

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 ^{GF} smoked bacon, martini cocktail sauce 370 Cals

CRISPY FRIED CAULIFLOWER hoisin ginger sauce 420 Cals

ROASTED ROMA TOMATOES 580 Cals

Parmesan cheese, olive tapenade, balsamic glaze, pesto aioli, dill crostini

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

SHRIMP COCKTAIL ^{GF} 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 ^{GF} 150 Cals

field greens, garden vegetables, vinaigrette dressing

ICEBERG WEDGE ^{GF} tomatoes, crispy smoked bacon,

buttermilk ranch (180 Cals) or Bleu cheese dressing (280 Cals)

TOMATO & BURRATA ^{GF} 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

MEDITERRANEAN CAULIFLOWER ^{GF} 810 Cals

oven roasted, green garbanzo bean hummus, couscous, tahini lemon sauce

CRAB CAKES 640 Cals

blue and Jonah crab, bell peppers, celery, tartar sauce, asparagus, tomato & Burrata salad

STEAK FRITES (6 oz) 860 Cals

grilled sirloin, garlic aioli

BUTCHER'S CUT (6 oz) 740 Cals

pan seared hanger steak, gnocchi, mushrooms, pearl onions, brussels sprouts, carrots, red wine sauce, gremolata



Limited time features made with select ingredients.

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 STRIPLON 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 730 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 (8 oz)

STEAK & CRAB GF 810 Cals (6 oz) • 890 Cals (8 oz)

top sirloin, Alaskan King crab

STEAK & LOBSTER GF 820 Cals (6 oz) • 900 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

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.

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).

TOP SIRLOIN ^{GF} 430 Cals (8 oz)

PRIME RIB ^{GF} horseradish, red wine herb jus 550 Cals (10 oz)

FILET MIGNON ^{GF} bacon wrapped 480 Cals (7 oz)

TERIYAKI SIRLOIN 440 Cals (8 oz)

BASEBALL TOP SIRLOIN ^{GF} grilled medium rare or less 590 Cals (12 oz)

NEW YORK STRIPLOIN ^{GF} 790 Cals (12 oz)

FISH

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

PISTACHIO CRUSTED SALMON ^{GF} 1120 Cals
garlic mashed potato, bacon sautéed Brussels sprouts, maple butter

SESAME TUNA 430 Cals
seared rare Ahi, cabbage slaw, soy sesame dressing

PARMESAN CRUSTED HALIBUT ^{GF} 680 Cals
blistered tomatoes, asparagus, roasted garlic, cauliflower mash

CHICKEN

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

OVEN ROASTED ^{GF} 800 Cals
garlic mashed potato, bacon sautéed Brussels sprouts, chicken demi-glace

BACON WRAPPED ^{GF} 1050 Cals
Asiago cheese stuffing, garlic mashed potato, cabbage slaw, asparagus purée

SWEET THAI ^{GF} 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.

BBQ RIBS 1130 Cals (half rack) • 1770 Cals (full rack)
Keg BBQ sauce, cabbage slaw, Keg fries

CHICKEN & RIBS 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.