



## Raw Bar

PURE, NATURAL, AND PREPARED TO ORDER

- 🌿 OYSTERS OF THE DAY\* ..... 3.5
- 🌿 LITTLENECK CLAMS\* NEW ENGLAND ..... 2.5
- 🌿 SHRIMP COCKTAIL, COLOSSAL NAKED. .... 20
- 🌿 SHELLFISH TOWER\*  
oysters, clams, shrimp cocktail, lobster, chilled calamari  
salad, kelp salad  
FOR 2..... 48  
FOR 4..... 96  
FOR 6..... 144
- 🌿 TUNA TATAKI\* ..... 19  
blackened, citrus soy sauce, kelp salad, wasabi cream
- 🌿 HAMACHI CRUDO\* ..... 18  
orange, cilantro, fresno peppers, sake soy sauce

## Starters

### NEW ENGLAND CLAM CHOWDER

our classic recipe ..... CUP 9 | BOWL 11

LOBSTER BISQUE ..... CUP 10.5 | BOWL 12.5  
cream sherry

🌿 CALAMARI, CRISPY FRIED ..... 18  
tartar sauce or Rhode Island style (hot peppers & garlic)  
GULF OF MAINE

FISH TACOS ..... 16  
fried or blackened whitefish, pickled red cabbage  
and daikon, chipotle aioli, pico de gallo

🌿 CRAB CAKE, A LEGAL SIGNATURE ..... 25  
lump crab, mustard sauce, greens, corn, onions, tomatoes,  
Dijon vinaigrette

🌿 OCTOPUS ..... 19  
salt boiled potatoes, olive tapenade, saffron aioli,  
cauliflower, gremolata

STUFFIES ..... 16  
Cape Cod quahogs, chouriço, butter, ritz crumbs

🌿 TUNA POKE NACHOS\* ..... 20  
crab chips, cream cheese, kelp salad, sriracha aioli

STEAMERS ..... 19  
classic New England soft-shell clams, drawn butter

🌿 MUSSELS, ORGANIC ..... 18  
garlic-butter broth, white wine, grilled crusty bread  
PEI

BAO BUNS ..... SHRIMP 16 | PORK BELLY 16  
char siu sauce, fresh pickled carrot and cucumber

🌿 CHICKEN LOLLIPOPS ..... 17  
hoisin glaze, napa cabbage slaw

🌿 POPCORN SHRIMP ..... 17  
chili lime aioli

BANG BANG CAULIFLOWER ..... 16  
tempura fried, kung pao sauce (contains peanut oil)

## Sushi

🌿 EDAMAME ..... 8  
with sea salt or tajin chili-lime spice

🌿 KELP SALAD ..... 8  
sesame chili vinaigrette  
MAINE

### Modern Nigiri

TWO PIECES PER ORDER, SERVED OVER  
SEASONED RICE WITH SOY SAKE GLAZE

🌿 MAGURO\* (TUNA) ..... 13

🌿 SAKE\* (SALMON) ..... 12

🌿 HAMACHI\* ..... 12

### Sashimi

THREE PIECES PER ORDER

🌿 MAGURO\* (TUNA) ..... 17

🌿 SAKE\* (SALMON) ..... 16

🌿 HAMACHI\* ..... 16

### Specialty Maki

🌿 SPICY ROLLS\* cucumber, spicy mayo  
TUNA ..... 18  
SALMON ..... 17

🌿 DRAGON ROLLS\*  
RED tuna topped spicy tuna roll ..... 21  
ORANGE salmon topped spicy salmon roll ..... 19  
GREEN avocado topped spicy salmon roll ..... 18

🌿 CALIFORNIA ROLL ..... 17  
Jonah crab, avocado, cucumber

🌿 RAINBOW ROLL\* ..... 24  
California roll topped with tuna, salmon, avocado

🌿 SPICY HAMACHI ROLL\* ..... 20  
hamachi, sriracha, avocado, peppadew peppers

🌿 SHRIMP TEMPURA ROLL\* ..... 19  
avocado, cucumber, tobiko, spicy mayo, teriyaki

🌿 FIRECRACKER ROLL\* ..... 20  
spicy tuna, salmon, tempura shrimp, avocado

🌿 LADYBUG ROLL\* ..... 19  
spicy crab and tuna, topped with jalapeno, ponzu, wasabi cream

🌿 TORCHED SCALLOP ROLL\* ..... 21  
spicy tuna roll topped with torched scallops

🌿 LOBSTER TEMPURA ROLL\* ..... MKT  
avocado, lobster, tobiko, spicy mayo, teriyaki

## Salads

🌿 GREEK SALAD ..... 12  
tomato, cucumber, feta cheese, chickpeas, Kalamata  
olives, lemon-oregano vinaigrette

🌿 HOUSE SALAD ..... 11  
local organic leaf lettuce, tomato, roasted corn, hard  
boiled egg, red onion, croutons, apple Dijon vinaigrette

🌿 CLASSIC CAESAR SALAD ..... 12  
romaine hearts, garlic croutons, shaved romano cheese,  
creamy dressing

🌿 TOMATO AND BURRATA SALAD ..... 14  
cherry tomato, burrata cheese, lemon vinaigrette,  
pesto, grilled crostini

### TOP SALADS WITH:

🌿 CHICKEN grilled or blackened ..... 7

🌿 PETIT FILET MIGNON\* ..... 16

🌿 SHRIMP, JUMBO grilled or blackened ..... 13

🌿 SCALLOPS seared or blackened ..... 16

🌿 SALMON\* grilled or blackened ..... 15

🌿 TUNA\* YELLOWFIN grilled or blackened ..... 15

🌿 LOBSTER SALAD ..... MKT

🌿 CRABMEAT SALAD ..... MKT

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.

## Featured Drinks

### Cocktails

LEGAL RED SANGRIA ..... 16  
spanish red wine, crème de pêche, bacardi limon and  
raspberry rums, fresh citrus, lemon-lime soda

LEGAL WHITE SANGRIA ..... 16  
crop organic meyer lemon vodka, st. germain elderflower,  
sauvignon blanc, lemonade, lemon-lime soda, lemon bitters

TIKI TAI ..... 15  
corvus grilled pineapple vodka, planteray o.f.t.d. rum, reäl  
peach puree, lemon, apricot, orgeat

MANGO LEMON DROP ..... 15  
grainger's deluxe organic citrus vodka, reäl mango purée, lemon

PRIVATEER PAINKILLER ..... 15  
privateer new england reserve rum, rumchata coconut cream,  
pineapple, orange

SPICY CUCUMBER MARGARITA ..... 16  
lunazul blanco tequila, ghost tequila, bols triple sec, cucumber,  
agave, lime, lemon

PATRÓN MARGARITA REAL ..... 17  
LSF barrel-select patrón reposado tequila, patrón citrónge,  
lime, lemon

ESPRESSO MARTINI ..... 16  
grainger's organic vanilla vodka, borghetti caffè espresso  
liqueur, buffalo trace bourbon cream

### Non-Alcoholic

ALL DAY ROSÉ ..... 12  
fluere non-alcoholic bitter spirit, steeped dammann frères  
nuit d'ete tea, kylie non-alcoholic sparkling rosé, soda

### By the Glass

BODEGAS LA CANA ALBARIÑO ..... 15 | 19 | 56  
Rias Baixas 2022  
6oz | 9oz | BTL

CHATEAU MIRAVAL ROSÉ ..... 18 | 22 | 68  
Côtes de Provence 2022

TERLATO PINOT GRIGIO Friuli 2022 ..... 15 | 19 | 56

YEALANDS SAUVIGNON BLANC ..... 15 | 19 | 56  
Marlborough 2023

CLOUDY BAY SAUVIGNON BLANC ..... 19 | 23 | 76  
Marlborough 2022

JACQUES DUMONT SANCERRE Loire 2022 .. 19 | 23 | 76

SONOMA-CUTRER "RRR" CHARDONNAY ..... 17 | 21 | 64  
Sonoma 2021/22

CHEHALEM PINOT NOIR ..... 16 | 20 | 60  
Willamette Valley 2021

SIMI CABERNET SAUVIGNON ..... 16 | 20 | 60  
Sonoma 2021

CHAPPELLET "THE MOUNTAIN CUVÉE"  
RED BLEND Napa 2021 ..... 19 | 23 | 76

KYLIE SPARKLING NON-ALCOHOLIC ROSÉ .. GL 12

### Brews

NIGHT SHIFT LEGALLY HAZY MA ..... 10.0 | 13.0  
Brewed in partnership with Night Shift Brewing, our exclusive  
New England 'Hazy' Style IPA is bold and juicy yet sessionable

ALLAGASH WHITE ME ..... 10.0 | 13.0

SAMUEL ADAMS BOSTON LAGER MA ..... 9.0 | 12.0

SAMUEL ADAMS SEASONAL MA ..... 9.0 | 12.0

GUINNESS Ireland ..... 9.5  
BOTTLE/CAN

MICHELOB ULTRA MO ..... 8.0

ATHLETIC BREWING NON-ALCOHOLIC CT ..... 9.0

GUINNESS ZERO NON-ALCOHOLIC Ireland ..... 7.0

Join Legal Net Rewards  
and earn points  
for today's visit!



Many more options available  
on our full Beverage Menu!



## Mains

- 🌿 **SALMON\*, HOISIN GLAZED** ..... 34  
quinoa, mushrooms, snap peas, carrots, peanuts  
HELGELAND COAST, NORWAY
- 🌿 **COD, SALT & VINEGAR CRUSTED** ..... 32  
crispy potato wedges, napa cabbage and bacon slaw, remoulade  
ICELAND
- 🌿 **TUNA\*, YELLOWFIN, NORI-CHILI CRUST** ... 39  
sesame & soy roasted broccoli, sesame & cilantro jasmine rice
- 🌿 **SWORDFISH, SEVEN SPICED** ..... 39  
coconut curry vegetables, ahaar sauce, naan
- 🌿 **SCALLOPS, STREET CORN** ..... 38  
roasted corn off the cob, cotija cheese, cilantro, blue corn tortillas  
GULF OF MAINE
- 🌿 **HADDOCK, BAKED ANNA'S WAY** ..... 29  
battered crumbs, roasted tomato, herbed rice pilaf, broccoli  
GULF OF MAINE
- CLAMS AND LINGUINI** ..... 29  
clams, garlic and shallot confit, white wine, pancetta, chili flakes
- CRAB CAKE COMBO, A LEGAL SIGNATURE** . . 44  
lump crab cake, grilled shrimp, seared scallops, mustard sauce,  
herbed rice pilaf, greens, corn, onion, tomato, Dijon vinaigrette
- 🌿 **CIOPPINO** ..... 45  
clams, mussels, scallops, shrimp, calamari, whitefish,  
lobster tail, tomato broth
- 🌿 **HOT HONEY FRIED CHICKEN** ..... 25  
chicken thigh, whipped potatoes, sautéed spinach
- SHRIMP & PORK RAMEN BOWL** ..... 26  
shrimp and pork broth, grilled shrimp, pork belly, tofu,  
shitake mushroom, soy soft boiled egg
- 🌿 **SUSHI RICE BOWL**  
sticky sushi rice, kimchi, pickled cabbage, daikon, avocado,  
kelp salad, pineapple, spicy mayo, top with:
  - TUNA SASHIMI\*** ..... 29
  - SALMON SASHIMI\*** ..... 28
  - CHILLED CALAMARI SALAD** ..... 26
  - CRISPY FRIED TOFU** ..... 20

## Grilled or Blackened

served with your choice of two sides

- 🌿 **SALMON\*, NORWEGIAN** ..... 34  
HELGELAND COAST
- 🌿 **TUNA\*, YELLOWFIN** ..... 39  
scan below for today's origin
- 🌿 **SWORDFISH STEAK** ..... 39  
scan below for today's origin
- 🌿 **COD LOIN** ..... 32  
ICELAND MSC Certified Sustainable
- 🌿 **SCALLOPS** ..... 38  
GULF OF MAINE MSC Certified Sustainable
- 🌿 **SHRIMP, JUMBO NAKED** ..... 34  
BAY OF BENGAL All Natural, BAP 4-Star Certified Sustainable

## Lobster & Steak

featuring Gulf of Maine Lobster and Pacific Northwest Double R Ranch Beef

- LOBSTER MAC & CHEESE** ..... MKT  
one whole lobster, Vermont cheddar, buttered crumbs
- STUFFED LOBSTER TAILS** ..... 45  
shrimp, scallops, peppers, onions, buttery crackers,  
choice of two sides
- 🌿 **STEAMED LOBSTER** ..... MKT  
choice of two sides
- BAKED STUFFED LOBSTER** ..... MKT  
shrimp & scallop stuffing, choice of two sides
- 🌿 **LOBSTER BAKE** ..... PER PERSON 50  
steamed 1 lb. lobsters, steamers, mussels, corn  
and potatoes (minimum of 2 people)
- 🌿 **NY STRIP\*** ..... 48  
brushed with garlic butter, crispy potato wedges,  
roasted mushrooms
- 🌿 **TWIN PETIT FILET MIGNON\*** ..... 49  
brushed with garlic butter, crispy potato wedges,  
roasted mushrooms

## Surf & Turf

add on to any steak

- 🌿 **SHRIMP, JUMBO NAKED** grilled or blackened ... 13
- 🌿 **SCALLOPS** grilled or blackened ..... 16
- 🌿 **LOBSTER TAIL** grilled ..... 16
- CRAB CAKE, A LEGAL SIGNATURE** ..... 21

## Enhancements

add on to any fish or steak

garlic butter | ancho chili butter | lemon beurre blanc

## Sides

- 🌿 **COLESLAW** ..... 4
- HERBED RICE PILAF** ..... 7
- 🌿 **JASMINE RICE** ..... 7
- 🌿 **PAD THAI STYLE QUINOA** ..... 9
- 🌿 **CURRIED VEGETABLE MEDLEY** ..... 9
- 🌿 **ROASTED MUSHROOMS** ..... 8
- 🌿 **SESAME & SOY ROASTED BROCCOLI** ..... 8
- 🌿 **STREET CORN OFF THE COB** ..... 8
- 🌿 **WHIPPED POTATOES** ..... 8
- 🌿 **FRENCH FRIES** ..... 7

## Crispy Fried

TRADITIONAL NEW ENGLAND OR ANGRY STYLE served with french fries and coleslaw

- 🌿 **SHRIMP, JUMBO NAKED** ..... 29
- 🌿 **SCALLOPS** ..... 38  
GULF OF MAINE
- 🌿 **CLAMS, WHOLE BELLY** ..... 39  
sweet & petite  
NEW ENGLAND
- 🌿 **CLAM STRIPS** ..... 29  
NEW ENGLAND
- 🌿 **FISHERMAN'S PLATTER** ..... 48  
jumbo naked shrimp, sea scallops, local whitefish,  
calamari, clam strips
- 🌿 **FISH & CHIPS** ..... 29  
caught by our good friend, Tory Bramante  
GULF OF MAINE

### Our Gluten Free Promise

At Legal Sea Foods, we're committed to offering gluten free menu items for our guests - a mix of items that are naturally or can be prepared gluten free. In fact, our famous fry mix is gluten free - so all of your crispy fried favorites can be enjoyed. Please specify with your server if you prefer Gluten Free preparation.

## Sandwiches

served with french fries and coleslaw

- 🌿 **CRISPY FISH SANDWICH** ..... 18  
pollock, lettuce, tomato, pickles, tartar sauce  
GULF OF MAINE
- 🌿 **JONAH CRAB ROLL** ..... 34  
delicate North Atlantic crabmeat with mayo
- 🌿 **LOBSTER ROLL, HALF POUND** ..... 43  
warm butter-poached or traditional with lemon mayo
- 🌿 **CLAM STRIP ROLL** ..... 22  
crispy fried clam strips, lettuce, tomato,  
remoulade sauce
- TUNA BURGER** ..... 19  
chili-garlic seasoned ground tuna, lettuce, tomato,  
roasted red pepper sauce
- 🌿 **FRIED CHICKEN SANDWICH** ..... 18  
chicken thigh, hot honey, avocado, lettuce, pickles,  
brioche
- 🌿 **GRILLED CHICKEN SANDWICH** ..... 18  
applewood smoked bacon, Vermont cheddar, lettuce,  
tomato, mayo
- 🌿 **BACON CHEDDAR BURGER\*, DOUBLE R RANCH** ..... 19  
applewood smoked bacon, Vermont cheddar, lettuce, tomato  
PACIFIC NORTHWEST

Scan for Legal's Fresh Catch origins!



Legal Sea Foods is committed to quality seafood and a sustainable fishing future. We work closely with our partners to ensure responsibly sourcing of the freshest, most sustainably harvested, and farmed seafood possible. We actively support the New England fishing industry, and the local harvest from the Gulf of Maine, using in-season seafood and offer a wide variety of global species to promote a healthy marine habitat – Please visit our Fresh Catch page for these origins.

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