chopped Greek Salad 8.95

olives, cucumbers, tomatoes, chick peas and feta

### Top any of the above salads with:

- Grilled Chicken 5.00 *additional*
- New England Crabmeat 10.00 *additional*
- Grilled Shrimp 9.00 *additional*
- Grilled Salmon 10.00 *additional*

### Crabmeat & Avocado 18.50

tomato, cucumbers, egg, whole grain mustard dressing

## SANDWICHES, BURGERS & PO BOYS

### Grilled Chicken Sandwich 12.95

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

### Tuna Burger 15.95

freshly ground tuna, chili paste, crumbs and spices

### Lobster Roll...market price

warm butter poached or traditional with mayo

### Crabmeat Roll 18.50

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\* 12.95

can be undercooked upon request  
add cheese for 1.00

### Crispy Fish Sandwich 12.50

tartar sauce, lettuce and tomato

### Catfish Po' Boy 11.95

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

### 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 4.95*

### 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 6.95*

### bacon braised greens

### crabmeat stuffed baked potato

### quinoa vegetable salad calabrian lime dressing, pine nuts

### fresh seasonal side salad

### grilled asparagus pecorino romano

### crispy risotto cake corn, cucumber, tomato jam

## LUNCH CRISPY FRIED

fries and cole slaw

### Fisherman's Trio shrimp, scallops and clams 18.95

### New England Fried Clams...market price

whole-bellied, sweet & petite, dry packed

### Shrimp 17.95

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

### Scrod (cod or haddock depending on landings) 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.

32316

## APPETIZERS plates to share

**Jumbo Shrimp Cocktail** 16.50

**Crispy Montauk Calamari** 13.95

- regular
- spicy
- **Rhode Island style** (*hot peppers and garlic*)
- **Thai style** (*pineapple and peanuts*)

**Shrimp Wontons** 11.95

steamed or fried with seaweed salad

**Buffalo Popcorn Shrimp** 10.95

avocado, blue cheese, celery hearts

**Hot Lump Crab Dip** 12.95

horseradish, cheddar and cream cheese, seafood chips

**Bang Bang Cauliflower** kung pao 7.50

**Warm Spinach and Feta Dip** 6.95

with whole wheat pita chips

**Legal's Signature Crab Cake** 16.95

jumbo lump crab, mustard sauce, seasonal salad

## PURE & FRESH SHELLFISH

**Fried Oysters** chorizo aioli 12.95

**Steamers** (soft shell clams) 16.95

thyme, garlic, white wine

**Sautéed Mussels** 12.95

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 6.50 / bowl 8.95

**Lite Clam Chowder** cup 6.50 / bowl 8.95

**Maryland Cream of Crab Soup** bowl 8.95

## 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 Scrod** 22.95

seasoned crumbs, roasted tomato, jasmine rice, seasonal vegetables (*cod or haddock 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

**Snapper Salsa Verde** 22.95

lump crabmeat, red rice & beans

**Cioppino** 29.95

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

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** 18.95

regular or spicy

**Fisherman's Platter** 29.50

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

**Scrod** 22.95

(cod or haddock depending on landings)

**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

**Faroe Island Salmon** 25.95

**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**

**lemon, parsley, anchovy butter**

**cucumber yogurt sauce**

**shandong sauce**

**cajun spice**

## HOUSE SIDES

*a la carte house sides 4.95*

**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 6.95*

**bacon braised greens**

**crabmeat stuffed baked potato**

**quinoa vegetable salad** calabrian lime dressing, pine nuts

**fresh seasonal side salad**

**grilled asparagus** pecorino romano

**crispy risotto cake** corn, cucumber, tomato jam