

MAKE INFORMED  
**DECISIONS**

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NUTRITIONAL FACTS ON YOUR KEG CRAVINGS

**THE KEG**  
STEAKHOUSE + BAR

Informed Dining 

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia.  
For more information, please visit [www.InformedDining.ca](http://www.InformedDining.ca).

MENU ITEMS	Serving Size* (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Carbs. (g)	Sodium (mg)	Dietary Fibre (g)	Sugars (g)	Chol. (mg)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
<b>STARTERS + SOUP**</b>															
Escargot	207	505	35	15	0.6	14	40	721	3	3	141	15	31	9	17
Mushrooms Neptune	222	504	31	21	0	17	39	772	3	8	115	16	22	42	10
Shrimp Cocktail	216	128	1	0.3	0	26	4	653	1	2	318	13	28	6	37
Baked Garlic Shrimp	194	507	30	14	0.3	21	33	764	2	2	176	16	28	23	22
Scallops & Bacon	160	226	12	4	0	19	8	690	1	4	45	3	26	2	3
Calamari	360	417	14	1	0	32	39	764	3	11	426	20	124	11	16
Tuna Tartare	399	623	37	5	0	36	42	719	14	0.8	72	8	51	5	13
Baked Brie	231	773	50	28	1	29	49	1177	2	19	50	41	0.6	63	9
Garlic Cheese Toast	303	1002	46	19	0.5	33	99	1770	4	4	111	20	10	64	54
French Onion Soup	381 (mL)	416	21	13	0.6	24	30	2541	2	14	57	15	84	65	7
Wild Mushroom Soup (small) ●	191 (mL)	114	6	4	3	3	11	727	2	3	17	3	6	4	5
Wild Mushroom Soup (large) ●	318 (mL)	194	11	6	5	5	19	1214	2	3	29	5	10	7	8
Southwest Roasted Corn Soup (small) ●	197 (mL)	147	7	2	0	4	20	706	3	3	6	1	0	1	0.2
Southwest Roasted Corn Soup (large) ●	333 (mL)	241	10	3	0	6	35	1179	5	5	11	2	0	2	0.5
<b>SALADS**</b>															
Keg Caesar	203	340	27	5	0.4	6	14	461	3	2	25	50	66	12	9
Mixed Greens	310	147	9	2	0	2	17	126	4	5	0	236	254	8	11
Mixed Greens (w/ mango dressing) ●	389	642	55	14	0.3	11	35	220	11	14	42	26	45	5	15
Spinach Salad without dressing	198	242	6	1	0	3	39	92	6	28	0	41	96	10	19
Spinach Salad without Cheese	243	366	18	2	0	3	41	97	6	30	0	41	96	11	20
Spinach Salad w/ Goat Cheese	271	442	24	6	0	8	42	211	6	30	24	46	96	12	20
Spinach Salad w/ Bleu Cheese	271	466	26	7	0	9	41	477	6	30	25	42	96	15	20
Iceberg Wedge Salad without dressing	128	93	6	2	0	6	5	252	1	2	9	6	8	2	0.3
Iceberg Wedge Salad w/ Buttermilk Ranch dressing	188	179	13	3	0	8	9	514	1	3	19	7	12	5	2
Iceberg Wedge Salad w/ Bleu Cheese dressing	216	453	40	13	0.4	14	9	972	1	4	54	12	8	10	0.3
Chopped Vegetable ●	522	540	46	12	0.3	12	25	1072	7	12	280	54	403	18	16
Cobb Salad ●	545	966	74	21	0	60	15	1401	9	4	302	56	74	16	25
Santa Fe Chicken ●	583	842	41	16	0.7	46	77	1888	8	11	158	155	65	18	34
Grilled Steak ●	457	795	59	15	0.3	52	12	917	3	5	134	108	162	20	55
Grilled Top Sirloin	457	733	54	14	0.3	47	12	891	3	5	107	108	166	20	50
Lobster & Shrimp	655	827	59	10	0.1	31	53	669	14	17	147	141	134	18	40
Quinoa Salad ●	285	433	16	2	0	11	61	791	6	8	0	13	17	7	4
<b>Add protein to any salad:</b>															
Grilled Top Sirloin ●	177	262	11	4	0.2	36	0	854	0	0	94	0	3	0	26
Oven Roasted Chicken	288	340	7	3	0.1	65	0	178	0	0	173	3	6	1	8
Chilled Shrimp ●	163	238	9	3	0.2	36	0	94	0	0	94	0	3	0	26

\*Portion size ordinarily served to the guest. ● Lunch item only ● Available at select stores only

\*\*Includes all sauce(s) and garnish that are served with your menu choice. (Ask your server for more details)

Only standard menu items are listed in this guide. Featured menu items are not listed, please email us at: [kegcommunity@kegrestaurants.com](mailto:kegcommunity@kegrestaurants.com) for more information.

**DAILY CALORIE & SODIUM REQUIREMENTS** Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

Nutritional information is based on The Keg's standardized recipes. Representative values are obtained through third-party laboratory testing, information provided by suppliers, analysis using industry standard software and published resources. The actual nutritional values may vary as menu items are individually prepared and may be customized; there are variations in serving sizes, preparation techniques, and sources of supply; ingredient substitutions; product testing; as well as regional and seasonal differences. Some Keg Restaurants may serve menu items which are not listed, and all items may not be available at all locations.

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**THE KEG**  
STEAKHOUSE + BAR

MENU ITEMS	Serving Size* (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Carbs. (g)	Sodium (mg)	Dietary Fibre (g)	Sugars (g)	Chol. (mg)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
<b>PRIME RIB**</b>															
8 oz ●	371	457	25	9	0	43	17	1963	1	11	101	0	0	0	23
10 oz	439	550	30	11	0	55	18	2203	1	3	128	0.4	24	1	36
14 oz	553	721	40	15	0	75	18	2393	1	3	180	0.4	24	1	47
<b>KEG CUTS**</b>															
Top Sirloin (6 oz)	255	292	12	4	0.2	37	4	581	1	2	94	32	142	0.6	28
Top Sirloin (8 oz)	310	369	15	5	0.2	48	4	612	1	2	124	32	143	0.6	36
Top Sirloin (12 oz)	425	530	21	7	0.3	72	5	673	2	3	187	28	149	1	54
Teriyaki Sirloin (8 oz)	305	381	16	6	1	49	6	425	2	4	149	77	143	1	14
Filet Mignon (7 oz)	375	876	70	12	0	50	9	1007	2	5	251	29	147	8	29
Filet Mignon (10 oz)	460	1003	75	14	0	69	9	1054	2	5	302	29	147	10	37
Rib Steak (20 oz Bone-in)	615	803	36	11	1	104	10	961	3	4	280	30	142	11	53
Baseball Top Sirloin (12 oz)	425	525	21	7	0.3	72	4	675	1	2	187	32	145	1	53
New York (12 oz)	426	734	34	12	3	96	5	863	2	3	238	28	142	8	54
<b>FEATURE CUTS**</b>															
Blackened Sirloin (8 oz)	331	507	30	12	1	49	7	1349	2	3	158	45	149	2	41
Bleu Cheese Filet (7 oz)	325	702	38	11	0.1	55	30	1386	3	6	166	30	166	18	28
Sirloin Oscar (8 oz)	541	915	63	10	0.2	69	14	1274	5	5	354	44	206	8	58
Peppercorn New York (12 oz)	521	861	43	18	4	98	10	1118	4	3	266	38	142	8	57
Steak & Lobster (6 oz)	380	836	64	36	1	57	9	1065	4	4	343	93	186	6	32
Steak & Lobster (8 oz)	436	913	66	37	1	68	9	1095	4	4	373	93	187	6	41
<b>KEG CLASSIC DINNERS (incl: steak, vegetables and mushrooms)</b>															
Top Sirloin Classic (8 oz)	395	434	20	7	0.3	51	10	644	3	4	130	30	147	2	41
Teriyaki Sirloin Classic (8 oz)	394	467	23	10	1	51	11	477	3	5	163	82	143	2	18
Prime Rib Classic (10 oz)	559	555	33	12	0.1	56	13	1648	3	5	135	30	160	2	38
New York Classic (12 oz)	511	799	39	14	3	99	10	897	3	4	244	30	142	9	58
Filet Mignon Classic (includes bacon) (7 oz)	460	941	75	14	0.1	52	14	1041	3	6	257	32	147	9	32
<b>FISH</b>															
Oven Baked Salmon	517	913	58	9	0.2	50	49	1012	5	4	186	66	86	12	23
Pistachio Crusted Salmon	559	1266	95	24	1	57	53	1256	10	19	240	74	164	17	32
Black Cod	576	847	41	9	0.1	44	72	1558	11	12	115	43	68	12	25
Sesame Tuna	384	582	23	3	0	46	50	3928	3	6	90	30	81	6	19
Shrimp Dinner	498	733	56	26	1	52	10	1188	4	4	748	102	206	15	80
Atlantic Lobster Tail Dinner	339	564	42	25	1	41	9	1001	4	4	304	84	189	10	8
King Crab Dinner	361	548	38	23	1	41	9	1837	4	4	204	80	214	11	13
<b>CHICKEN**</b>															
Supreme Chicken Breast	583	695	33	13	0.1	63	37	1059	6	7	177	30	188	11	28
Mushroom Stuffed Supreme	614	1034	64	24	0.3	61	46	2192	6	15	225	40	112	10	32
Seafood Chicken Deluxe	654	706	30	11	0.2	72	33	1344	4	6	242	42	41	12	27
Thai Chicken	655	824	27	9	0.1	70	72	1955	5	43	177	40	209	13	20
Bacon Wrapped Chicken ●	563	1064	69	31	0.2	68	36	2926	4	9	257	61	33	27	27

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<b>RIBS**</b>															
BBQ Ribs Dinner, Full	703	1190	62	13	0.1	72	93	2514	8	32	251	16	68	5	16
BBQ Ribs Dinner, Half	511	850	42	9	0.1	39	83	2013	7	25	131	16	62	5	14
BBQ Chicken & Ribs	765	1248	61	15	0.1	86	93	2565	8	32	295	16	68	5	32
<b>ADD - ONS**</b>															
Atlantic Lobster Tail	206	544	51	32	1	20	4	485	2	1	250	65	40	5	3
King Crab	215	525	48	30	1	20	4	911	2	2	196	61	53	5	6
Scallop and Shrimp Oscar	275	638	58	6	0	21	10	694	3	2	254	12	54	8	22
Grilled Shrimp	284	648	61	38	2	26	4	677	2	1	505	86	47	7	37
Chimichurri	100	358	35	6	0	2	10	110	2	4	0	19	95	10	23
Whiskey Peppercorn	100	141	9	6	0.1	1	6	283	0.2	0.3	31	11	0	0.3	3
Velouté	100	67	5	3	0.1	0.9	5	201	0	0.9	15	7	2	0	2
Demi-Glace	100	85	1	0.2	0	13	7	404	1	2	2	0	0	0	2
Béarnaise ●															
<b>ACCOMPANIMENTS**</b>															
Keg Great Bread	57	149	3	1	0	4	26	317	0	1	0	3	0	3	8
Baked Potato (fully loaded)	405	556	24	10	0.2	13	72	383	8	3	30	16	70	9	25
Roasted Garlic Mashed Potato	170	230	13	8	0.1	4	24	566	2	4	12	17	20	6	7
Keg Fries	211	393	18	3	0	4	52	1040	4	8	0	4	24	0	8
Sweet Potato Fries ●	265	650	33	3	0.1	8	58	380	9	19	11	431	29	6	11
Twice Baked Potato (contains bacon)	285	451	23	12	0.3	9	52	514	4	3	25	22	27	9	17
Rice	170	268	9	5	0.1	5	42	252	1	1	0	15	21	4	3
Mixed Vegetables	170	86	0	0	0	4	19	115	6	7	0	207	387	6	11
<b>SIDES**</b>															
Steamed Asparagus	225	50	0	0	0	5	9	32	5	4	0	45	27	5	11
Sautéed Mushrooms	225	171	12	4	0.1	6	13	90	3	3	17	7	0	2	10
Bacon Sautéed Brussels Sprouts ●															
Asiago Asparagus ●	185	102	5	3	0	7	7	202	4	3	10	41	20	13	9
Braised Mushrooms ●	329	590	56	22	0.6	12	13	1104	3	7	84	37	0	11	9
<b>BAR MENU**</b>															
Tuna Tacos	340	563	13	5	0.1	29	78	1274	5	6	55	23	53	27	27
Three Way Filet	447	1157	96	18	0.1	50	15	2376	2	4	270	24	76	15	46
Keg Sliders	270	758	49	19	2	30	46	1532	2	6	132	12	9	13	44
Prime Rib Sliders	359	639	37	10	0.1	37	39	1239	1	5	104	6	9	3	32
Loaded Nachos	642	1589	101	53	0.2	67	103	2766	8	7	261	59	14	176	11
Loaded Nachos with Spicy Chicken	787	1879	117	55	0.2	90	114	3739	9	8	319	59	18	179	16
Loaded Nachos with Spicy Beef	756	1856	69	58	0.2	88	113	3507	9	8	312	59	16	179	25
Keg Size Meatball	328	999	69	19	0.8	41	54	2012	1	6	178	16	18	24	27
Roasted Portabella Mushrooms ●	908	1362	97	33	0.3	40	82	2758	13	19	84	198	310	65	27
Surf + Turf ●	431	665	42	21	0.7	59	12	421	3	3	257	80	82	10	28

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<b>BURGERS + SANDWICHES + TACOS**</b>															
Keg Burger (incl: bun & toppings) ●	503	1055	71	25	3	48	52	1742	3	7	215	45	28	22	32
Prime Rib Burger (incl: bun & toppings)	362	814	45	18	2	34	63	1693	3	4	119	25	11	5	46
Add Cheese	21	80	7	5	0.2	5	0	170	0	0	17	7	0	14	0
Add Bacon	30	140	12	4	0	6	2	500	0	2	20	0	0	0	0
Add Mushrooms	42	32	2	1	0	1	3	17	1	1	3	1	0	0.3	2
Steak Sandwich ●	436	861	53	15	1	48	40	1216	3	5	160	34	45	2	46
California Club ●	438	864	36	7	0.1	53	83	1485	8	10	124	49	59	5	37
Prime Rib Sandwich ●	559	913	44	15	0.4	43	75	1168	4	5	98	32	45	1	61
Brie Chicken Sandwich ●	408	833	25	10	0	55	91	1209	5	31	133	57	51	24	34
Reuben Sandwich ●●	455	952	54	21	1	36	79	3472	3	9	166	53	44	9	34
Tuna Tacos ●	340	565	14	5	0.1	28	78	1048	5	6	55	22	52	26	26
Crispy Lobster Tacos ●	355	556	10	4	0	23	92	2371	4	12	73	9	64	24	43
<b>COMBINATIONS**</b>															
1/2 Prime Rib Sandwich w/ Caesar Salad ●	499	653	34	10	0.4	27	54	1241	4	5	64	52	80	12	36
1/2 Brie Chicken Sandwich w/ Caesar Salad ●	322	612	25	8	0.1	33	62	1071	5	17	81	64	83	23	22
1/2 Reuben Sandwich w/ Caesar Salad ●●	346	671	39	13	0.4	24	56	2203	4	6	98	63	80	16	22
1/2 Lobster Tacos w/ Caesar Salad ●															
1/2 Tuna Tacos w/ Caesar Salad ●															
1/2 Prime Rib Sandwich w/ Wild Mushroom Soup ●	571	588	29	11	3	25	51	1512	4	6	66	30	46	5	36
1/2 Brie Chicken Sandwich w/ Wild Mushroom Soup ●	394	548	19	9	3	31	59	1342	4	19	83	43	50	17	22
1/2 Reuben Sandwich w/ Wild Mushroom Soup ●●	418	607	34	14	3	21	53	2474	3	8	100	41	46	9	22
1/2 Lobster Tacos w/ Wild Mushroom Soup ●															
1/2 Tuna Tacos w/ Wild Mushroom Soup ●															
1/2 Prime Rib Sandwich w/ Southwest Roasted Corn Soup ●	578	621	29	9	0.2	25	60	1491	5	7	55	28	41	2	31
1/2 Brie Chicken Sandwich w/ Southwest Roasted Corn Soup ●	401	580	20	7	0	31	68	1321	6	19	73	41	44	14	18
1/2 Reuben Sandwich w/ Southwest Roasted Corn Soup ●●	424	639	34	12	0.3	22	62	2453	5	8	89	39	41	6	18
1/2 Lobster Tacos w/ Southwest Roasted Corn Soup ●															
1/2 Tuna Tacos w/ Southwest Roasted Corn Soup ●															

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<b>AND MORE**</b>															
Halibut & Chips ●	338	689	41	10	0	49	30	1214	2	5	93	9	20	10	15
<b>DESSERT MENU</b>															
Billy Miner Pie	194	573	31	15	1	8	68	300	3	76	57	23	0	20	21
Cheesecake	189	660	39	25	1	11	64	390	1	51	110	15	10	20	4
Cheesecake w/ Strawberry Topping	249	731	39	25	1	11	82	390	2	65	110	15	31	20	5
Margarita Key Lime Pie ●	340	979	44	23	0.2	20	119	273	4	102	691	58	6	39	20
Carrot Cake	280	951	55	22	1	10	104	549	3	74	247	83	8	52	10
Brownie Sundae	363	1110	51	23	2	12	156	588	3	108	116	19	0	19	16
Ice Cream (plain)	96	192	10	6	0	3	22	89	0	15	37	6	0	12	0
Ice Cream w/ Hot Fudge Topping	140	253	12	8	0	4	33	116	0.6	23	37	6	28	13	2
Ice Cream w/ Caramel Topping	140	247	11	6	0	3	34	122	0.8	21	39	7	28	13	1
Ice Cream w/ Strawberry Topping	140	219	10	6	0	3	29	89	1	20	37	6	33	12	1
Kids Ice Cream (plain)	64	125	6	4	0.1	1	17	60	0	10	17	2	0	4	0
Kids Ice Cream w/ Hot Fudge Topping	79	177	8	6	0	2	25	86	0	17	17	2	0	5	2
Kids Ice Cream w/ Caramel Topping	79	171	7	4	0.1	1	26	92	0.1	15	19	3	0	5	0.5
Kids Ice Cream w/ Strawberry Topping	79	130	6	4	0.1	1	18	60	0.3	10	17	2	15	5	0.4
Crème Brûlée	298	756	46	19	0.2	20	65	93	1	62	1155	79	42	32	30
Butter Tart	131	355	19	10	0	4	44	200	1	23	56	7	28	6	7
Fudge Brownie	157	495	21	9	0.8	5	74	273	2	52	42	6	0	7	8
Mango Brûlée	136	227	14	6	0.1	6	19	27	1	16	341	23	42	10	10
<b>KID'S MENU**</b>															
Chicken Strips	168	449	29	6	0	23	24	967	1	18	32	4	0	0	8
BBQ Grilled Chicken	133	168	4	2	0.1	24	10	474	1	7	66	3	8	1	5
Keg Mini Burgers	147	418	27	11	1	18	23	686	1	1	83	7	0	3	19
Shaved Prime Rib Sliders	220	430	25	7	0.1	25	26	644	1	4	70	4	7	2	22
Kids Vegetable Tacos	246	387	19	6	0	10	43	1075	5	4	15	13	98	23	13
Kids Sirloin	175	254	10	4	0.2	36	0	569	0	0	94	0	3	0	26
Kids Fruit and Vegetable Plate	158	154	4	1	0	4	26	218	3	8	6	5	85	7	10
<b>KID'S SMOOTHIES</b>															
Burst O'Berry	12 oz	485	0	0	0	5	90	82	3	79	59	40	165	13	0
Just Peachy	12 oz	502	0	0	0	7	93	82	2	87	59	97	165	13	0

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The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government of British Columbia assumes no responsibility or liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.