

APPETIZERS

ESCARGOT 500 CALS

stuffed mushroom caps, garlic, herbs

MUSHROOMS NEPTUNE 500 CALS

mushroom caps, crab, cream cheese

CALAMARI 450 CALS

lightly fried, ginger garlic sauce, greek feta sauce

SCALLOPS & BACON GF 370 CALS

smoked bacon, martini cocktail sauce

SHRIMP COCKTAIL GF 130 CALS

chilled jumbo shrimp, martini cocktail sauce

TUNA TARTARE 420 CALS

seasoned ahi, avocado

BAKED GARLIC SHRIMP 510 CALS

garlic, cheese, herbs

BAKED BRIE V 770 CALS

basil pesto, red pepper jelly, crostini

GARLIC CHEESE TOAST V 740 CALS

CRISPY FRIED CAULIFLOWER VE 470 CALS

SALADS + SOUP

KEG CAESAR 340 CALS

romaine, aged parmesan cheese, creamy dressing

MIXED GREENS GF VE 150 CALS

field greens, garden vegetables, vinaigrette dressing

ICEBERG WEDGE GF 180-280 CALS

tomato, crispy smoked bacon, dill ranch or blue cheese dressing

FRENCH ONION SOUP 350 CALS

beef broth, sherry, spanish onion, swiss and parmesan cheese

KEG STEAKS + PRIME RIB

Aged for extra flavour & tenderness, then cooked to perfection with Keg seasoning. Keg steaks & Prime Rib are served with your choice of accompaniment (190-500 CALS).

PRIME RIB horseradish, red wine herb jus

10 oz | 450 CALS • 14 oz | 620 CALS • 18 oz | 790 CALS

SIRLOIN

TOP SIRLOIN GF 6 oz | 250 CALS • 8 oz | 330 CALS • 12 oz | 490 CALS

BASEBALL TOP SIRLOIN GF grilled medium rare or less | 12 oz | 490 CALS

TERIYAKI SIRLOIN 8 oz | 340 CALS

SIRLOIN OSCAR GF shrimp, scallops, asparagus, béarnaise sauce | 8 oz | 690 CALS

FILET

FILET MIGNON GF bacon wrapped | 7 oz | 830 CALS • 10 oz | 960 CALS

BLUE CHEESE FILET bacon wrapped | 7 oz | 660 CALS

STRIPLOIN

NEW YORK STRIPLOIN GF 12 oz | 690 CALS

PEPPERCORN NEW YORK crusted striploin, whisky sauce | 12 oz | 800 CALS

RIB STEAK GF bone-in | 20 oz | 820 CALS

KEG CLASSICS

Start with a caesar (340 CALS), mixed greens (150 CALS) or iceberg wedge salad (180-280 CALS). Served with sautéed field mushrooms (60 CALS), & your choice of accompaniment (190-500 CALS).

PRIME RIB GF

10 oz | 450 CALS

TOP SIRLOIN GF

6 oz | 250 CALS • 8 oz | 330 CALS

FILET MIGNON GF

7 oz | 830 CALS

BASEBALL TOP SIRLOIN GF

12 oz | 490 CALS

TERIYAKI SIRLOIN

8 oz | 340 CALS

NEW YORK STRIPLOIN GF

12 oz | 690 CALS



GRILLED TO PERFECTION

blue rare • rare • medium rare • medium • medium well • well done • chicago

ACCOMPANIMENTS

Choose one of the following to complete your meal.

GARLIC MASHED POTATO GF V 230 CALS

BAKED POTATO GF VE 500 CALS

FRESH VEGETABLES GF V 240 CALS

TWICE BAKED POTATO GF 450 CALS

contains bacon bits

KEG FRIES VE 390 CALS

MUSHROOM RICE GF V 190 CALS

CAULIFLOWER MASH GF VE 160 CALS

ADD TO YOUR MEAL

ATLANTIC LOBSTER TAIL GF 500 CALS

SHRIMP & SCALLOP OSCAR GF 360 CALS

GRILLED JUMBO SHRIMP GF 150 CALS

SAUTÉED MUSHROOMS GF V 190 CALS

BLUE CHEESE CRUST V 280 CALS

SAUCES

béarnaise GF V | 450 CALS
garlic confit butter GF V | 180 CALS
whisky peppercorn | 110 CALS

STEAK + SEAFOOD

Served with your choice of accompaniment (190-500 CALS).

STEAK & SHRIMP GF 6 oz | 400 CALS • 8 oz | 480 CALS

top sirloin, grilled jumbo shrimp, garlic butter

STEAK & LOBSTER GF 6 oz | 750 CALS • 8 oz | 830 CALS

top sirloin, atlantic lobster tail

SEAFOOD

Fully plated as described.

PISTACHIO CRUSTED SALMON GF 1030 CALS

garlic mashed potato, roasted brussels sprouts, maple butter

LOBSTER TAIL DINNER GF 820 CALS

two atlantic lobster tails, mushroom rice, seasonal vegetables

MAINS

Fully plated as described.

BLACKENED CHICKEN 1070 CALS

oven roasted, confit garlic butter, hot honey, garlic mashed potato, seasonal vegetables

KEG BURGER 1480 CALS

fully dressed, smoked bacon, cheddar, fries

VEGETARIAN MEATLOAF VE 580 CALS

chickpea, mushroom, red pepper, chipotle tomato glaze, breadcrumbs, cauliflower mash

BBQ PORK RIBS

half rack | 1280 CALS • full rack 1910 | CALS

bbq sauce, fries

CHICKEN & BBQ PORK RIBS 1680 CALS

oven roasted chicken, half rack of ribs, fries

MEDITERRANEAN CAULIFLOWER VE 770 CALS

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

GF GLUTEN FREE • VE VEGAN • V VEGETARIAN

Menu nutritional information is available. Let us know if you have a food allergy or sensitivity. 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. ♻️