

APPETIZERS

ESCARGOT stuffed mushroom caps, garlic, herbs	500 Cals	14
MUSHROOMS NEPTUNE mushroom caps, crab, cream cheese	500 Cals	14
BAKED GARLIC SHRIMP garlic, herbs, cheese	510 Cals	14
SCALLOPS & BACON ^{GF} smoked bacon, martini cocktail sauce	370 Cals	15
CRISPY FRIED CAULIFLOWER hoisin ginger sauce	470 Cals	14
TUNA TARTARE sesame-soy seasoned Ahi, fresh avocado	420 Cals	19
SHRIMP COCKTAIL ^{GF} chilled jumbo shrimp, martini cocktail sauce	130 Cals	17
CALAMARI lightly fried, ginger garlic sauce, Greek feta sauce	450 Cals	17
FRENCH ONION SOUP	350 Cals	12
beef broth, sherry, Spanish onions, Swiss and Parmesan cheeses		
BAKED BRIE	770 Cals	18
basil pesto, red pepper jelly, crostini		
GARLIC CHEESE TOAST	990 Cals	12

SALADS


KEG CAESAR	340 Cals	12
romaine, aged Parmesan cheese, Keg creamy dressing		
MIXED GREENS ^{GF}	150 Cals	13
field greens, garden vegetables, vinaigrette dressing		
ICEBERG WEDGE ^{GF}		13
tomatoes, crispy smoked bacon, buttermilk ranch (180 Cals) or Bleu cheese dressing (280 Cals)		
TOMATO & BURRATA ^{GF}	310 Cals	15
basil, olive oil, sea salt		
WARM MEDITERRANEAN CAULIFLOWER	770 Cals	17
oven roasted, green garbanzo bean hummus, couscous, pistachio nuts, tahini lemon sauce		

BURGERS

KEG BURGER	1480 Cals	23
fresh blend of chuck, brisket, sirloin; fully dressed, smoked bacon, cheddar, Keg fries		
GARDEN BURGER	1270 Cals	22
hand formed, fully dressed, cheddar, Keg fries		



Crafted dishes using select ingredients

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) 41 • 720 Cals (14 oz) 46
TOP SIRLOIN GF	290 Cals (6 oz) 32 • 370 Cals (8 oz) 36 • 530 Cals (12 oz) 42
FILET MIGNON GF bacon wrapped	870 Cals (7 oz) 45 • 1000 Cals (10 oz) 51
TERIYAKI SIRLOIN 380 Cals	(8 oz) 37
RIB STEAK GF bone-in 800 Cals	(20 oz) 54
NEW YORK STRIPLOIN GF 730 Cals	(12 oz) 46
BASEBALL TOP SIRLOIN GF grilled medium rare or less 530 Cals	(12 oz) 42
BLEU CHEESE FILET bacon wrapped 700 Cals	(7 oz) 48
PEPPERCORN NEW YORK crusted striploin, whisky sauce 840 Cals	(12 oz) 48
STEAK FRITES grilled sirloin, garlic chive butter, garlic aioli 940 Cals	(6 oz) 32
SAUCES béarnaise GF 450 Cals 2 • garlic chive butter GF 180 Cals 1 • whisky peppercorn 110 Cals 2	

ADD TO YOUR STEAK

SHRIMP & SCALLOP OSCAR GF 430 Cals 12	BLEU CHEESE CRUST 280 Cals 3
GRILLED JUMBO SHRIMP GF 640 Cals 16	SAUTÉED MUSHROOMS GF 190 Cals 7
KING CRAB GF 520 Cals 30	SHRIMP MEDLEY GF 380 Cals 12
ATLANTIC LOBSTER TAILS GF (1 tail) 500 Cals 19 • (2 tails) 550 Cals 34	

STEAK + SEAFOOD

SIRLOIN OSCAR GF shrimp, scallops, asparagus, Béarnaise sauce 800 Cals	(8 oz) 48
STEAK & CRAB GF top sirloin, King crab 810 Cals (6 oz) 62 • 890 Cals (8 oz) 66	
STEAK & SHRIMP GF tenderloin medallion, shrimp medley, garlic chive butter 610 Cals (4 oz) 40	
STEAK & LOBSTER GF top sirloin, Atlantic lobster tail 790 Cals (6 oz) 51 • 870 Cals (8 oz) 55	


ACCOMPANIMENTS

Choose one of the following to complete your meal:

GARLIC MASHED POTATO GF 230 Cals
KEG FRIES 390 Cals
FRESH VEGETABLES GF 240 Cals
BAKED POTATO GF 500 Cals
ASIAGO RICE GF 250 Cals
TWICE BAKED POTATO GF contains bacon bits 450 Cals
VEGETABLE GNOCCHI MEDLEY mushrooms, pearl onions, Brussels sprouts, carrots, gremolata 490 Cals ADD 3.5
CAULIFLOWER MASH GF blistered tomatoes, asparagus, roasted garlic, basil oil 240 Cals ADD 3.5

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	

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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 (60 Cals) and your choice of accompaniment (230-500 Cals).

TOP SIRLOIN GF	290 Cals (6 oz) 43 • 370 Cals (8 oz) 47
PRIME RIB GF horseradish, red wine herb jus	490 Cals (10 oz) 52
FILET MIGNON GF bacon wrapped	870 Cals (7 oz) 56
TERIYAKI SIRLOIN	380 Cals (8 oz) 48
BASEBALL TOP SIRLOIN GF grilled medium rare or less	530 Cals (12 oz) 53
NEW YORK STRIPLOIN GF	730 Cals (12 oz) 57

SEAFOOD

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

PISTACHIO CRUSTED SALMON GF	1120 Cals 41
garlic mashed potato, bacon sautéed Brussels sprouts, maple butter	
PARMESAN CRUSTED HALIBUT	680 Cals 44
blistered tomatoes, asparagus, roasted garlic, cauliflower mash, basil oil	
SHELLFISH TRIO GF	1050 Cals 70
Atlantic Lobster tail, King Crab, jumbo shrimp, Asiago rice, asparagus	

CHICKEN + RIBS

Chicken breast with drumette, grilled pork back ribs, fully plated as described.

OVEN ROASTED CHICKEN	1020 Cals 36
gnocchi, mushrooms, pearl onions, Brussels sprouts, carrots, chicken demi-glace, gremolata	
CHICKEN MASALA GF	980 Cals 34
garlic mashed potatoes, lemon mint peas, masala cream sauce	
CHICKEN & RIBS	1680 Cals 39
oven roasted, half rack of BBQ ribs, charred corn, Keg fries	
BBQ RIBS	1280 Cals (half rack) 30
Keg BBQ sauce, charred corn, Keg fries	1910 Cals (full rack) 39

Informed Dining 

GF GLUTEN FREE

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.

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