

## CHOWDERS & APPETIZERS

### New England Clam Chowder mug 7.95 🍴

388 cal, 13 sat fat, 0 trans fat, 1136 mg sodium, 19 carb

### Lite Clam Chowder mug 7.95 🍴

135 cal, 0 sat fat, 0 trans fat, 569 mg sodium, 16 carb

### Maryland Cream of Crab Soup mug 7.95 🍴

462 cal, 20 sat fat, 0 trans fat, 2157 mg sodium, 26 carb

### Shrimp Gumbo Soup 7.50

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 14.95

1 ½ 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 17.50

jumbo lump crab, mustard sauce, seasonal salad (may contain nuts)

288 cal, 3 sat fat, 0 trans fat, 693 mg sodium, 9 carb

### Shrimp Wontons 12.95 🍴

handmade steamed wontons with seaweed salad

276 cal, 1 sat fat, 0 trans fat, 612 mg sodium, 37 carb

### Crispy Calamari 14.95 🍴

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 12.95 🍴

854 cal, 6 sat fat, 0 trans fat, 2588 mg sodium, 91 carb

### Buffalo Wings blue cheese dressing 11.95

960 cal, 13 sat fat, 0 trans fat, 3040 mg sodium, 4 carb

## SANDWICHES fries and coleslaw

### Crabmeat Roll 21.95 🍴

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 Organic Chicken Sandwich 14.95

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 18.50

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 16.95

chili spiced fresh ground tuna, herb crumbs, roasted red pepper sauce

1240 cal, 24 sat fat, 0 trans fat, 1939 mg sodium, 60 carb

### Salmon Avocado BLT\* 14.95

chipotle mayo, avocado, multigrain

1230 cal, 28 sat fat, 1 trans fat, 1460 mg sodium, 46 carb

### Crispy Fish Sandwich tartar sauce, lettuce and tomato 14.95

913 cal, 9 sat fat, 0 trans fat, 1962 mg sodium, 117 carb

### Hamburger\* 14.95

(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

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

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Order Packaged By

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Date

Restaurant Guest Services  
guestservices@legalseafoods.com  
800.732.0392 x9305

## SALADS

### House Salad half 7.50 full 8.95

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

### Spinach Quinoa Salad 8.95

pear tomatoes, cider dijon vinaigrette

450 cal, 3.5 sat fat, 0 trans fat, 780 mg sodium, 43 carb

### Caesar Salad 8.95

romaine hearts, garlic croutons, shaved romano, creamy dressing


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

### Chopped Greek Salad 9.95

diced olives, cucumbers, tomatoes, chickpeas and feta

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

### Top any of the above salads with:

- **Seared Organic Chicken** 7.00 additional  
390 cal, 2.3 sat fat, 0 trans fat, 160 mg sodium, 2.36 carb
- **New England Crabmeat** 13.00 additional   
199 cal, 0 sat fat, 0 trans fat, 640 mg sodium, 0 carb
- **Seared Shrimp** 10.00 additional  
380 cal, 3.42 sat fat, 0 trans fat, 421 mg sodium, 2.61 carb
- **Seared Salmon\*** 11.00 additional  
396 cal, 4.6 sat fat, 0 trans fat, 117 mg sodium, 0 carb

## CRISPY FRIED fries and coleslaw

### Fisherman's Platter 29.95

shrimp, scallops, calamari, clams & whitefish

1130 cal, 8 sat fat, 0 trans fat, 3030 mg sodium, 56 carb

### New England Clams...market price

whole-bellied, sweet & petite

960 cal, 8 sat fat, 0 trans fat, 3480 mg sodium, 55 carb

### Fish & Chips 20.95

880 cal, 7 sat fat, 0 trans fat, 2250 mg sodium, 46 carb


### Shrimp 18.95

790 cal, 7 sat fat, 0 trans fat, 1470 mg sodium, 29 carb

### North Atlantic Sea Scallops...market price

dry-packed

580 cal, 6 sat fat, 0 trans fat, 1680 mg sodium, 19 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 Cake Combo 31.95

one jumbo lump crab cake, seared shrimp and scallops, mustard sauce, seasonal salad (may contain nuts)

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

### Legal's Signature Crab Cakes 31.95

two jumbo lump crab cakes, mustard sauce,

seasonal salad (may contain nuts)

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

### Anna's Baked Boston Cod 24.95

seasoned crumbs, roasted tomato, spinach, jasmine rice

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

### Shrimp and Garlic 25.95

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" 25.95

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 16.95

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\* 18.95

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: Before placing your order, please inform your server if a person in your party has a food allergy. Allergen, ingredient and calorie information available upon request.

## SEARED choice of two sides

### Salmon\* 18.95

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 20.95

576 cal, 6 sat fat, 0 trans fat, 248 mg sodium, 1 carb

### Smothered BBQ Steak Tips\* 17.95

mesquite bbq, peppers & onions

820 cal, 6 sat fat, 0.5 trans fat, 1480 mg sodium, 55 carb

### Marinated Organic Chicken 22.95

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

### Shrimp 18.95

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

### 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 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 à la carte sides 5.50 each

jasmine rice

french fries

brown rice

seaweed salad

onion strings

seasonal vegetable

coleslaw (1.95)

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

## DESSERTS

### Boston Cream Pie 8.95

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, raspberry sauce 8.95

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

### Cheesecake seasonal topping 8.95

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. -

\*Served raw or undercooked, or contains (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.