




## CHOWDERS & APPETIZERS

**NEW ENGLAND CLAM CHOWDER** mug 6.95   
*388 cal, 13 sat fat, 0 trans fat, 1136 mg sodium, 19 carb*

**LITE CLAM CHOWDER** mug 6.95   
*135 cal, 0 sat fat, 0 trans fat, 569 mg sodium, 16 carb*


**MARYLAND CREAM OF CRAB SOUP** mug 6.95   
*462 cal, 20 sat fat, 0 trans fat, 2157 mg sodium, 26 carb*


**SHRIMP GUMBO SOUP** 6.95  
*760 cal, 9 sat fat, 0 trans fat, 2480 mg sodium, 55 carb*


**JUMBO SHRIMP COCKTAIL** 16.50   
*199 cal, 0 sat fat, 0 trans fat, 871 mg sodium, 16 carb*


**MUSSELS** 12.95  
*1 1/2 pounds, garlic, white wine, crushed red pepper  
966 cal, 19 sat fat, 0 trans fat, 1950 mg sodium, 32 carb*

**LEGAL'S SIGNATURE CRAB CAKE** 16.95  
jumbo lump crab, mustard sauce, seasonal salad  
*288 cal, 3 sat fat, 0 trans fat, 693 mg sodium, 9 carb*

**SHRIMP WONTONS** steamed or fried, with seaweed salad 11.95   
*steamed 276 cal, 1 sat fat, 0 trans fat, 612 mg sodium, 37 carb  
fried 339 cal, 2 sat fat, 0 trans fat, 612 mg sodium, 37 carb*


**CRISPY MONTAUK CALAMARI** 13.95   
regular, spicy, Rhode Island style (hot peppers and garlic)  
or Thai style (pineapple and peanuts)  
*regular 794 cal, 6 sat fat, 0 trans fat, 1682 mg sodium, 81 carb  
spicy 691 cal, 6 sat fat, 0 trans fat, 1042 mg sodium, 57 carb  
Rhode Island 657 cal, 12 sat fat, 0 trans fat, 1494 sodium, 47 carb  
Thai 810 cal, 4.5 sat fat, 0 trans fat, 2410 sodium, 80 carb*

**NEW ENGLAND FRIED CLAMS...Market Price**   
whole-bellied, sweet & petite  
*779 cal, 3 sat fat, 0 trans fat, 1691 mg sodium, 115 carb*

**POPCORN SHRIMP** 10.95   
*854 cal, 6 sat fat, 0 trans fat, 2588 mg sodium, 91 carb*

**BUFFALO WINGS** blue cheese dressing 9.95  
*960 cal, 13 sat fat, 0 trans fat, 3040 mg sodium, 4 carb*


## SANDWICHES french fries and cole slaw

**CRABMEAT ROLL** 17.95   
delicate New England crabmeat on a warm buttery bun  
*699 cal, 12 sat fat, 0 trans fat, 1178 mg sodium, 33 carb*

**FRIED CLAM ROLL...Market Price**  
New England clams, whole-bellied, sweet & petite  
*796 cal, 9 sat fat, 0 trans fat, 1683 mg sodium, 105 carb*

**SEARED CHICKEN SANDWICH** 12.95  
applewood smoked bacon, monterey jack cheese,  
lettuce, tomato and mayonnaise  
*1348 cal, 34 sat fat, 0 trans fat, 1850 mg sodium, 47 carb*

**LEGAL'S SIGNATURE CRAB CAKE** 17.95  
jumbo lump crab on a bun with mustard sauce, lettuce and tomato  
*592 cal, 9 sat fat, 0 trans fat, 1156 mg sodium, 54 carb*

**LOBSTER ROLL...Market Price**   
freshly shucked native lobster, celery mayo, brioche bun  
*597 cal, 12 sat fat, 0 trans fat, 1079 mg sodium, 35 carb*

**TUNA BURGER** 14.95  
freshly ground tuna, chili paste, crumbs and spices  
*1240 cal, 24 sat fat, 0 trans fat, 1939 mg sodium, 60 carb*

**SALMON REUBEN** 13.50  
Russian dressing, gouda and cole slaw  
*1110 cal, 30 sat fat, 0 trans fat, 1930 mg sodium, 62 carb*

**CRISPY FISH SANDWICH** tartar sauce, lettuce and tomato 12.95  
*913 cal, 9 sat fat, 0 trans fat, 1962 mg sodium, 117 carb*

**HAMBURGER\*** 12.95  
can be undercooked upon request  
add cheese for 1.00  
*hamburger 844 cal, 19 sat fat, 0 trans fat, 609 mg sodium, 48 carb  
cheeseburger 962 cal, 25 sat fat, 0 trans fat, 802 mg sodium, 49 carb*



*If it isn't fresh, it isn't Legal!®*

## TAKE-OUT MENU

Enjoy your take-out order.  
I am confident you will be  
completely satisfied.  
We're angling for your thoughts -  
Give us a call and speak to any of our  
Managers with your feedback.  
Thank you!

Legal Sea Foods  
Philadelphia Airport  
8500 Essington Avenue  
Philadelphia, Pa 19153  
Phone: 267-295-9300

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Order Packaged By

Date

Restaurant Guest Services  
guestservices@legalseafoods.com  
800.732.0392 x9305

## SALADS

### HOUSE SALAD half 7.50 full 8.50

creamy romano peppercorn dressing, cherry tomato, shaved carrot and sunflower seeds

half: 307 cal, 5 sat fat, 0 trans fat, 332 mg sodium, 10 carb

full: 607 cal, 10 sat fat, 0 trans fat, 660 mg sodium, 20 carb

### WEDGE SALAD 9.95

iceberg wedge, blue cheese, bacon, tomato, blue cheese vinaigrette

878 cal, 27 sat fat, 0 trans fat, 2561 mg sodium, 9 carb

### CLASSIC CAESAR SALAD 8.50

romaine hearts, garlic croutons, shaved romano, creamy dressing

626 cal, 13 sat fat, 0 trans fat, 1318 mg sodium, 21 carb

### CHOPPED GREEK SALAD 8.95

diced olives, cucumbers, tomatoes, chick peas and feta

284 cal, 2 sat fat, 0 trans fat, 780 mg sodium, 11 carb

### TOP ANY OF THE ABOVE SALADS WITH

- Seared Chicken 5.00 additional  
390 cal, 2.3 sat fat, 0 trans fat, 160 mg sodium, 2.36 carb
- New England Crabmeat 10.00 additional  
199 cal, 0 sat fat, 0 trans fat, 640 mg sodium, 0 carb
- Seared Shrimp 9.00 additional  
380 cal, 3.42 sat fat, 0 trans fat, 421 mg sodium, 2.61 carb
- Seared Salmon 10.00 additional  
396 cal, 4.6 sat fat, 0 trans fat, 117 mg sodium, 0 carb

## CRISPY FRIED french fries and cole slaw

### FISHERMAN'S PLATTER 28.50

shrimp, scallops, calamari, clams and scrod

1530 cal, 8 sat fat, 0 trans fat, 3211 mg sodium, 135 carb

### NEW ENGLAND CLAMS...Market Price

whole-bellied, sweet & petite

1291 cal, 7 sat fat, 0 trans fat, 2870 mg sodium, 136 carb

### FISH & CHIPS regular or spicy 17.95

regular 1267 cal, 7 sat fat, 0 trans fat, 2850 mg sodium, 130 carb


spicy 1378 cal, 7 sat fat, 0 trans fat, 3723 mg sodium, 154 carb

### SHRIMP 767 cal, 2 sat fat, 0 trans fat, 1872 mg sodium, 91 carb 17.95

### NORTH ATLANTIC SEA SCALLOPS...Market Price

dry packed

858 cal, 2 sat fat, 0 trans fat, 2287 mg sodium, 96 carb

 These fresh items are on-time, all the time. Catch a bite to eat and then be on your way.

## LEGAL CLASSICS

### LEGAL'S SIGNATURE CRAB COMBO 30.95

one jumbo lump crab cake, seared shrimp and scallops, mustard sauce, seasonal salad

593 cal, 10 sat fat, 0 trans fat, 1309 mg sodium, 12 carb

### LEGAL'S SIGNATURE CRAB CAKES 30.95

two jumbo lump crab cakes, mustard sauce, seasonal salad

776 cal, 20 sat fat, 0 trans fat, 1576 mg sodium, 18 carb

### ANNA'S BAKED BOSTON SCROD 22.95

crumbs and tomatoes, choice of two sides

691 cal, 26 sat fat, 0 trans fat, 397 mg sodium, 20 carb

### SHRIMP AND GARLIC 24.95

sautéed with tomato, scallions and mushrooms, with fresh pasta

1431 cal, 22 sat fat, 0 trans fat, 711 mg sodium, 103 carb

### LOBSTER RAVIOLI "FRA DIAVOLO" 24.95

spicy plum tomato broth, garlic croustade, fresh parsley

1063 cal, 22 sat fat, 0 trans fat, 2630 mg sodium, 101 carb

### PORTUGUESE FISHERMAN'S STEW 17.95

scrod stewed with mussels, clams and chouriço sausage in a saffron tomato broth

724 cal, 8 sat fat, 0 trans fat, 2295 mg sodium, 34 carb

### SEARED MEDITERRANEAN SALMON 17.95

hummus, cucumber yogurt sauce, orzo, whole wheat pita chips

789 cal, 6 sat fat, 0 trans fat, 1820 mg sodium, 63 carb

### SALMON RICE BOWL 17.95

brown rice, kimchi, shiitake, seaweed salad, spinach, gochujang sauce and sesame vinaigrette

1310 cal, 9 sat fat, 0 trans fat, 2700 mg sodium, 128 carb

substitute: Tuna Sashimi\* 17.95 / Seared Shrimp 17.95

Tuna Sashimi\* 1180 cal, 7 sat fat, 0 trans fat, 34900 mg sodium, 132 carb

Seared Shrimp 1150 cal, 7 sat fat, 0 trans fat, 2690 mg sodium, 128 carb

### STEAMED LOBSTER...Market Price

121-145 cal, 0 sat fat, 0 trans fat, 420-503 mg sodium, 1 carb

1.00 - 1.25 lb. 1.25 - 1.50 lb.

The FDA recommends limits of 20 g of saturated fat (including trans fats) and 2,400 mg of sodium based on a 2,000 calorie per day diet. A 2000 calorie diet is used for the basis of general nutrition advice; individual calorie needs, however, may vary.

Please note: If you have specific dietary requirements, preferences, or a food allergy, please speak to the owner, manager, chef, or your server.

## SEARED choice of two sides

### FAROE ISLAND SALMON 17.95

575 cal, 7 sat fat, 0 trans fat, 277 mg sodium, 1 carb

### TUNA\* cooked medium rare...Market Price

545 cal, 4 sat fat, 0 trans fat, 265 mg sodium, 1 carb

### SWORDFISH...Market Price

583 cal, 7 sat fat, 0 trans fat, 415 mg sodium, 1 carb

### RAINBOW TROUT 576 cal, 6 sat fat, 0 trans fat, 248 mg sodium, 1 carb 19.95

### STEAK TIPS\* 797 cal, 18 sat fat, 0 trans fat, 784 mg sodium, 20 carb 17.95

### MARINATED CHICKEN 21.95

630 cal, 17 sat fat, 0 trans fat, 1061 mg sodium, 2 carb

### SHRIMP 461 cal, 4 sat fat, 0 trans fat, 496 mg sodium, 3 carb 17.95

### NORTH ATLANTIC SEA SCALLOPS...Market Price

dry packed

554 cal, 4 sat fat, 0 trans fat, 911 mg sodium, 1 carb

add a skewer of grilled shrimp for 6.95 or scallops for 9.95

237-347 cal, 2-4 sat fat, 0 trans fat, 328-380 mg sodium, 1-2 carb

### SIDES additional sides 4.95 each

jasmine rice, brown rice, onion strings, french fries, seaweed salad, seasonal vegetable, cole slaw (1.95)

### PREMIUM SIDES additional premium sides 6.95 each

quinoa vegetable salad *calabrian lime dressing, pine nuts* 1.95

fresh seasonal side salad 1.95

sides: 58-480 cal, 0-9 sat fat, 0 trans fat, 2-1003 mg sodium, 9-26 carb

## DESSERTS

### BOSTON CREAM PIE 8.50

chocolate sauce, rum caramel sauce, toffee almond crunch

571 cal, 24 sat fat, 0 trans fat, 268 mg sodium, 42 carb

### KEY LIME PIE lime cream, pomegranate sauce 7.95

611 cal, 22 sat fat, 0 trans fat, 444 mg sodium, 58 carb

### CHEESECAKE seasonal topping 8.50

762 cal, 32 sat fat, 0 trans fat, 578 mg sodium, 6 carb

- Bakery is not a nut and/or gluten free kitchen, items may contain nuts.

\*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.