

# APPETIZERS

**ESCARGOT** stuffed mushroom caps, garlic, herbs 500 Cals

**MUSHROOMS NEPTUNE** mushroom caps, crab, cream cheese 500 Cals

**BAKED GARLIC SHRIMP** garlic, herbs, cheese 510 Cals

**SCALLOPS & BACON** <sup>GF</sup> smoked bacon, martini cocktail sauce 370 Cals

**CRISPY FRIED CAULIFLOWER** hoisin ginger sauce 420 Cals

**TUNA TARTARE** sesame-soy seasoned Ahi, fresh avocado 600 Cals

**SHRIMP COCKTAIL** <sup>GF</sup> chilled jumbo shrimp, martini cocktail sauce 130 Cals

**CALAMARI** lightly fried, ginger garlic sauce, Greek feta sauce 450 Cals

**GARLIC CHEESE TOAST** 990 Cals

**FRENCH ONION SOUP** 350 Cals

beef broth, sherry, Spanish onions, Swiss and Parmesan cheeses

**BAKED BRIE** 770 Cals

basil pesto, red pepper jelly, crostini

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# SALADS

**KEG CAESAR** 340 Cals

romaine, aged Parmesan cheese, Keg creamy dressing

**MIXED GREENS** <sup>GF</sup> 150 Cals

field greens, garden vegetables, vinaigrette dressing

**ICEBERG WEDGE** <sup>GF</sup> tomatoes, crispy smoked bacon, buttermilk ranch (180 Cals) or Bleu cheese dressing (280 Cals)

**HEIRLOOM TOMATO & BURRATA** <sup>GF</sup> 310 Cals

basil, olive oil, sea salt

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# CASUAL PLATES

*Served fully plated as described.*

**KEG BURGER** 1530 Cals

fresh blend of chuck, brisket, sirloin; fully dressed, smoked bacon, cheddar, Keg fries

**CAULIFLOWER 'STEAK'** <sup>GF</sup> 250 Cals

grilled cauliflower 'steak', chickpea & sundried tomato relish, asparagus

**TUNA TACOS** 560 Cals

seared rare Ahi, cabbage slaw, cilantro, soy sesame sauce

**FRIED CHICKEN** 690 Cals

buttermilk ranch, cabbage slaw


**PRIME RIB SLIDERS** 740 Cals

freshly shaved, horseradish Dijon, red wine herb jus



Limited time features made with select ingredients.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

All prices are subject to applicable taxes. 

# STEAK + PRIME RIB

Well trimmed, aged for extra flavour and tenderness, cooked to perfection with Keg seasoning.

- PRIME RIB** horseradish, red wine herb jus 550 Cals (10 oz) • 720 Cals (14 oz)
- TOP SIRLOIN** GF 290 Cals (6 oz) • 370 Cals (8 oz) • 530 Cals (12 oz)
- FILET MIGNON** GF bacon wrapped 420 Cals (7 oz) • 550 Cals (10 oz)
- TERIYAKI SIRLOIN** 380 Cals (8 oz)
- RIB STEAK** GF bone-in 800 Cals (20 oz)
- NEW YORK STRIPLOIN** GF 730 Cals (12 oz)
- BASEBALL TOP SIRLOIN** GF grilled medium rare or less 530 Cals (12 oz)
- BLEU CHEESE FILET** bacon wrapped 700 Cals (7 oz)
- PEPPERCORN NEW YORK** crusted striploin, whisky sauce 750 Cals (12 oz)
- SAUCES** béarnaise 450 Cals GF • herb butter 200 Cals GF • whisky peppercorn 110 Cals

## ADD TO YOUR STEAK

- ATLANTIC LOBSTER TAIL** GF 530 Cals
- BLEU CHEESE CRUST** 280 Cals
- KING CRAB** GF 520 Cals
- CAJUN SHRIMP** GF 210 Cals
- GRILLED JUMBO SHRIMP** GF 650 Cals
- SAUTÉED MUSHROOMS** GF 190 Cals
- SHRIMP & SCALLOP OSCAR** GF 440 Cals

# STEAK + SEAFOOD

## STEAK & CAJUN SHRIMP GF 580 Cals

mini tenderloin medallions, shrimp medley, Cajun sauce

**SIRLOIN OSCAR** GF shrimp, scallops, asparagus, Béarnaise sauce 810 Cals (8oz)

**STEAK & CRAB** GF 810 Cals (6 oz) • 890 Cals (8 oz)  
top sirloin, Alaskan King crab

**STEAK & LOBSTER** GF 820 Cals (6 oz) • 890 Cals (8 oz)  
top sirloin, Atlantic lobster tails


# ACCOMPANIMENTS

Choose one of the following to complete your meal:

- BAKED POTATO** GF 500 Cals
- KEG FRIES** 390 Cals
- GARLIC MASHED POTATO** GF 230 Cals
- ASIAGO RICE** 250 Cals
- TWICE BAKED POTATO** (bacon) GF 450 Cals
- FRESH VEGETABLES** GF 170 Cals

## GRILLED TO PERFECTION

- BLUE RARE** COOL, BLUE CENTER
- MEDIUM WARM**, PINK CENTER
- RARE** COOL, BRIGHT RED CENTER
- MEDIUM WELL** HOT, TRACE OF PINK
- MEDIUM RARE** WARM, RED CENTER
- WELL DONE** HOT, FULLY COOKED
- CHICAGO** CHARRED, COOKED TO ORDER

All prices are subject to applicable taxes. 

## KEG CLASSICS

Start with a Caesar (340 Cals), mixed greens (150 Cals) or iceberg wedge salad (180 Cals-280 Cals), and choose your favourite Keg steak or slice of prime rib. Served with sautéed field mushrooms (190 Cals) and your choice of accompaniment (170-500 Cals).

<b>TOP SIRLOIN</b> GF 370 Cals	(8 oz)
<b>PRIME RIB</b> GF horseradish, red wine herb jus 550 Cals	(10 oz)
<b>FILET MIGNON</b> GF bacon wrapped 420 Cals	(7 oz)
<b>TERIYAKI SIRLOIN</b> 440 Cals	(8 oz)
<b>BASEBALL TOP SIRLOIN</b> GF grilled medium rare or less 530 Cals	(12 oz)
<b>NEW YORK STRIPLOIN</b> GF 730 Cals	(12 oz)

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## FISH

Responsibly sourced from certified sustainable fisheries and served fully plated as described.

<b>SESAME TUNA</b> 430 Cals seared rare Ahi, cabbage slaw, soy sesame dressing
<b>PAN-SEARED ARCTIC CHAR</b> GF 650 Cals blistered tomatoes, asparagus, roasted garlic, cauliflower mash
<b>PISTACHIO CRUSTED SALMON</b> GF 1120 Cals garlic mashed potato, bacon sautéed Brussels sprouts, maple butter

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## CHICKEN

Chicken breast with drumette, pan seared and oven roasted, served fully plated as described.

<b>OVEN ROASTED</b> GF 800 Cals garlic mashed potato, bacon sautéed Brussels sprouts, chicken demi-glace
<b>BACON WRAPPED</b> GF 1050 Cals Asiago cheese stuffing, garlic mashed potato, cabbage slaw, asparagus purée
<b>SWEET THAI</b> 1030 Cals Asiago rice, sautéed onions, asparagus, bell peppers, chili sauce

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## RIBS

Braised pork back ribs, finished on the grill and served fully plated as described.

<b>BBQ RIBS</b> Keg BBQ sauce, cabbage slaw, Keg fries	1130 Cals (half rack) • 1770 Cals (full rack)
<b>CHICKEN &amp; RIBS</b> 1530 Cals roasted chicken breast with drumette, half rack of BBQ ribs, cabbage slaw, Keg fries	

### GF GLUTEN FRIENDLY

Additional options are available with modifications from our kitchen. Ask a server for information.

### Informed Dining

Menu nutritional information is available. Let us know if you have a food allergy or sensitivity.

All prices are subject to applicable taxes. 