

CHOWDERS & APPETIZERS


 **New England Clam Chowder** mug 7.50
388 cal, 13 sat fat, 0 trans fat, 1136 mg sodium, 19 carb


 **Lite Clam Chowder** mug 7.50 
135 cal, 0 sat fat, 0 trans fat, 569 mg sodium, 16 carb



 **Maryland Cream of Crab Soup** mug 7.50
462 cal, 20 sat fat, 0 trans fat, 2157 mg sodium, 26 carb

Shrimp Gumbo Soup 7.50
760 cal, 9 sat fat, 0 trans fat, 2480 mg sodium, 55 carb


Raw Oysters*...market price 
each: 10-11 cal, 0 sat fat, 0 trans fat, 15-30 mg sodium, 1 carb

Raw Clams* six 10.95 twelve 19.95 
each: 6 cal, 0 sat fat, 0 trans fat, 5 mg sodium, 0 carb
• Littlenecks
• Cherrystones


Raw Shellfish* Sampler 10.95 
2 oysters, 3 littlenecks and 2 cherrystone clams
51 cal, 0 sat fat, 0 trans fat, 60 mg sodium, 2 carb



 **Blackened Raw* Tuna "Sashimi"** 14.95 
seared and sliced with sesame chili vinaigrette, seaweed salad and wasabi
239 cal, 2 sat fat, 0 trans fat, 1066 mg sodium, 6 carb

 **Jumbo Shrimp Cocktail** 16.50 
199 cal, 0 sat fat, 0 trans fat, 871 mg sodium, 16 carb

Mussels 12.95 
1 1/2 pounds, garlic, white wine, crushed red pepper
966 cal, 19 sat fat, 0 trans fat, 1950 mg sodium, 32 carb


Legal's Signature Crab Cake 16.95
jumbo lump crab, mustard sauce, seasonal salad
288 cal, 3 sat fat, 0 trans fat, 693 mg sodium, 9 carb

 **Shrimp Wontons** steamed with seaweed salad 11.95
steamed 276 cal, 1 sat fat, 0 trans fat, 612 mg sodium, 37 carb


 **Crispy Point Judith Calamari** 13.95 
regular, spicy, Rhode Island style (hot peppers and garlic)
or Thai style (pineapple and peanuts)
regular 794 cal, 6 sat fat, 0 trans fat, 1682 mg sodium, 81 carb
spicy 691 cal, 6 sat fat, 0 trans fat, 1042 mg sodium, 57 carb
Rhode Island 657 cal, 12 sat fat, 0 trans fat, 1494 mg sodium, 47 carb
Thai 810 cal, 4.5 sat fat, 0 trans fat, 2410 mg sodium, 80 carb

 **New England Fried Clams**...market price 
whole-bellied, sweet & petite, dry packed
779 cal, 3 sat fat, 0 trans fat, 1691 mg sodium, 115 carb

 **Popcorn Shrimp** 10.95 
854 cal, 6 sat fat, 0 trans fat, 2588 mg sodium, 91 carb



Buffalo Wings blue cheese dressing 9.95 
960 cal, 13 sat fat, 0 trans fat, 3040 mg sodium, 4 carb



 can be prepared without gluten



 These fresh items are on-time, all the time.
Catch a bite to eat and then be on your way.



The FDA recommends limits of 20 g of saturated fat (including trans fats) and 2,400 mg of sodium based on a 2,000 calorie per day diet. A 2000 calorie diet is used for the basis of general nutrition advice; individual calorie needs, however, may vary.

SALADS


 **House Salad** half 7.50 full 8.50 
creamy romano peppercorn dressing, cherry tomato, shaved carrot
and sunflower seeds
half: 307 cal, 5 sat fat, 0 trans fat, 332 mg sodium, 10 carb
full: 607 cal, 10 sat fat, 0 trans fat, 660 mg sodium, 20 carb



 **Spinach Quinoa Salad** 8.95 
pear tomatoes, cider dijon vinaigrette
450 cal, 3.5 sat fat, 0 trans fat, 780 mg sodium, 43 carb


 **Classic Caesar Salad** 8.50 
romaine hearts, garlic croutons, shaved romano, creamy dressing
626 cal, 13 sat fat, 0 trans fat, 1318 mg sodium, 21 carb

 **Chopped Greek Salad** 9.50 
diced olives, cucumbers, tomatoes, chick peas and feta
284 cal, 2 sat fat, 0 trans fat, 780 mg sodium, 11 carb

Top any of the above salads with

• **Seared Chicken** 5.00 additional 
390 cal, 2.3 sat fat, 0 trans fat, 160 mg sodium, 2.36 carb



 • **New England Crabmeat** 11.00 additional 
199 cal, 0 sat fat, 0 trans fat, 640 mg sodium, 0 carb

• **Seared Shrimp** 9.00 additional 
380 cal, 3.42 sat fat, 0 trans fat, 421 mg sodium, 2.61 carb

• **Seared Salmon** 10.00 additional 
396 cal, 4.6 sat fat, 0 trans fat, 117 mg sodium, 0 carb


SEARED choice of two sides

HiddenFjord Faroe Island Salmon 17.95 
575 cal, 7 sat fat, 0 trans fat, 277 mg sodium, 1 carb

 **Tuna*** cooked medium rare...market price 
545 cal, 4 sat fat, 0 trans fat, 265 mg sodium, 1 carb

Swordfish 583 cal, 7 sat fat, 0 trans fat, 415 mg sodium, 1 carb...market price 


Rainbow Trout 576 cal, 6 sat fat, 0 trans fat, 248 mg sodium, 1 carb 19.95 






Smothered BBQ Steak Tips* 17.95 
mesquite bbq, peppers & onions
820 cal, 6 sat fat, 0.5 trans fat, 1480 mg sodium, 55 carb

Marinated Chicken 21.95 
630 cal, 17 sat fat, 0 trans fat, 1061 mg sodium, 2 carb

Shrimp 461 cal, 4 sat fat, 0 trans fat, 496 mg sodium, 3 carb 17.95 

North Atlantic Sea Scallops dry packed...market price 
554 cal, 4 sat fat, 0 trans fat, 911 mg sodium, 1 carb

add a skewer of seared shrimp for 6.95 or scallops for 9.95 
237-347 cal, 2-4 sat fat, 0 trans fat, 328-380 mg sodium, 1-2 carb

HOUSE SIDES additional sides 5.50 each
jasmine rice , brown rice , onion strings , french fries ,
seaweed salad, seasonal vegetable, cole slaw (1.95) 

LEGAL CLASSICS

Legal's Signature Crab Combo 30.95

one jumbo lump crab cake, seared shrimp and scallops mustard sauce, seasonal salad 593 cal, 10 sat fat, 0 trans fat, 1309 mg sodium, 12 carb

Legal's Signature Crab Cakes 30.95

two jumbo lump crab cakes, mustard sauce, seasonal salad 776 cal, 20 sat fat, 0 trans fat, 1576 mg sodium, 18 carb

Anna's Baked Boston Cod 23.50

seasoned crumbs, roasted tomato, spinach, jasmine rice 691 cal, 26 sat fat, 0 trans fat, 397 mg sodium, 20 carb

Shrimp and Garlic 24.95

sautéed with tomato, scallions and mushrooms, with fresh pasta 1431 cal, 22 sat fat, 0 trans fat, 711 mg sodium, 103 carb

Lobster Ravioli "Fra Diavolo" 24.95

spicy plum tomato broth, garlic croustade, fresh parsley 1063 cal, 22 sat fat, 0 trans fat, 2630 mg sodium, 101 carb

Portuguese Fisherman's Stew 17.95

scrod stewed with mussels, clams and chouriço sausage in a saffron tomato broth 724 cal, 8 sat fat, 0 trans fat, 2295 mg sodium, 34 carb

Seared Mediterranean Salmon 17.95

hummus, cucumber yogurt sauce, orzo, whole wheat pita chips 789 cal, 6 sat fat, 0 trans fat, 1820 mg sodium, 63 carb

Salmon Rice Bowl 17.95

brown rice, kimchi, shiitake, seaweed salad, spinach, gochujang sauce and sesame vinaigrette

1310 cal, 9 sat fat, 0 trans fat, 2700 mg sodium, 128 carb

substitute: Tuna Sashimi* 17.95 / Seared Shrimp 17.95

Tuna Sashimi* 1180 cal, 7 sat fat, 0 trans fat, 34900 mg sodium, 132 carb

Seared Shrimp 1150 cal, 7 sat fat, 0 trans fat, 2690 mg sodium, 128 carb

Steamed Lobster...market price

121-145 cal, 0 sat fat, 0 trans fat, 420-503 mg sodium, 1 carb

1.00 - 1.25 lb. 1.25 - 1.50 lb.

CRISPY FRIED french fries and cole slaw

Fisherman's Platter 28.50

shrimp, scallops, calamari, clams and scrod 1530 cal, 8 sat fat, 0 trans fat, 3211 mg sodium, 135 carb

New England Clams...market price

whole-bellied, sweet & petite, dry packed 1291 cal, 7 sat fat, 0 trans fat, 2870 mg sodium, 136 carb

Fish & Chips regular or spicy 17.95

regular 1267 cal, 7 sat fat, 0 trans fat, 2850 mg sodium, 130 carb

spicy 1378 cal, 7 sat fat, 0 trans fat, 3723 mg sodium, 154 carb

Shrimp 767 cal, 2 sat fat, 0 trans fat, 1872 mg sodium, 91 carb 17.95

North Atlantic Sea Scallops dry packed...market price

858 cal, 2 sat fat, 0 trans fat, 2287 mg sodium, 96 carb

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

SANDWICHES french fries and cole slaw

Crabmeat Roll 19.95

delicate New England crabmeat on a warm buttery bun 699 cal, 12 sat fat, 0 trans fat, 1178 mg sodium, 33 carb

Fried Clam Roll...market price

New England clams, whole-bellied, sweet & petite, dry packed 796 cal, 9 sat fat, 0 trans fat, 1683 mg sodium, 105 carb

Seared Chicken Sandwich 12.95

applewood smoked bacon, monterey jack cheese, lettuce, tomato and mayonnaise 1348 cal, 34 sat fat, 0 trans fat, 1850 mg sodium, 47 carb

Legal's Signature Crab Cake 17.95

jumbo lump crab on a bun with mustard sauce, lettuce and tomato 592 cal, 9 sat fat, 0 trans fat, 1156 mg sodium, 54 carb

Lobster Roll...market price

freshly shucked native lobster, celery mayo, brioche bun 597 cal, 12 sat fat, 0 trans fat, 1079 mg sodium, 35 carb

Tuna Burger 16.95

freshly ground tuna, chili paste, crumbs and spices 1240 cal, 24 sat fat, 0 trans fat, 1939 mg sodium, 60 carb

Salmon Avocado BLT 13.95

chipotle mayo, avocado, multigrain 1230 cal, 28 sat fat, 1 trans fat, 1460 mg sodium, 46 carb

Crispy Fish Sandwich tartar sauce, lettuce and tomato 13.95

913 cal, 9 sat fat, 0 trans fat, 1962 mg sodium, 117 carb

Hamburger* 13.50

(can be undercooked upon request)

add cheese for 1.00

hamburger 844 cal, 19 sat fat, 0 trans fat, 609 mg sodium, 48 carb

cheeseburger 962 cal, 25 sat fat, 0 trans fat, 802 mg sodium, 49 carb

DESSERTS

Boston Cream Pie 8.50

chocolate sauce, rum caramel sauce, toffee almond crunch 571 cal, 24 sat fat, 0 trans fat, 268 mg sodium, 42 carb

Key Lime Pie lime cream, raspberry sauce 7.95

611 cal, 22 sat fat, 0 trans fat, 444 mg sodium, 58 carb

Cheesecake seasonal topping 8.50

460 cal, 20 sat fat, 0 trans fat, 330 mg sodium, 31 carb

Ice Cream 5.95

vanilla ice cream 270 cal, 11 sat fat, 0.5 trans fat, 70 mg sodium, 21 carb

chocolate ice cream 270 cal, 11 sat fat, 0.5 trans fat, 60 mg sodium, 22 carb

- Bakery is not a nut and/or gluten free kitchen, items may contain nuts.

*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.