

Luncheon Menu

Features

- Falafel Salmon***
with a chick pea crust served on hummus and cucumber yogurt sauce with a choice of one side
- Portuguese Fisherman's Stew**
cod, mussels, clams and chouriço in a saffron tomato broth
- Classic Cobb Salad**
chicken, avocado, bacon, blue cheese and egg with blue cheese vinaigrette
- Vegetarian Feast**
open faced mushroom falafel burger with red pepper sauce, marinated artichoke heart, grilled asparagus, white bean salad and Chef's seasonal accompaniment
- Shrimp and Garlic**
sautéed with tomato and mushrooms tossed with linguini
- Crab & Avocado Quesadilla**
with poblano peppers, cilantro and Monterey Jack cheese
- Baked Haddock**
with buttery crumbs and diced tomatoes
- Seafood Antipasto Salad**
grilled shrimp and calamari on a salad with marinated clams and mussels
- Seafood Gumbo**
shrimp, scallops, whitefish and andouille sausage in a spicy broth with jasmine rice
- Caesar Salad**
with Grilled Shrimp
with Grilled Chicken
grilled with herb vinaigrette or Cajun spice
- Jasmine Special**
steamed shrimp and broccoli over jasmine rice with melted Monterey Jack cheese
- Scallops and Mushrooms with Bow Tie Pasta**
in a portobello and domestic mushroom cream sauce
- Marinated Grilled Calamari Salad**
with grilled onions and white beans
- Rasam Seafood Soup**
A health-giving, Ayurvedic Southern Indian cuisine of shrimp, scallops and whitefish in a hot and sour tomato broth served with jasmine rice. Also available as a cup.
- Baked Boston Scrod**
topped with crumbs and tomatoes, served with a choice of one side
- Fried Popcorn Shrimp**
with french fries and cole slaw
- Fried Calamari**
regular or spicy with cole slaw
- Fried Fish & Chips**
regular or spicy with cole slaw
- Tortilla, Apple and Goat Cheese Salad**
with Grilled Scallops or Shrimp
with chipotle and orange dressing

Wood Grilled

- 15. Brushed with herb vinaigrette, Cajun spices, Jerk seasoning or Chettinad spice, served with a choice of one side dish. Chinese fruit sauce, fragrant seafood sauce and spicy Shandong sauce are also available upon request.
- 14. **Arctic Char**
- Shrimp**
- 12. **Rainbow Trout**
- 15. **Salmon Fillet***
- 15. **Bluefish**
available baked with mustard sauce

Legal Sandwiches

- 13. Served with french fries and cole slaw.
- Mushroom Falafel Burger** 8.
a vegetarian delight, served with red pepper sauce, lettuce and tomato on a toasted bun
- 12. **Maine Crabmeat Salad Roll** 12.
- Tuna Salad Melt** 8.
a roll-up with Asiago and Monterey Jack cheese
- Fried Fish** 9.
with malt vinegar aoli
- 12. **Maryland "Style" Lump Crab Cake** 14.
on a bun with roasted red pepper sauce
- 15. **Smoked Salmon** 9.
on egg bread with mustard sauce, tomatoes, onions and capers
- 11. **Tuna Burger** 12.
freshly ground tuna, chili paste, crumbs and spices
- 5. **Oyster Po'Boy** 10.
with spicy mayonnaise
- 14. **Hamburger** 10 oz. Hand Packed 7.
(can be ordered undercooked upon request*)
- 11. **Topped with one of the following:** 8.
• blue cheese and mushrooms
• peppercorn and Monterey Jack cheese
• bacon, mushroom, sauteed onions and Monterey Jack cheese
- 12. **Lobster Roll** 17.
salad from the meat of a 1-1/4 lb lobster on a toasted bun
- 14. **Fried Clam Roll** 13.
whole-bellied New England clams
- 10. **Grilled Chicken** 10.
with bacon and cheese

Side Orders A la Carte 2.95

- 12. **Mashed Potatoes** Cole Slaw
- 12. **Seaweed Salad** Baked Potato
- 11. **French Fries** Onion Strings
- 11. **Seasonal Vegetables** Rice Pilaf
- Jalapeño Cheddar Polenta**
- Asparagus with Cardamom Butter**
- Snap Peas with Oyster Sauce**
- Jasmine White Rice**
steamed, with pine nuts, or Shandong sauce
- Broccoli** steamed, with garlic and oil, or cheese

Raw Bar*

Legal Sea Foods offers several different varieties of oysters from New England, Washington State, and Prince Edward Island. All shellfish are served with a variety of accompaniments including champagne mignonette and lime chili salsa. Ask your server for today's varieties.

- Oysters on the half shell** Market Price
- Littleneck Clams**, eight on the half shell 9.
- Cherrystone Clams**, six on the half shell 8.

Chowders and Soups

- Legal's New England Clam Chowder** cup 3.75 bowl 4.50
served at the past 6 presidential inaugurations
- Lobster Bisque** bowl 9.95
- Rhode Island Red Clam Chowder** cup 3.75 bowl 4.50
clams, potatoes, onions and chouriço sausage in a tomato broth
- Fish Chowder** cup 3.95 bowl 4.95
hearty pieces of whitefish in a creamy broth
- Rasam Seafood Soup** cup 4.25
shrimp, scallops and whitefish in a hot and sour tomato broth

Salads and Cold Plates

- Simple Mixed Greens** 2.75
- with Crumbled Blue Cheese** 3.75
tossed with tomato balsamic vinaigrette or low fat, low sodium raspberry vinaigrette
- Marinated Grilled Calamari** 9.
with grilled onions and white beans
- Caesar Salad** 5.
with Grilled Shrimp 14.
with Grilled Chicken 11.
grilled with herb vinaigrette or Cajun spice
- Classic Cobb Salad** 12.
chicken, avocado, bacon, blue cheese and egg with blue cheese vinaigrette
- Seafood Antipasto** 15.
grilled shrimp and calamari on a salad with marinated clams and mussels
- Blue Cheese Salad** 6.
endive, frisée, toasted walnuts, pears and blue cheese
- Tortilla, Apple and Goat Cheese Salad** 6.
with Grilled Scallops or Shrimp 12.
with chipotle and orange dressing

Appetizers

- Blackened Raw* Tuna "Sashimi"** 12.
seared rare with a sesame chili vinaigrette salad
- Maryland "Style" Lump Crab Cake** 13.
served with mustard sauce and greens tossed with fall fruits and nuts
- Fried Calamari** 9.
regular, spicy, Rhode Island Style with hot peppers and garlic or Thai style with pineapple and peanuts
- Oysters Legal** 11.
baked with spinach, cheese and crumbs
- Hot Lump Crab Dip with Seafood Chips** 11.
lump crab, horseradish, cheddar and cream cheese
- Steamers** 11.
with drawn butter
- Steamed Mussels** 9.
with garlic and white wine or fragrant seafood sauce
- New England Fried Clams** 12.
whole-bellied, sweet & petite
- Jumbo Shrimp Cocktail - A Legal Classic** 11.
- Fried Smelts** with malt vinegar aioli 6.
- Fried Oysters** with cassia salt and seaweed salad 10.
- Mussels Au Gratin** *small 6. large* 10.
- Coconut Shrimp** with orange-ginger marmalade 10.
- Legal's Smoked Bluefish Pate** 8.
sprinkled with walnuts and parsley
- Onion Strings** 4.
- Shrimp Wontons** 8.
steamed or fried, with seaweed salad
- Popcorn Shrimp** 9.

General Manager: Mark Martineau
Chef: Hugues Boucher

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. More information about the safety of consuming raw food is available upon request.

Wood Grilled

Brushed with herb vinaigrette, Cajun spices, Jerk seasoning or Chettinad spice, and seared over a hot fire. Served with a choice of two sides, unless otherwise noted. Chinese fruit sauce, fragrant seafood sauce or spicy Shandong sauce are available upon request.

Add a skewer with 4 oz. of scallops or 4 pieces of shrimp for an additional \$4.50

Salmon Fillet*	19.	Rainbow Trout	13.	Chicken Breast	15.
Arctic Char	20.	Bluefish available baked	13.	with grilled pineapple and a choice of one side	
Tuna* cooked medium rare	21.	with mustard sauce		Steak	
Shrimp	20.	Wild Salmon*	24.	served with a blue cheese, onion stuffed portobello and a choice of one side	
Haddock	17.	Sea Scallops	20.	Sirloin 12 oz.	22.
				Filet Mignon 8 oz.	24.

Legal Lobsters

Legal's lobsters come from several sources, including the rocky coast of Maine. Once caught, they are cared for under optimum conditions with natural sea salts, pure clean water, perfect temperature and lighting that replicates their natural habitat.

	Steamed	Baked Stuffed	Lobster Bake	35.
1.25-1.50 lb.	26.	30.	steamed 1-1.25 lb. lobster, steamers, mussels, corn, clam chowder and a choice of side	
1.50-1.75 lb.	32.	36.		
2.00-2.50 lb.	40.	46.	Also available with larger size or baked stuffed lobster for an additional charge. Please ask your server for details.	

We stuff our baked lobsters with a shrimp and scallop buttery cracker stuffing.

Crispy Fried

Legal Sea Foods is committed to the health and well being of our guests; therefore, all of our seafood is fried in canola oil that is free of trans-fatty acids and cholesterol. Served with french fries and cole slaw.

Oysters	16.	Shrimp	15.	Fisherman's Platter	21.
Fish & Chips regular or spicy	11.	Sole	15.	shrimp, scallops, calamari, clams & haddock	
Haddock	15.	Scrod	15.	New England Clams	18.
		Calamari regular or spicy	12.	whole-bellied, sweet & petite	

Health-giving, Ayurvedic Southern Indian Cuisine

from our "Spices of Life" adventure with guest Master Chefs

Ayurveda is an ancient philosophy of holistic health, relatively unknown in America, which fosters harmony among mind, body and soul. This style of cooking uses fresh seasonal ingredients that infuse flavor from the creative use of spice and herbs.

Sautéed Shrimp & Scallop Tanjore in an aromatic chunky tomato sauce, served with white rice	20.	Rasam Seafood Soup shrimp, scallops and whitefish in a hot and sour tomato broth served with jasmine rice	14.
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Grilled Chettinad Spiced Fish

An aromatic 12 spice blend sprinkled on your choice of any fish from our grilled section, seared on our wood grill and served with a choice of two sides.

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Please note: If you have specific dietary requirements, allergies or preferences, there is a list of ingredients available. Please ask your server for details.

Long Wharf 11/17/03

Legal Specialties

Lobster Ravioli with chunks of lobster and a tomato vodka sauce, served with a simple mixed green salad	23.	Wood Grilled Swordfish with red onion jam, rice pilaf and sautéed sherry mushrooms with spinach	23.
Grilled Everything Tuna* (medium rare) with everything spice mix coating, garnished with roasted red pepper and cold cucumber sauce, served with white rice and spinach	21.	Banana Leaf Steamed Cod tomatoes, mushrooms, spinach and white wine with fresh herbs served with white rice	15.
Vegetarian Feast open faced mushroom falafel burger with red pepper sauce, marinated artichoke heart, grilled asparagus, white bean salad and Chef's seasonal accompaniment	13.	Shrimp Trio grilled shrimp, baked stuffed shrimp and fried coconut shrimp with vegetables and a choice of side	24.
Crab Cake Combo Maryland "style" lump crab cake, grilled shrimp and scallops, served with mustard sauce and greens tossed with fall fruits and nuts	24.	Surf & Turf - 6 oz. Filet with choice of Grilled Shrimp and Scallops	27.
		3 Double Stuffed Baked Shrimp or a Steamed 1 - 1 1/4 lb. Lobster	29.
		filet topped with cabernet sweet onion butter, served with mashed potatoes and a choice of side	35.

Legal Classics

Double Stuffed Baked Shrimp buttery crabmeat stuffing served with steamed broccolini and a choice of side	25.	Baked Boston Scrod topped with crumbs and tomatoes, served with seasonal vegetables and a choice of one side	15.
Cioppino lobster, scallops, shrimp, calamari, littlenecks, mussels and whitefish in a light tomato broth with a side of jasmine rice	25.	Shrimp and Garlic sautéed with tomato and mushrooms tossed with linguini	18.
Seafood Casserole baked with cheese and sherry garlic butter or cheese and cream sauce with vegetables and a choice of side	22.	Louisiana Catfish Matrimony sautéed with bay shrimp and andouille sausage with jasmine rice and seasonal vegetables	15.
		Sautéed Lemon Caper Sole in a butter sauce served with seasonal vegetables and jasmine rice	15.

Side Orders

Mashed Potatoes
Seaweed Salad
French Fries
Seasonal Vegetables

A la Carte 2.95
Cole Slaw
Baked Potato
Onion Strings
Rice Pilaf

Jalapeño Cheddar Polenta
Asparagus with Cardamom Butter
Snap Peas with Oyster Sauce
Jasmine White Rice
steamed, with pine nuts, or Shandong sauce
Broccoli steamed, with garlic and oil, or cheese

**Live Lobsters, Chowder, Gift Certificates and Packages
shipped overnight to your friends, family and business associates**
1-800-EAT-FISH www.legalseafoods.com

Please note: With parties of 6 or more, an 18% gratuity is automatically added to the guest check.

Seasonal Specials

Cape Bay Scallops
baked with buttery crumbs, served
with a choice of two side dishes - \$25.50
(subject to availability)

Wild Alaskan Salmon* and Shrimp Risotto Cake
wood grilled salmon seasoned with coriander seed
and red peppercorn, with beurre blanc sauce
and grilled zucchini - \$23.95

Cashew and Panko Crusted Mahi Mahi
with a bourbon butter sauce, roasted butternut squash,
and jalapeno cheddar polenta - \$19.95

Shrimp and Roasted Root Vegetables
sautéed and tossed with linguini and a sun-dried tomato,
roasted red pepper cream sauce - \$18.95