

## APPETIZERS

<b>ESCARGOT</b> stuffed mushroom caps, garlic, herbs	500 Cals	11
<b>MUSHROOMS NEPTUNE</b> mushroom caps, crab, cream cheese	500 Cals	11
<b>BAKED GARLIC SHRIMP</b> garlic, herbs, cheese	510 Cals	10
<b>SCALLOPS &amp; BACON</b> <sup>GF</sup> smoked bacon, martini cocktail sauce	370 Cals	12
<b>CRISPY FRIED CAULIFLOWER</b> hoisin ginger sauce	420 Cals	10
<b>TUNA TARTARE</b> sesame-soy seasoned Ahi, fresh avocado	600 Cals	15
<b>SHRIMP COCKTAIL</b> <sup>GF</sup> chilled jumbo shrimp, martini cocktail sauce	130 Cals	13
<b>CALAMARI</b> lightly fried, ginger garlic sauce, Greek feta sauce	450 Cals	13
<b>GARLIC CHEESE TOAST</b>	990 Cals	7
<b>FRENCH ONION SOUP</b> beef broth, sherry, Spanish onions, Swiss and Parmesan cheeses	350 Cals	10
<b>BAKED BRIE</b> basil pesto, red pepper jelly, crostini	770 Cals	12

## SALADS

<b>KEG CAESAR</b> romaine, aged Parmesan cheese, Keg creamy dressing	340 Cals	9
<b>MIXED GREENS</b> <sup>GF</sup> field greens, garden vegetables, vinaigrette dressing	150 Cals	9
<b>ICEBERG WEDGE</b> <sup>GF</sup> tomatoes, crispy smoked bacon, buttermilk ranch (180 Cals) or Bleu cheese dressing (280 Cals)		9
<b>HEIRLOOM TOMATO &amp; BURRATA</b> <sup>GF</sup> basil, olive oil, sea salt	310 Cals	12


## CASUAL PLATES *Served fully plated as described.*

<b>KEG BURGER</b> fresh blend of chuck, brisket, sirloin; fully dressed, smoked bacon, cheddar, Keg fries	1530 Cals	18
<b>CAULIFLOWER 'STEAK'</b> <sup>GF</sup> grilled cauliflower 'steak', chickpea & sundried tomato relish, asparagus	250 Cals	16
<b>TUNA TACOS</b> seared rare Ahi, cabbage slaw, cilantro, soy sesame sauce	560 Cals	15
<b>FRIED CHICKEN</b> buttermilk ranch, cabbage slaw	690 Cals	18
<b>PRIME RIB SLIDERS</b> freshly shaved, horseradish Dijon, red wine herb jus	740 Cals	16



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.

<b>PRIME RIB</b> horseradish, red wine herb jus	550 Cals (10 oz) 32 • 720 Cals (14 oz) 36
<b>TOP SIRLOIN</b> GF	290 Cals (6 oz) 25 • 370 Cals (8 oz) 28 • 530 Cals (12 oz) 33
<b>FILET MIGNON</b> GF bacon wrapped	420 Cals (7 oz) 37 • 550 Cals (10 oz) 42
<b>TERIYAKI SIRLOIN</b>	380 Cals (8 oz) 29
<b>RIB STEAK</b> GF bone-in	800 Cals (20 oz) 42
<b>NEW YORK STRIPLOIN</b> GF	730 Cals (12 oz) 36
<b>BASEBALL TOP SIRLOIN</b> GF grilled medium rare or less	530 Cals (12 oz) 33
<b>BLEU CHEESE FILET</b> bacon wrapped	700 Cals (7 oz) 39
<b>PEPPERCORN NEW YORK</b> crusted striploin, whisky sauce	750 Cals (12 oz) 38
<b>SAUCES</b> béarnaise GF	450 Cals 2 • herb butter 200 Cals GF 1 • whisky peppercorn 110 Cals 2

## ADD TO YOUR STEAK

<b>ATLANTIC LOBSTER TAIL</b> GF	530 Cals 19	<b>BLEU CHEESE CRUST</b>	280 Cals 2
<b>KING CRAB</b> GF	520 Cals 22	<b>CAJUN SHRIMP</b> GF	210 Cals 10
<b>GRILLED JUMBO SHRIMP</b> GF	650 Cals 13	<b>SAUTÉED MUSHROOMS</b> GF	190 Cals 6
<b>SHRIMP &amp; SCALLOP OSCAR</b> GF		440 Cals 10	

# STEAK + SEAFOOD

<b>STEAK &amp; CAJUN SHRIMP</b> GF	580 Cals 31
mini tenderloin medallions, shrimp medley, Cajun sauce	
<b>SIRLOIN OSCAR</b> GF	shrimp, scallops, asparagus, Béarnaise sauce 810 Cals (8 oz) 38
<b>STEAK &amp; CRAB</b> GF	810 Cals (6 oz) 47 • 890 Cals (8 oz) 50
top sirloin, Alaskan King crab	
<b>STEAK &amp; LOBSTER</b> GF	820 Cals (6 oz) 44 • 890 Cals (8 oz) 47
top sirloin, Atlantic lobster tails	


# ACCOMPANIMENTS

Choose one of the following to complete your meal:

<b>BAKED POTATO</b> GF	500 Cals	<b>KEG FRIES</b>	390 Cals
<b>GARLIC MASHED POTATO</b> GF	230 Cals	<b>ASIAGO RICE</b>	250 Cals
<b>TWICE BAKED POTATO</b> (bacon) GF	450 Cals	<b>FRESH VEGETABLES</b> GF	170 Cals

## GRILLED TO PERFECTION

<b>BLUE RARE</b> COOL, BLUE CENTER	<b>MEDIUM WARM</b> , PINK CENTER
<b>RARE</b> COOL, BRIGHT RED CENTER	<b>MEDIUM WELL HOT</b> , TRACE OF PINK
<b>MEDIUM RARE</b> WARM, RED CENTER	<b>WELL DONE</b> HOT, FULLY COOKED
<b>CHICAGO</b> 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) 36
<b>PRIME RIB</b> GF horseradish, red wine herb jus 550 Cals	(10 oz) 40
<b>FILET MIGNON</b> GF bacon wrapped 420 Cals	(7 oz) 45
<b>TERIYAKI SIRLOIN</b> 440 Cals	(8 oz) 37
<b>BASEBALL TOP SIRLOIN</b> GF grilled medium rare or less 530 Cals	(12 oz) 41
<b>NEW YORK STRIPLOIN</b> GF 730 Cals	(12 oz) 44

---

# FISH

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

<b>PISTACHIO CRUSTED SALMON</b> GF 1120 Cals	34
garlic mashed potato, bacon sautéed Brussels sprouts, maple butter	
<b>SESAME TUNA</b> 430 Cals	29
seared rare Ahi, cabbage slaw, soy sesame dressing	
<b>PAN-SEARED ARCTIC CHAR</b> GF 650 Cals	32
blistered tomatoes, asparagus, roasted garlic, cauliflower mash	

---

# CHICKEN

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

<b>OVEN ROASTED</b> GF 800 Cals	28
garlic mashed potato, bacon sautéed Brussels sprouts, chicken demi-glace	
<b>BACON WRAPPED</b> GF 1050 Cals	28
Asiago cheese stuffing, garlic mashed potato, cabbage slaw, asparagus purée	
<b>SWEET THAI</b> 1030 Cals	27
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>	1130 Cals (half rack) 24 • 1770 Cals (full rack) 32
Keg BBQ sauce, cabbage slaw, Keg fries	
<b>CHICKEN &amp; RIBS</b> 1530 Cals	32
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. 