

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!



Raw 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* (eight) 10.95

RAW CHERRYSTONE CLAMS* (six) 9.95

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

Chowder, Appetizers & Salads

LITE CLAM CHOWDER cup 4.50 bowl 6.50

clams and aromatic vegetables in a clear broth - **no crackers**

PAN SEARED RAW* TUNA "SASHIMI" 13.50

sliced and served with wasabi - **no sesame vinaigrette**

JUMBO SHRIMP COCKTAIL 13.95

- **served with lemon only, no cocktail sauce**

STEAMERED LITTLENECKS 12.95

with drawn butter and clam broth

MUSSELS 9.95

1 1/2 pounds with garlic and white wine

HOT LUMP CRAB DIP 11.95

lump crab, horseradish, cheddar and cream cheese, seafood chips

CRISPY MONTAUK CALAMARI 10.95

plain with tartar sauce or Rhode Island style (hot peppers and garlic)

- **fried in chick pea flour**

MIXED FIELD GREENS 5.50

- **with house vinaigrette only**

add crumbled blue cheese for .75

CLASSIC CAESAR SALAD 7.50

Grilled Chicken 11.95

Maine Crabmeat 14.95

Grilled Shrimp 14.95

Lobster Salad 22.95

- **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.

Entrées

WOOD GRILLED SWORDFISH 25.95
center prime cut, jasmine rice, sautéed sherry mushrooms and spinach

SURF & TURF

grilled filet with horseradish butter, grilled red onion and asparagus, choice of one side

- Grilled Shrimp and Scallops 36.95
- Steamed 1 - 1 1/4 lb. Lobster 42.95

CIOPPINO 25.95

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

BAKED BOSTON SCROD 19.95

topped with tomatoes, jasmine rice, seasonal vegetables - **with gluten free crumbs**

JASMINE SPECIAL 18.95

steamed shrimp and broccoli over jasmine rice with melted monterey jack cheese

FILET MIGNON 27.95

horseradish butter, grilled red onion and asparagus, choice of one side

LOBSTER SALAD 22.95

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* 10.50

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**

Legal Lobsters

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

NEW ENGLAND LOBSTER BAKE 36.95

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**

STEAMED LOBSTERS

- 1.25-1.50 lb. 32.95
- 1.50-1.75 lb. 39.95
- 2.00-2.50 lb. 49.95
- 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

Simply Legal

Today's Catch wood Grilled with choice of cajun spice or lemon chive butter and two sides

WILD SALMON 25.95

SWORDFISH center prime cut 25.95
tested for purity

ATLANTIC SALMON 21.95

TUNA* cooked medium rare 24.95
tested for purity

RAINBOW TROUT 17.95

SHRIMP 19.95

also available crispy fried - **in chick pea flour**

SEA SCALLOPS 22.95

also available crispy fried - **in chick pea flour**

WOOD GRILLED ASSORTMENT* 24.95

Try our Chef's selection of three fish, shrimp and scallops

Sides additional sides 3.95 each

broccoli - *steamed or with garlic & oil*
seasonal vegetables

brown rice
jasmine rice

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

PISTACHIO TERRINE 6.50

pistachio mousse with a flourless chocolate crust

SORBET 4.95

SEASONAL FRUIT