

# 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

**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** <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)

**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

**MEDITERRANEAN CAULIFLOWER** 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** <sup>GF</sup> 430 Cals (8 oz)

**PRIME RIB** <sup>GF</sup> horseradish, red wine herb jus 550 Cals (10 oz)

**FILET MIGNON** <sup>GF</sup> bacon wrapped 480 Cals (7 oz)

**TERIYAKI SIRLOIN** 440 Cals (8 oz)

**BASEBALL TOP SIRLOIN** <sup>GF</sup> grilled medium rare or less 590 Cals (12 oz)

**NEW YORK STRIPLOIN** <sup>GF</sup> 790 Cals (12 oz)

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# FISH

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

**PISTACHIO CRUSTED SALMON** <sup>GF</sup> 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** <sup>GF</sup> 680 Cals  
blistered tomatoes, asparagus, roasted garlic, cauliflower mash

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# CHICKEN

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

**OVEN ROASTED** <sup>GF</sup> 800 Cals  
garlic mashed potato, bacon sautéed Brussels sprouts, chicken demi-glace

**BACON WRAPPED** <sup>GF</sup> 1050 Cals  
Asiago cheese stuffing, garlic mashed potato, cabbage slaw, asparagus purée

**SWEET THAI** <sup>GF</sup> 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.

**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

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## 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.