

# 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

---

# 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

---

# 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)

---

## 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

---

## 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

---

## 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. 

# LOBSTER



# SUMMER

For over 30 years, Lobster Summer has been our favourite summer tradition. And this year, we're serving the classics that you know and love. Enjoy now until September 2<sup>nd</sup>.

## STARTER

### LOBSTER GRATINÉE 510 Cals

oven-baked lobster, garlic, herbs, Monterey Jack & cheddar cheeses

## MAINS

### WHOLE ATLANTIC LOBSTER 630 Cals

fresh two-pound Atlantic lobster, hot butter & lemon

### STEAK & HALF LOBSTER 700 Cals (6 oz) • 770 Cals (8 oz)

grilled top sirloin, fresh Atlantic lobster, hot butter & lemon

### SEAFOOD SIRLOIN 600 Cals

shrimp, lobster, scallops, asparagus, supreme lobster Velouté sauce

## ADD TO YOUR MEAL

HALF LOBSTER GF 320 Cals

SEAFOOD TOPPER GF 440 Cals

## ACCOMPANIMENTS

Choose one of the following to complete your meal:

BAKED POTATO GF 500 Cals

GARLIC MASHED POTATO GF 230 Cals

TWICE BAKED POTATO (contains bacon) GF 450 Cals

KEG FRIES 390 Cals

ASIAGO RICE 250 Cals

ASPARAGUS GF 170 Cals

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.

### 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. 