




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


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


STEAMERS thyme, garlic, white wine 16.95
476 cal, 1 sat fat, 0 trans fat, 381 mg sodium, 17 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 or Rhode Island style (hot peppers and garlic)
*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*

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


SANDWICHES french fries and cole slaw

CRABMEAT ROLL 17.95 
delicate Maine 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

GRILLED 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

TUNA SALAD MELT 10.95
pita wrap with pecorino romano and provolone cheese
715 cal, 16 sat fat, 0 trans fat, 1482 mg sodium, 33 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!

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Philadelphia, Pa 19153
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Order Packaged By

Date

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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

- Grilled Chicken 5.00 additional
390 cal, 2.3 sat fat, 0 trans fat, 160 mg sodium, 2.36 carb
- Maine Crabmeat 10.00 additional 
199 cal, 0 sat fat, 0 trans fat, 640 mg sodium, 0 carb
- Grilled Shrimp 9.00 additional
380 cal, 3.42 sat fat, 0 trans fat, 421 mg sodium, 2.61 carb
- Grilled 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, grilled 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 17.95

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

GRILLED 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

NEW ENGLAND LOBSTER BAKE...Market Price

cup of clam chowder, steamers, mussels, chouriço, corn on the cob,

steamed 1-1.25 lb. lobster 729 cal, 8 sat fat, 0 trans fat, 2386 mg sodium, 34 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.

CHAR GRILLED 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, jalapeño cheddar polenta, 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.