

LUNCH

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

GRILLED SHRIMP 15.95
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 15.95
- **fried in chick pea flour**
choice of one side

GRILLED CHICKEN 11.95
- **no roll**

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**

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 14.50
- **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 marinara 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
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**

BAKED BOSTON SCROD 20.95
topped with tomatoes, jasmine rice, seasonal vegetables - **with gluten free crumbs**

BAKED GREY SOLE 20.95
choice of two sides - **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
- All Sizes Available as a Lobster Bake for an additional charge

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
- **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.

SIMPLY LEGAL

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

ATLANTIC SALMON 22.50

TUNA* cooked medium rare 25.95
tested for purity

SWORDFISH center prime cut 26.95
tested for purity

RAINBOW TROUT 10 oz. 17.95

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

SHRIMP 19.95

SEA SCALLOPS 22.95

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

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

HAMBURGER 5.95
- **no bun**

CHEESEBURGER 6.25
- **no bun**

DESSERTS

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

SORBET 4.95

SEASONAL FRUIT

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