

LUNCH

SHRIMP AND GARLIC 13.95
seasoned shrimp sauteed with tomato, scallions, mushrooms and white wine tossed with jasmine or brown rice - **no pasta**

PORTUGUESE FISHERMAN'S STEW 14.95
cornmeal crusted scrod stewed with mussels, clams and chouriço sausage in a saffron tomato broth
- **no bread**

GRILLED SHRIMP 14.95
choice of one side

GRILLED SEA SCALLOPS 15.95
choice of one side

GRILLED ATLANTIC SALMON 15.95
choice of one side

CRISPY SEA SCALLOPS 15.95
- **fried in chick pea flour**
choice of one side

CRISPY SHRIMP 14.95
- **fried in chick pea flour**
choice of one side

CLASSIC CAESAR SALAD topped with Lobster Salad...Market Price
Maine Crabmeat 14.95
Grilled Shrimp 14.95
Grilled Chicken 11.95
- **with gluten free croutons and Caesar dressing, anchovies optional**

LOBSTER SALAD...Market Price
salad from the meat of a 1-1.25 lb. lobster
- **no bun**

CRABMEAT SALAD 14.95
delicate Maine crabmeat
- **no roll**

GRILLED CHICKEN 11.95
- **no roll**

NIMAN RANCH BURGER* 10.95
10 oz. hand packed all natural beef
"finest tasting meat in the world, period!"
(can be undercooked upon request)
add cheese for 1.00
- **no roll**

WHEAT AND GLUTEN SENSITIVE MENU

Please be understanding of extra preparation time.

Gluten Sensitivity, Gluten Intolerance or Celiac Sprue Disease

People who have gluten sensitivities exclude all sources of the following grains from their diet: wheat, rye, barley, oats, spelt, and their derivatives.

Legal Sea Foods has taken the necessary precautions to ensure that the following menu items and their preparations are free of elements that might cause a reaction for those with gluten sensitivity. If you have any concerns about any of these items, please consult your physician prior to trying them. For your safety, we WILL NOT substitute.

All seafood and meat items will be prepared by the following methods: wood grilled, steamed, pan-seared, baked with gluten free crumbs, or fried in chick pea flour.
All cookware and plateware will be pre-washed and wiped dry before cooking and presentation.

These menu items require special attention, please allow us additional time to prepare your meal. A manager will consult with you and follow your order through to completion.

Our goal is to provide our guests who suffer from gluten sensitivities with a menu so they may dine at Legal Sea Foods in confidence. Enjoy!

SEAFOOD BAR*

RAW OYSTERS* available from one oyster to a dozen...Market Price
Featured Varieties...ask for today's availability

- Kumamoto - fresh cucumber taste with a creamy finish
- P.E.I. - assertive, briny and earthy tones with a clean ocean finish
- West Coast - sweet citrus briny start with an earthy, fruit finish
- East Coast - clean North Atlantic flavor

RAW LITTLENECK CLAMS* six 6.95 twelve 11.95

RAW CHERRYSTONE CLAMS* six 6.95 twelve 11.95

Raw Bar items served with lemon wedges, horseradish and mignonette only
- **no cocktail sauce**

APPETIZERS

PAN SEARED RAW* TUNA "SASHIMI" 13.50
sliced and served with wasabi - **no sesame vinaigrette, no seaweed salad**

JUMBO SHRIMP COCKTAIL 13.95
- **served with lemon only, no cocktail sauce**

STEAMERS 12.95
with drawn butter and clam broth

MUSSELS 9.95
1 1/2 pounds sautéed with garlic, white wine and crushed red pepper

HOT LUMP CRAB DIP WITH SEAFOOD CHIPS 11.95
lump crab, horseradish, cheddar and cream cheese

CRISPY MONTAUK CALAMARI 10.95
plain with tartar sauce or Rhode Island style (hot peppers and garlic)
- **fried in chick pea flour**

CHOWDERS & SALADS

LITE CLAM CHOWDER cup 4.75 bowl 6.75
clams and aromatic vegetables in a clear broth - **no crackers**

HOUSE SALAD half 5.50 full 7.50
creamy romano peppercorn dressing, cherry tomato, shaved carrot and sunflower seeds

CLASSIC CAESAR SALAD half 5.50 full 7.50
- **with gluten free croutons and Caesar dressing, anchovies optional**

*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.

Legal Sea Foods...

Quality

Vigilant about seafood purity - conducting comprehensive in house testing through our rigorous quality control program

Integrity

Proactive about the environment - supporting ecologically responsible fisheries and serving only varieties of fish which are seasonal and sustainable

Flavor

Passionate about protecting your health - using trans-fat free products and delicious seafood which is high in beneficial omega-3 oils

more information at
www.legalseafoods.com/quality

COMPLETELY LEGAL

WOOD GRILLED SWORDFISH 26.95
10 oz. center prime cut, jasmine rice, sautéed sherry mushrooms and spinach

EVERYTHING TUNA* 25.95
grilled with everything spice mix, roasted red pepper and cold cucumber sauce, jasmine rice, spinach (cooked medium rare)

SURF & TURF
8 oz. filet with béarnaise butter and choice of two sides

- Grilled Shrimp and Scallops 36.95
- Steamed 1 - 1 1/4 lb. Lobster...Market Price

FILET MIGNON 8 oz. 28.95
béarnaise butter and choice of two sides

CIOPPINO 26.95
lobster, scallops, shrimp, calamari, littlenecks, mussels and scrod in a light tomato broth with a side of jasmine rice - **no bread**

ANNA'S BAKED BOSTON SCROD 19.95
topped with tomatoes, jasmine rice, seasonal vegetables - **with gluten free crumbs**

WOOD GRILLED ASSORTMENT* 25.95
Try our Chef's selection of three fish (can be cooked medium rare) shrimp and scallops, choice of two sides

SHRIMP AND GARLIC 19.95
sautéed with tomato, scallions and mushrooms with jasmine or brown rice - **no pasta**

LEGAL LOBSTERS

Premium hard shell lobsters from the cold waters of the North Atlantic.

STEAMED LOBSTERS...Market Price

- 1.25-1.50 lb.
- 1.50-1.75 lb.
- 2.00-2.50 lb.
- Larger Sizes Available - Please Inquire

BAKED STUFFED LOBSTERS 5.00 more
as an extra treat, your lobster can be stuffed with gluten free crumbs and baked

NEW ENGLAND LOBSTER BAKE...Market Price
start with a cup of our lite clam chowder, followed by a plate of steamers, mussels, chouriço, corn on the cob and a steamed 1-1.25 lb. lobster (larger sizes available please inquire) - **no crackers**

Please note: With parties of 6 or more, an 18% gratuity is automatically added to the guest check. If you have specific dietary requirements, preferences, or a food allergy, please speak to the owner, manager, chef, or your server.

Some items that are
NOT gluten free

- Cocktail Sauce
- Balsamic Vinaigrette
- Rice Pilaf
- Crackers
- Bread
- Crumbs
- Clam Fry Mix
- Chinese Sauces
- French Fries
- Ice Cream

SIMPLY LEGAL

have your fish...wood GRILLED...choice of two sides
also available with Cajun or Chettinad Spice
selections based on quality and availability

WILD SALMON 25.95

ATLANTIC SALMON 22.50

TUNA* cooked medium rare 25.95
tested for purity

BLUEFISH 17.95

ARCTIC CHAR 22.95

also available crispy FRIED...
- **in chick pea flour**

SWORDFISH 10 oz. center prime cut 26.95
tested for purity

SHRIMP 19.95

RAINBOW TROUT 10 oz. 17.95

SEA SCALLOPS 22.95

HADDOCK 18.95

SIDES additional sides 3.95 each

steamed broccoli
seasonal vegetables
steamed snap peas

brown rice
jasmine rice
baked potato

CHILDREN'S MENU

HALF STEAMED LOBSTER 9.95
taken out of its shell...then put back in

HAMBURGER 5.95
- **no bun**

FRESH COD FISH STICKS 7.95
- **fried in chick pea flour**

CHEESEBURGER 6.25
- **no bun**

DESSERTS

BELGIAN CHOCOLATE MOUSSE PARFAIT 6.75
smooth and creamy with no sugar added

SORBET 4.95

SEASONAL FRUIT