

Welcome to Legal Catering at The Exchange Conference Center

For over 50 Years Legal Sea Foods has been devoted to serving only the highest quality Seafood available. The safety of our guests is paramount, and we are passionate about protecting their health by serving only fish and shellfish that's been tested and proven worthy of the Legal name. The same is true for our non-seafood items. We want every single ingredient used in Legal recipes to be of the utmost quality. We literally search the world to select the finest and most flavorful goods. For example, we buy vanilla from Tahiti, saffron from Spain, olive oil from Italy, jasmine rice from Thailand, and coffee from Costa Rica.

The Catering division is of no exception! Our goal is to make your event the best it can possibly be. To highlight your event our Chef epitomizes the Legal Sea Foods standards of fabulous menus, superior food quality and creative presentation. Seafood lovers and landlubbers alike will find a wide range of menu items guaranteed to delight your guests. Our professional catering staff will work closely with you to ensure your event is a success.

We welcome the opportunity to customize a menu for your event. All of our menu items are prepared to order and we strive to accommodate special requests.

Your Sales Representative can answer any questions you may have regarding the menu and will work closely with you assist you in creating the best menu for your event and to ensure all of the details have been tended to.

Thank you, for choosing Legal Catering and the Exchange Conference Center.



All prices subject to an 18% administrative charge and 7% Massachusetts meal tax

THE COMPLETE PACKAGE

MORNING

Chilled Fruit Juices
Individual Yogurts
Assorted Bakery Basket
Flavored Cream Cheeses, Fruit Preserves and Butter
Freshly Brewed Coffees and Assorted Teas

LUNCH

Soup of the Day, Chefs' Choice of Salad and Dessert
Regular and Diet Soft Drinks, *Freshly Brewed Coffees and Assorted Teas*

Choice of One Lunch Buffet

It's a Wrap!

A Choice of Four Wraps
(From the Following Pages)
Cape Cod Potato Chips,
Dill Pickles & Pickled Cherry Peppers

The Islander

Asian Marinated Salmon Fillet & Chicken Breast
Topped with Tropical Fruit Salsa Served with
Jasmine Rice & Vegetables
Freshly Baked Rolls & Butter

Land and Sea Buffet

Herb Marinated Chicken Breast & Shrimp
over Rice Pilaf with Seasonal Vegetables
Freshly Baked Rolls & Butter

Deli Sandwich Buffet

Freshly Sliced Boar's Head Meats & Cheeses
On a Variety of Breads and Rolls
Cape Cod Potato Chips
Dill Pickles & Pickled Cherry Peppers

The Legal Lunch

Boston Scrod baked with Buttery Crumbs
Roasted Red Skin Potatoes, Seasonal Vegetables,
Freshly Baked Rolls & Butter

AFTERNOON

Freshly Baked Cookies and Brownies
Regular and Diet Soft Drinks
Freshly Brewed Coffees and Assorted Teas

\$50 Per Person



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BREAKFAST BUFFETS

Priced Per Person

The Exchange

Chilled Fruit Juices

Freshly Baked Assorted Breakfast Pastries

Flavored Cream Cheeses, Butter and Fruit Preserves

Freshly Brewed Coffees and Assorted Teas

\$12.95

The Seaport

Chilled Fruit Juices

Seasonal Fruit Platter

Individual Yogurts

Freshly Baked Assorted Breakfast Pastries

Flavored Cream Cheeses, Butter and Fruit Preserves

Freshly Brewed Coffees and Assorted Teas

\$16.95

Harborview Buffet

Chilled Fruit Juices

Seasonal Whole and Sliced Fruit Platter

Freshly Baked Assorted Breakfast Pastries

Flavored Cream Cheeses, Butter and Fruit Preserves

Farm Fresh Scrambled Eggs and Hash Browned Potatoes

French Toast Casserole with Warm Maple Syrup

Bacon and Sausage

Freshly Brewed Coffees and Assorted Teas

\$24.95



BREAKFAST BUFFET ENHANCEMENTS

Priced Per Person.

Cereal Bar

Homemade Oatmeal with Maple
Syrup & Brown Sugar,
Granola, and Assorted Cold Cereals
with Ice Cold Milk

\$4.95

Smoked Salmon Platter

North Atlantic Smoked Salmon
accompanied by Capers,
Red Onion, Chopped Egg,
Chives and Mustard Sauce

\$9.95

Fresh Whole Fruit

Assorted Apples, Pears,
Oranges & Bananas

\$3.95

Seasonal Fruit Platter

Sliced Seasonal Fruits with
yogurt Dipping Sauce

\$5.95

Assorted Bars

Nutrigrain Bars, Power Bars
& Granola Bars

\$3.95

Petite Breakfast Quiches

Black Forest Ham and Swiss,
Bacon and Cheddar and
Baby Spinach, Tomato &
Cheddar

\$5.95

BREAKFAST STATIONS

A \$75 fee is required for each Station Chef

Omelette Station*

Prepared to order by our Chef with your choice of fillings
Peppers, Onions, Mushrooms, Spinach, Tomatoes, Ham, Bacon and Cheese

*We also offer Egg White Omelettes upon request

\$10.95

Crepe Station

Hand Made Crepes filled with Seasonal Berries and Fresh Fruit,
Topped with Fresh Whipped Cream, Brown Sugar and Maple Syrup

\$9.95



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LUNCH BUFFETS

Priced Per Person

Served with Assorted Regular and Diet Soft Drinks and Freshly Brewed Coffees and Assorted Teas

Add on Legal's Famous New England Clam Chowder- \$6.50 per person

It's a Wrap!

A Choice of Four types of Wraps
Cape Cod Potato Chips, Dill Pickles, Pickled Cherry Peppers
Chef's choice of Salad & Dessert

Balsamic Roasted Vegetable Wrap

Herb Marinated Seasonal
Vegetables Roasted to perfection,
Wrapped in Sun Dried Tomato
Lavosh with Balsamic Mayonnaise,
Lettuce & Tomatoes

Greek Chicken Wrap *

Herb Marinated Chicken with Olives,
Tomatoes, Lettuce, Cucumbers tossed
with Greek Dressing and
Crumbled Feta Cheese
Wrapped in Herb Lavosh

Roast Beef Rachel Wrap

Sliced Boars Head Roast Beef
with Horse Radish Slaw, Swiss
Cheese, Lettuce & Tomato
Wrapped In Herb Lavosh

Buffalo Wrap*

Roasted Chicken Breast tossed with
Spicy Buffalo Sauce, Chunky
Blue Cheese Dressing,
Lettuce, Tomato and Celery
Wrapped in White Lavosh

Sesame Ginger Chicken Wrap *

Asian Marinated Chicken, Crispy
Julienne Vegetables, Lettuce and
Sesame Seeds tossed with
Ginger Sesame Dressing
Wrapped in White Lavosh

Chicken Caesar Wrap*

Herb Marinated Chicken Breast,
Crisp Romaine and Shredded
Parmesan tossed with Legal's own
Caesar Dressing
Wrapped in Herb Lavosh

Waldorf Wrap

Tart Apples, Grapes,
Toasted Nuts, Celery and
Lettuce lightly tossed in
Lemon Tarragon Mayonnaise
Wrapped in Spinach Lavosh

The Gobbler

Roasted Turkey Breast,
Cranberry Chutney,
Havarti Cheese
and Baby Greens
Wrapped in Herb Lavosh

Tom Smith Wrap

Roasted Turkey Breast,
Tart Green Apples,
Lettuce and Garlic
Herb Spread
Wrapped in Herb Lavosh

Bangkok Wrap*

Roasted Chicken Breast
with Thai Peanut Sauce and
Thai Slaw
Wrapped in White Lavosh

\$24.95

*Substitute Legal's Succulent Shrimp for \$3.00



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LUNCH BUFFETS

Priced Per Person

Served with Assorted Regular and Diet Soft Drinks and
Freshly Brewed Coffees and Assorted Teas

Add on Legal's Famous New England Clam Chowder- \$6.50 per person

Land and Sea Buffet

Herb Marinated Chicken Breast and Shrimp
over Rice Pilaf and Seasonal Mixed Vegetables
Mixed Greens and Fresh Bread
Chef's choice Dessert
\$28.95

The Islander

Asian Marinated Salmon Fillet & Chicken
Breast Topped with Tropical Fruit Salsa
Served with Jasmine Rice & Vegetables
Chef's Choice of Salad and Dessert
Freshly Baked Rolls & Butter
\$28.95

The Legal Lunch

Legal Sea Foods' New England Clam Chowder
Boston Scrod baked with Buttery Crumbs
Roasted Red Skin Potatoes
Mixed Greens and Fresh Bread
Chef's choice of Seasonal Vegetable and Dessert
\$24.95

Light Lunch

Soup of the Day, Mixed Greens Salad
Ham & Cheese and Vegetarian Quiche
Chef's Choice of Dessert
Freshly Baked Rolls & Butter
\$22.95

Deli Sandwich Buffet

Assorted Boar's Head Sliced Deli Meats & Cheeses
Served on Fresh Breads and Rolls
Chef's Choice of Salad and Dessert
Cape Cod Potato Chips
\$19.95
Vegetarian Sandwiches available upon Request

Salad Sampler

Chicken Tarragon Salad, Ham Salad,
Egg Salad, Tuna Salad and Shrimp Salad
Prepared and Served on Petite Rolls
Cape Cod Potato Chips
Mixed Greens Salad with Two Dressings
Chef's Choice of Dessert
\$19.95



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LUNCH BUFFETS

20 Person Minimum

Priced Per Person

Served with Assorted Regular and Diet Soft Drinks and Freshly Brewed Coffees and Assorted Teas

Add on Legal's Famous New England Clam Chowder- \$6.50 per person

Exchange Salad Bar

Mixed Greens and Caesar Salad

Herb Marinated Chicken Breast, Shaved Roast Beef with Red Onion Rings, Poached Salmon Filet

Fresh Vegetables and Salad Toppings

Freshly Baked Breads

Chef's Choice of Dessert

\$26.95

Picnic on the Harbor

Legal Sea Foods' New England Clam Chowder

Petite Lobster and Chicken Tarragon Salad Sandwiches

Legal's Vegetable Slaw or Potato Salad

Cape Cod Potato Chips

Freshly Baked Cookies and Brownies

\$36.95

Pasta Buffet

Caesar Salad, Fresh Bread, Chefs' Choice of Dessert

Choice of Two from the Following Selections

~Shrimp, Tomatoes, Mushrooms and Garlic Sautéed in a
White Wine Sauce over Farfalle Pasta

~Penne Pasta with Julienne Chicken in a Basil Marinara
Sauce with Parmesan Cheese

~Wild Mushroom Ravioli in an Herb Cream Sauce

~Fresh Cheese Tortellini Primavera with Herb Olive Oil

\$24.95

Tex-Mex Buffet

Chicken and Beef in Fresh Lime and Herb Marinade

Warm Flour Tortillas

Sautéed Peppers and Onions

Shredded Cheese, Guacamole, Salsa and Sour Cream

Spanish Rice, Black Bean Salad

Warm Cinnamon Pita Chips

With Homemade Vanilla Ice Cream

\$24.95

Asian Noodle Bar

Herb Marinated Roasted Shrimp and Chicken,

Assorted Raw and Al dente Vegetables, Asian Noodles,

Soy Ginger Sauce and Sesame Vinaigrette,

Crispy Won Ton Chips

Sliced Fruit with Honey Ginger Dipping Sauce

\$26.95



HOT PLATED LUNCHEONS

Includes choice of Appetizer, Entrée and Dessert served with Fresh Bread
Regular and Diet Soft Drinks, Coffee and Tea

Appetizers

(Choice of One)

New England Clam Chowder
Rhode Island Red Chowder
Mixed Greens with Herb Vinaigrette
Legal's Classic Caesar Salad

Entrees

(Choice of One)

Classic Boston Scrod	\$26.95
<i>Fresh Cod Filet topped with Buttery Breadcrumbs and Diced Tomatoes accompanied by Rice Pilaf</i>	
Asian Arctic Salmon Filet	\$28.95
<i>Marinated Salmon Filet topped with Pineapple Mango Salsa served with Jasmine Rice with Scallions</i>	
Baked Stuffed Shrimp	\$30.95
<i>Jumbo Shrimp Stuffed with Crab, Almonds and Gouda atop Vegetable Confetti Rice</i>	
Apricot Glazed Chicken	\$24.95
<i>Marinated Chicken Breast baked with a fruit glaze and served with Roasted Potatoes</i>	
Chicken Mediterranean	\$24.95
<i>Roasted Chicken Breast with Artichokes, Mushrooms, Tomatoes and Capers Accompanied by Rice Pilaf</i>	
Chicken Piccata	\$24.95
<i>Sautéed Chicken Breast topped with Lemon Caper Beurre Blanc with Rice Pilaf</i>	
Petite Filet Mignon	\$35.95
<i>Herb Encrusted Petite Filet Mignon with Demi-Glace accompanied by Roasted Red Bliss Potatoes</i>	
Provençal Tart with Bitter Greens	\$24.95
<i>Savory Tart of Kalamata Olives, Caramelized Onions, Sun-dried Tomatoes and Goat Cheese</i>	
Mushroom Ravioli	\$24.95
<i>Mushroom Ravioli tossed with Parmesan Cream Sauce in a Portabella Mushroom Cap</i>	

Desserts

(Choice of One)

New York Style Cheesecake
Boston Cream Pie
Triple Chocolate Layer Cake with Whipped Cream
Ice Cream or Sorbet
Key Lime Pie



CHILLED SALAD PLATES

Includes choice of Entrée and Dessert served with Fresh Bread

Regular and Diet Soft Drinks, Coffee and Tea

Add on Legal's Famous New England Clam Chowder- \$6.50 per person

Classic Cobb Salad **\$19.95**

*Marinated Chicken Breast, Bacon, Chopped Egg, Crumbled Bleu Cheese,
Avocado and Tomato atop Romaine Lettuce with Herb Vinaigrette*

Poached Salmon over Mixed Greens **\$22.95**

*Chilled Poached Salmon Filet served with Dill Crème Fraîche, Mixed Greens,
Sliced Tomato and Cucumbers*

Greek Salad **\$16.95**

*Plum Tomatoes, Cucumbers, Peppers, Olives and Feta Cheese atop Romaine Lettuce
with a Lemon Oregano Vinaigrette*

Marinated Julienne Chicken Greek Salad **\$19.95**

Garlic Shrimp Greek Salad **\$24.95**

Caesar Salad **\$16.95**

*Classic Caesar Salad with House Baked Croutons, Shredded Parmesan Cheese
and Legal's Famous Dressing*

Marinated Julienne Chicken Caesar Salad **\$19.95**

Garlic Shrimp Caesar Salad **\$24.95**

Desserts

(Choice of One)

New York Style Cheesecake

Boston Cream Pie

Triple Chocolate Layer Cake with Fresh Whipped Cream

Ice Cream or Sorbet

Key Lime Pie



AFTERNOON BREAKS

Priced per Person

Cookie Break

Freshly Baked Cookies and Brownies
Regular and Diet Soft Drinks
Freshly Brewed Coffees and Assorted Teas

\$6.95

Healthy Break

Whole Fresh Fruit
Individual Yogurts & Granola Bars
Chilled Fruit Juices
Regular and Diet Soft Drinks
Freshly Brewed Coffees and Assorted Teas

\$8.95

Ice Cream Sundae Bar

Two flavors of Homemade Ice Cream
Fresh Fruit Sorbet, Hot Fudge, Caramel Sauce,
Fresh Fruit, Candy and Nuts with
Freshly Whipped Cream
Regular and Diet Soft Drinks
Freshly Brewed Coffees and Assorted Teas

\$9.95

Munchy Break

Individual Bags of Cape Cod Potato Chips
Pretzels, Cheese and Buttered Popcorn
Assorted Candy Bars
Regular and Diet Soft Drinks
Freshly Brewed Coffees and Assorted Teas

\$8.95

Nacho Bar

White and Blue Corn Tortilla Chips
Melted Cheddar and Monterey Jack Cheeses
Vegetable Salsa and Guacamole
Sour Cream, Olives and Jalapenos
Regular and Diet Soft Drinks
Freshly Brewed Coffees and Assorted Teas

\$9.95

Fenway Park

Pearl Kosher Beef Franks with all the Fixings
Hot Pretzels with Mustard Dipping Sauce
~Root Beer Floats~
Homemade Vanilla Ice Cream & Harpoon Root Beer
Regular and Diet Soft Drinks
Freshly Brewed Coffees and Assorted Teas

\$14.95



Meeting Enhancements

Add these items on to your meeting for improved results!

Bottled Still Poland Spring Water
Bottled Sparkling Plain or Flavored
Poland Spring Water
\$2.50 each

Individual Bottles of
Coke, Diet Coke,
Sprite and Ginger ale
\$2.50 each

Fresh Squeezed Lemonade
\$3.00 per person

Harpoon's Own
Root Beer & Cream Soda
\$3.00 each

Seasonal Fruit Platter
Sliced Seasonal Fruits with yogurt Dipping Sauce
\$5.95
Per Person

Assorted Bars
Nutrigrain Bars, Power Bars & Granola Bars
\$3.95 per person

Assorted Candy Bars
Snickers, Milky Way, Plain or Peanut M & M's
\$2.50 each

Platters

Hand Rolled Sushi

Spicy Tuna Rolls, California Rolls, Smoked Salmon & Shrimp
With Wasabi, Pickled Ginger & Soy
40 Pieces \$100 60 Pieces \$140 80 Pieces \$175

Vegetable Crudités

Assorted Fresh Vegetables with Two Dipping Sauces
Small (serves 10-15) \$45 Medium (serves 15-20) \$65 Large (serves 20-30) \$80

Imported & Domestic Cheese Platter

Assorted Cheeses and Crackers garnished with Fresh Grapes and Strawberries
Small (serves 10-15) \$60 Medium (serves 15-20) \$80 Large (serves 20-30) \$100



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A Simple Affair

This one to two-hour reception package is perfect for winding down after a long meeting or a chance to build relationships with co-workers and clients.

Choice of four passed hors d' oeuvres

Choice of one stationary hors d' oeuvre

Accompanied by Vegetable Crudité and an Imported and Domestic Cheese Platter

\$30.00 (Priced per person)

Stationary Hors d' oeuvres

Baked Brie en Croûte

Brie baked in a Pastry Shell accompanied by Grapes, Strawberries and Sliced Baguette

Chowder Station

Legal Sea Foods' Award Winning New England Clam Chowder with Oyster Crackers

Legal's Hot Crab Dip

Legal Sea Foods' Warm Crab and Horseradish Dip

Passed Hors d' oeuvres

Shrimp Cocktail

Chilled Jumbo Shrimp with Legal Sea Foods' Tasty Cocktail Sauce

Petite Maryland Crab Cakes

Legal's own, made with Maryland Lump Crabmeat, Spices and Breadcrumbs with Mustard Sauce

Brie and Apricot Phyllo Triangles

French Brie with Toasted Pecans and Apricot baked in Phyllo Dough

Artichoke and Parmesan Zucchini Cups

A Fresh Zucchini Cup filled with Parmesan Cheese and Artichokes, finished with Truffle Oil

Chicken Satay

Roasted Marinated Skewered Chicken with a Sesame Peanut Dipping Sauce

Smoked Salmon Canapé

Smoked Salmon and Dill Cream Cheese atop a Pumpkinseed Toast Point

Tenderloin of Beef and Goat Cheese Crostini

Sliced Tenderloin of Beef and Herb Goat Cheese atop a Garlic Crostini

Fragrant Thai Crab Salad

Fresh Maine Crab with Fragrant Thai Herbs, Spices and Lime, atop Slice Star Fruit

Tuscan Stuffed Mushroom

Marinated Roasted Mushroom Cap stuffed with Sun-dried Tomatoes, Boursin and Pine Nuts

Teriyaki Salmon Satay

North Atlantic Salmon Skewer marinated in Asian Glaze

Mini Beef Wellington

Seared Beef Tenderloin with Mushroom Duxelle, wrapped in Puff Pastry



Beverage Selections

Bars can be set up as Hosted Open Bars or Cash Bars

All open bars are charged on a consumption basis per drink and can be customized to suit your needs

Non Alcoholic

Soda, Bottled Still or Sparkling Water \$2.50

Fruit Juice \$3.00

Beer

Domestic:

Budweiser & Bud Light \$4.50

Sam Adams & Harpoon IPA \$5.25

Imported:

Heineken & Amstel Light \$5.25

Wines by the Glass

House White and Red \$6.50

Premium Liquor Brands \$6.95 (per drink)

Absolut, Kettle One, Beefeater, Bombay, Bacardi, Sauza Gold, Dewar's,

Maker's Mark, Seagram's Seven, Seagram's VO, Southern Comfort

Specialty Liquors

Chivas Regal, Glenlivet, \$7.95 (per drink)

Grahams Six Grape Port, Jameson Irish Whiskey

Martini, Manhattan, or Cosmopolitan \$10.00 (per drink)

Cordials \$7.95 (per drink)

Amaretto Di Sarrona, Baily's Irish Cream, Chambord, Drambuie,

Frangelico, Grand Marnier, Kahlúa, Sambuca Romana

Open bar prices are subject to an 18% administrative charge.

All invoices are subject to a 5% Massachusetts Meal Tax.

A fee of \$75.00 will be charged per bartender. Estimate one bartender per 75 guests.

The client will be billed for the full cost of any specially ordered wines, liquors or liqueurs.

Legal Sea Foods, Inc. reserves the right to decline service to intoxicated individuals.

Individuals without proper Massachusetts photo identification to prove age will be declined service.

Legal Sea Foods, Inc. is a responsible dispenser of alcoholic beverages and discourages open bars over four hours in length.



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