# Restaurant Seafood Menu with Prices and Calories 2026

Legal Sea Foods · Updated November 2026 · memphisincrediblepizza.com

## Raw Bar

| Item | Price | Calories |
|---|---|---|
| 1$ Oysters | $1.00 | 50 |
| Clams on the Half Shell | $1.50 | 30 |
| Shrimp Cocktail | $2.00 | 120 |
| Lobster Cocktail | $12.00 | 200 |
| Crab Cocktail | $10.00 | 180 |
| Seafood Tower (small) | $48.00 | 600 |

## Appetizers

| Item | Price | Calories |
|---|---|---|
| Bar Bites | $9.00 | 650 |
| Clam Chowder Cup | $7.29 | 190 |
| Calamari | $13.00 | 450 |
| Crab Cake | $15.00 | 520 |
| Lobster Bisque Cup | $8.50 | 210 |
| Smoked Salmon Plate | $16.00 | 280 |

## Entrees

| Item | Price | Calories |
|---|---|---|
| Grilled Swordfish | $29.00 | 700 |
| Broiled Sea Scallops | $32.00 | 680 |
| Baked Stuffed Lobster | $38.00 | 850 |
| Fried Shrimp Dinner | $25.00 | 900 |
| Grilled Salmon | $28.00 | 720 |
| Lobster Roll | $22.00 | 640 |
| New England Clam Bake | $45.00 | 1100 |

## Soups & Salads

| Item | Price | Calories |
|---|---|---|
| New England Clam Chowder Bowl | $9.00 | 350 |
| Lobster Bisque Bowl | $10.00 | 400 |
| Seafood Caesar Salad | $16.00 | 550 |
| House Salad | $7.50 | 200 |
| Mixed Greens with Shrimp | $17.00 | 480 |

## Sides

| Item | Price | Calories |
|---|---|---|
| French Fries | $6.00 | 400 |
| Steamed Vegetables | $7.00 | 150 |
| Coleslaw | $5.00 | 200 |
| Baked Potato | $6.50 | 300 |
| Rice Pilaf | $6.50 | 220 |
| Mac & Cheese | $8.00 | 480 |

## Kids Menu

| Item | Price | Calories |
|---|---|---|
| Fried Fish Sticks | $9.00 | 450 |
| Grilled Cheese | $7.50 | 400 |
| Popcorn Shrimp | $10.00 | 480 |
| Chicken Tenders | $9.50 | 500 |
| Kid’s Mac & Cheese | $8.00 | 550 |

## Desserts

| Item | Price | Calories |
|---|---|---|
| Key Lime Pie | $8.00 | 430 |
| Chocolate Lava Cake | $9.00 | 560 |
| Cheesecake | $8.50 | 490 |
| Ice Cream Scoop | $5.00 | 220 |
| Blueberry Tart | $7.50 | 400 |

## Beverages

| Item | Price | Calories |
|---|---|---|
| Fountain Soda | $3.00 | 190-310 |
| Iced Tea | $3.50 | 80 |
| Fresh Lemonade | $4.00 | 150 |
| Bottled Water | $3.00 | 0 |
| Coffee | $3.50 | 5 |

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.