

STARTERS

ESCARGOT Stuffed mushroom caps with garlic and herbs. 13

MUSHROOMS NEPTUNE Stuffed with crab and cream cheese. 13

SHRIMP COCKTAIL Chilled Black Tiger shrimp with a zesty martini cocktail sauce. 15

BAKED GARLIC SHRIMP Succulent shrimp finished with garlic, herbs and cheese. 12

SCALLOPS & BACON Served with a zesty martini cocktail sauce. 14

CALAMARI Lightly fried and served with spicy sweet ginger garlic sauce and Greek feta sauce. 14

TUNA TARTARE Sesame-soy seasoned Ahi served on fresh avocado. 18

BAKED BRIE With basil pesto and red pepper jelly. Served with crostini. 14

GARLIC CHEESE TOAST Topped with a delicious blend of three cheeses and toasted to perfection. 7

FRENCH ONION SOUP Hearty beef broth with Sherry, Spanish onions, Swiss and Parmesan cheese. 12

SALADS

KEG CAESAR Crisp romaine and aged Parmesan cheese tossed in Keg's own creamy dressing. 9
Oven roasted chicken breast: add 12

MIXED GREENS Field greens and garden vegetables in a vinaigrette dressing. 10

SPINACH Strawberries, dried cranberries, candied pecans and red onion
in a Chardonnay vinaigrette with goat or Bleu cheese. 11

ICEBERG WEDGE With tomatoes, crispy bacon and buttermilk ranch or Bleu cheese dressing. 10

DINNER SALADS

GRILLED TOP SIRLOIN Sliced on greens, tossed with vegetables, bocconcini cheese and pine nuts.
Served with an herb vinaigrette. 24

LOBSTER & SHRIMP Artisan greens, black beans, charred corn, field mushrooms,
tomatoes and fresh avocado with a mango sesame dressing, topped with pine nuts. 26

GRILLED TO PERFECTION

BLUE RARE COOL, BLUE, ALL THE WAY THROUGH

RARE COOL CENTRE, BRIGHT RED THROUGHOUT

MEDIUM RARE WARM CENTRE, RED THROUGHOUT

MEDIUM WARM, PINK CENTRE

MEDIUM WELL HOT, SMALL TRACE OF PINK IN CENTRE

WELL DONE HOT, FULLY COOKED THROUGHOUT

CHICAGO CHARRED OUTSIDE, COOKED TO ORDER INSIDE

Informed Dining 

Menu nutritional information is available.
Gluten-Free options are available upon request.
Let us know if you have a food allergy or sensitivity.

NFEM_OCT2015
All prices subject to applicable taxes.



PRIME RIB

Aged for extra flavour and tenderness, rubbed with our unique blend of spices and slow roasted.
Hand-carved and served with horseradish and red wine herb jus.

(10 oz) 34 • (14 oz) 39

KEG CUTS

Our cuts are well trimmed, aged to perfection and grilled over high heat with Keg seasoning, resulting in a juicy and flavourful steak.

TOP SIRLOIN Considered the most flavourful steak.

(6 oz) 27 • (8 oz) 30 • (12 oz) 36

TERIYAKI SIRLOIN A Keg favourite. (8 oz) 31

FILET MIGNON Tenderloin wrapped in applewood smoked bacon and served with Béarnaise.

The ultimate in tenderness. (7oz) 42 • (10 oz) 48

RIB STEAK A hearty bone-in rib steak served with sautéed field mushrooms. (20 oz) 47

BASEBALL TOP SIRLOIN So thick that medium rare is the most we can cook it! (12 oz) 36

NEW YORK Tender New York striploin. The King of steaks. (12 oz) 41

FEATURE CUTS

We've taken some of your favourite steaks and dressed them up.

BLACKENED SIRLOIN Coated with select herbs and spices and finished with herb butter. (8 oz) 33

BLEU CHEESE FILET Wrapped in applewood smoked bacon.

Bleu cheese crusted and finished with roasted garlic cloves. (7 oz) 44

SIRLOIN OSCAR Grilled top sirloin topped with shrimp, scallops and asparagus.

Served with Béarnaise. (8 oz) 41

PEPPERCORN NEW YORK Crusted striploin served with whiskey peppercorn sauce. (12 oz) 43

STEAK & LOBSTER Grilled Top Sirloin with an oven baked, 6 ounce Atlantic lobster tail.

(6 oz) 48 • (8 oz) 51

ADD TO YOUR FAVOURITE CUT

Choose one of the following to enhance your meal:

SEAFOOD

ATLANTIC LOBSTER TAIL 23 • KING CRAB 23

SCALLOP AND SHRIMP OSCAR 12 • GRILLED SHRIMP 14

SAUCES

CHIMICHURRI 2 • WHISKEY PEPPERCORN 2 • VELOUTÉ 2 • DEMI-GLACE 3

ACCOMPANIMENTS

Choose one of the following to complete your meal:

BAKED POTATO • ROASTED GARLIC MASHED POTATO • KEG FRIES

TWICE BAKED POTATO (contains bacon) • RICE • MIXED VEGETABLES

Gluten-Free options are available upon request.
Let us know if you have a food allergy or sensitivity.

KEG CLASSICS

Start with a Caesar or iceberg wedge salad, then choose your favourite Keg steak or slice of prime rib.
Served with sautéed field mushrooms and your choice of accompaniment.

TOP SIRLOIN (8 oz) 37 • **TERIYAKI SIRLOIN** (8 oz) 39 • **PRIME RIB** (10 oz) 41

NEW YORK (12 oz) 48 • **FILET MIGNON** Wrapped in applewood smoked bacon. (7 oz) 49

FISH

Responsibly sourced from certified sustainable fisheries.

Our Fish meals are fully plated as described.

OVEN BAKED SALMON Served on rice and steamed asparagus. 32

PISTACHIO CRUSTED SALMON Served on garlic mashed potato, bacon sautéed Brussels sprouts, and maple butter. 36

BLACK COD Served on a fresh chilled quinoa salad and steamed asparagus, topped with tomato cucumber salsa. 39

SESAME TUNA Seared rare on a bed of fresh cabbage slaw, topped with a soy and sesame dressing. 32

CHICKEN

Our Chicken meals are fully plated as described.

SUPREME CHICKEN BREAST Pan seared and roasted. Served with garlic mashed potato, broccolini and demi-glace. 30

MUSHROOM STUFFED SUPREME Pan seared and roasted. Served on garlic mashed potato and bacon sautéed Brussels sprouts. Served with a balsamic cream sauce. 34

SEAFOOD CHICKEN DELUXE Boneless chicken breast served on garlic mashed potato and steamed asparagus. Finished with scallops, shrimp, crab meat and served with velouté sauce. 37

THAI CHICKEN Boneless chicken breast served on garlic mashed potato. Topped with sautéed onions, bell peppers and asparagus in a sweet chili sauce. 26

RIBS

Our Rib meals are fully plated as described.

BBQ RIBS Grilled pork back ribs basted with Keg BBQ sauce. Served with slaw and Keg fries.
HALF RACK 25 • FULL RACK 35

CHICKEN & RIBS Pan seared and roasted supreme chicken breast paired with a half rack of BBQ pork back ribs. Served with slaw and Keg fries. 35

Vegetarian and Gluten-Free options are available upon request.
Let us know if you have a food allergy or sensitivity.