

MAKE INFORMED
DECISIONS

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NUTRITIONAL FACTS ON YOUR KEG CRAVINGS



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.

MENU ITEMS	Serving Size* (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs. (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)
APPETIZERS + SOUPS															
Escargot	184	505	35	15	1	141	721	40	3	3	14	15	31	9	17
Mushrooms Neptune	199	501	32	21	0	115	772	39	3	8	17	16	22	42	10
Shrimp Cocktail	193	128	1	0.3	0	318	653	4	1	2	26	13	28	6	37
Baked Garlic Shrimp	172	507	30	14	0.3	176	764	33	2	2	21	16	28	23	22
Scallops & Bacon	137	226	12	4	0	45	690	8	1	4	19	3	26	2	3
Calamari	337	450	16	2	0	463	958	40	3	11	34	21	126	14	16
Tuna Tartare	353	598	31	4	0	72	878	50	14	2	36	8	52	5	13
Baked Brie	231	773	46	26	0.4	123	1203	54	2	19	29	35	1	47	17
Roasted Roma Tomatoes	292	580	38	13	0.2	71.2	1085.1	47	3	6	14	13	30	36	16
French Onion Soup	381 (mL)	348	20	12	1	57	1464	19	1	7	22	15	42	62	4
Wild Mushroom Soup (small) ●	191 (mL)	114	6	4	3	17	727	11	2	3	3	3	6	4	5
Wild Mushroom Soup (large) ●	318 (mL)	194	11	6	5	29	1214	19	2	3	5	5	10	7	8
Charred Corn Soup (small) ●	197 (mL)	147	7	2	0	6	706	20	3	3	4	1	0	1	0.2
Charred Corn Soup (large) ●	330 (mL)	241	10	3	0	11	1179	35	5	5	6	2	0	2	0.5
Crispy Fried Cauliflower	396	421	9	3	0.13	0	1290	42	3	3	5	0	1	11	15
Garlic Cheese Toast	303	993	58	20	0.4	107	2046	75	3	3	29	15	10	62	43
Pork + Kimchi Dumplings	320	530	29	9	0	28	2929	50	2	10	20	5	1	4	20
Teriyaki Tenderloin Bites	284	410	21	4	0	69	2908	23	1	8	30	0.4	6	4	20
Pesce Crudo	135	180	6	1	0	30	429	6	1	3	13	2	5	0.6	3
Lobster Bisque	300	300	6	1	0	12	14000	58	1	0	6	35	24	9	11
SALADS															
Keg Caesar	180	340	27	5	0.4	25	461	14	3	2	6	50	66	12	9
Mixed Greens	310	149	9	2	0	0	126	18	4	5	3	250	259	9	12
Iceberg Wedge Salad w/ Buttermilk Ranch dressing	188	179	13	3	0	19	514	9	1	3	8	7	12	5	2
Iceberg Wedge Salad w/ Bleu Cheese dressing	216	279	21	8	0	44	894	9	1	3	14	9	12	9	2
Tomato + Burrata	251	312	26	10	0	50	1274	7	2	5	14	21	42	31	9
Cobb Salad ●	545	964	74	21	0	302	1394	16	9	3	60	92	84	14	25
Lobster & Shrimp ●	655	823	64	14	0.3	165	714	41	13	14	30	149	134	15	40
Santa Fe Chicken ●	633	886	42	16	1	189	1701	77	8	11	51	169	67	18	31
Green Goddess Salad	335	453	22	5	0.1	33	845	36	5	5	11	22	31	27	12
Grilled Avocado Salad	319	483	38	12	0.2	42	404	32	11	6	7	40	130	8	8
CASUAL PLATES															
Keg Burger (incl: bun & toppings)	482	1140	77	25	1	233	2007	61	4	9	61	86	44	53	42
Butchers Cut (Hanger Steak)	618	1041	61	21	0.6	324	769	68	6	10	49	36	50	13	54
Steak Frites	390	787	40	14	0.4	128	1412	43	4	0	40	14	24	0.1	34
Crab Cakes	400	639	48	12	0	74	2118	26	3	5	24	19	83	22	14
Halibut & Chips ●	535	1074	58	13	0	101	2240	84	6	16	53	13	47	10	27
Fried Rice	605	764	37	11	0.1	322	3019	49	5	8	45	236	24	12	28
Mediterranean Cauliflower Bowl Cauliflower	500	815	67	11	0	0	491	46	11	10	15	4	174	20	30
Loaded Nachos	642	1589	101	53	0.2	261	2766	103	8	7	67	59	14	176	11
Loaded Nachos w/ Beef	786	1856	117	58	0.2	312	3507	113	9	8	88	59	16	179	25
Loaded Nachos w/ Chicken	772	1872	116	58	0.3	332	3536	113	9	8	90	64	18	179	16

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SANDWICHES + TACOS															
Reuben Sandwich ●●	455	944	53	21	1	169	3466	78	3	9	36	55	21	10	33
Steak Sandwich ●	436	879	50	16	1	168	1081	40	4	7	56	60	40	4	49
Prime Rib Sandwich ●	521	966	46	16	0	102	2336	82	4	7	46	58	68	3	65
Tuna Taco x3	325	561	18	4	0	52	1898	67	5	5	29	80	55	22	24
Crispy Lobster Taco x3 ●	418	672	18	8	0.2	88	3074	103	5	16	26	8	86	29	23
Baja Halibut Taco x3 ●	354	644	27	7	0	46	1650	66	5	6	32	77	63	27	32
Grilled Avocado Sandwich	325	734	38	13	0.3	108	1271	60	5	8	32	72	48	24	17
Salmon + Avocado Sandwich	615	1368	70	13	0.1	101	3499	144	10	18	39	78	64	6	49
Thai Chicken Sandwich	765	1482	68	17	0.3	174	4076	149	10	19	69	65	70	20	53
STEAK + PRIME RIB															
Prime Rib (8 oz) ●	374	548	30	11	0	128	2174	18	1	3	54	0.4	23	1	36
Prime Rib (10 oz)	439	550	30	11	0	128	2203	18	1	3	55	0.4	24	1	36
Prime Rib (14 oz)	553	721	40	15	0	180	2393	18	1	3	75	0.4	24	1	47
Bleu Cheese Filet (7 oz)	374	702	38	11	0.1	166	1386	30	3	5	55	30	166	18	28
Peppercorn New York (12 oz)	444	861	43	18	4	266	1118	10	4	3	98	38	142	8	57
Top Sirloin (6 oz)	220	292	12	4	0.2	94	580	5	2	3	37	28	146	1	29
Top Sirloin (8 oz)	275	369	15	5	0.2	124	610	5	2	3	48	28	147	1	37
Top Sirloin (12 oz)	373	530	21	7	0.3	187	673	5	2	3	72	28	149	1	54
Teriyaki Sirloin (8 oz)	275	381	16	6	1	149	425	6	2	4	49	77	143	1	14
Teriyaki Sirloin (12 oz)	373	542	21	9	1	149	488	6	2	4	73	77	143	1	14
Filet Mignon (7 oz)	344	880	70	12	0	251	1007	9	2	4	50	29	147	8	28
Filet Mignon (10 oz)	416	1000	75	14	0	302	1054	9	2	4	69	29	147	10	37
Rib Steak (20 oz Bone-in)	559	796	36	11	1	280	1006	8	3	4	104	30	142	11	52
Baseball Top Sirloin (12 oz)	373	530	21	7	0.3	187	673	5	2	3	72	28	149	1	54
New York	374	734	34	12	3	238	863	5	2	3	96	28	142	8	54
Bone in New York	404	1014	47	17	5	336	940	5	2	3	136	28	142	11	76
ADD SEAFOOD, SAUCES & MORE															
Atlantic Lobster Tail	160	544	51	32	1	250	485	4	2	1	20	65	40	5	3
King Crab	169	525	48	30	1	196	911	4	2	1	20	61	53	6	6
Cajun Shrimp	238	648	61	38	2	505	677	4	2	1	26	86	47	7	37
Shrimp & Scallop Oscar	229	631	57	9	0.1	267	492	10	3	2	21	17	53	8	22
Grilled Jumbo Shrimp	75 (mL)	106	7	4	0.11	23	212	5	0.13	0.25	1	8	0	0.24	2
Crab Mushroom Topper	120	161	0	0	0	0.4	52	0	0.05	55	0.2	0	0.04	0.6	0.04
Whisky Peppercorn	75 (mL)	106	7	4	0.11	23	212	5	0.13	0.25	1	8	0	0.24	2
Béarnaise	75 (mL)	452	48	5	0	121	161	3	0.24	0.63	2	2	4	3	5
Demi-Glace	75 (mL)	64	0.53	0.17	0	1	303	5	1	2	10	0	0	0	1.5
Sautéed Mushrooms	225	152	12	5	0.3	18	208	8	2	4	6	7	0	2	7
Blue Cheese Crust	56	211	10	6	0.24	274	1271	8	2	4	21	29	45	7	32
Sautéed Shrimp	246	589	57	34	1	416	498	2	1	0.55	20	73	25	5	29
Mac and Cheese ●	285	581	38	24	40	21	1258	0	5	0.3	179	38	0.2	89	4
Herb Butter	28 (ml)	205	23	14	1	69	166	0.06	0.06	0.01	0.02	28	0.5	0.3	0.6
Creamed Corn ●	225	222	5	3	0	9	808	41	3	5	7.5	7	0	25	23
Creamed Spinach ●	330	122	6	0	0	17	162	20	6	8	8	274	46	26	10

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STEAK + SEAFOOD															
Steak & Cajun Shrimp	345	580	27	11	0.2	400	1873	13	4	7	69	57	187	12	57
Steak & Lobster (6 oz)	439	836	64	36	1	343	1065	9	4	4	57	93	186	6	32
Steak & Lobster (8 oz)	480	913	66	37	1	373	1095	9	4	4	68	93	187	6	41
Sirloin Oscar	493	896	62	13	0.3	366	1070	10	3	4	68	45	159	7	57
Steak & Crab (6 oz)	420	810	60	34	1	289	1491	7	3	3	57	89	179	6	34
Steak & Crab (8 oz)	466	887	63	35	1	320	1521	7	3	3	68	89	180	6	42
ACCOMPANIMENTS															
Asiago Rice	182	254	11	6	0.1	22	569	28	2	2	8	12	2	13	2
Baked Potato (fully loaded)	405	495	24	9	0.2	30	340	61	4	3	12	16	31	8	20
Garlic Mashed Potato	170	231	13	7	0.1	12	569	24	2	4	4	17	19	6	7
Keg Great Bread	57	149	4	1	0	0	298	25	1	0	4	3	0	2	5
Keg Fries	210	393	18	3	0	0	1040	52	4	8	4	4	24	0	8
Mixed Vegetables	170	80	0.1	0	0	0	600	17	6	7	4	211	323	5	12
Twice Baked Potato (contains bacon)	285	452	24	11	0.3	25	518	52	4	3	9	22	26	9	17
Sweet Potato Fries ●	210	528	33	3	0	9	443	36	6	14	4	324	22	4	5
Side Caesar Salad	90	179	11	2	0.1	14	456	14	2	1	5	24	39	10	5
KEG CLASSIC DINNERS (incl: steak, vegetables and mushrooms)															
Top Sirloin Classic (8 oz)	361	427	20	7	0.3	130	689	8	3	4	50	30	147	2	40
Top Sirloin Classic (12 oz)	460	588	25	9	0.4	194	752	8	3	4	75	30	149	2	57
Teriyaki Sirloin Classic (8 oz)	360	460	23	10	1	163	522	9	3	5	51	82	143	2	17
Prime Rib Classic (10 oz)	559	548	33	12	0.1	135	1693	11	3	6	56	30	160	2	37
New York Classic (12 oz)	460	799	39	14	3	244	897	10	3	4	99	30	142	9	58
Filet Mignon Classic (includes bacon) (7 oz)	430	933	75	14	0.1	257	1086	12	3	6	52	32	147	9	31
Baseball Top Sirloin (12oz)	459	588	26	9	0.3	194	752	8	3	5	74	31	149	2	57
FISH															
Pistachio Crusted Salmon	483	1119	77	26	0.5	180	1297	53	10	19	56	46	162	12	21
Honey Glazed Salmon	490	946	54	22	1	182	717	65	4	3	50	51	24	15	8
Parmesan Crusted Halibut	578	681	41	17	0.3	109	1142	30	6	7	49	70	192	24	22
Sesame Tuna	338	435	14	2	0	90	2228	35	5	7	43	100	78	9	18
Halibut & Chips ●	535	1074	58	13	0	101	2240	84	6	16	53	13	47	10	27
Pan Seared Salmon	595	837	62	22	0.5	175	5686	23	7	9	47	50	199	8	19
Oven Baked Salmon	430	723	40	14	0.2	140	1362	36	6	4	50	34	65	16	10
CHICKEN															
Supreme Chicken Breast	486	798	43	15	0.1	190	1380	37	6	8	66	26	111	9	30
Thai Chicken	526	1038	46	13	0.1	243	2015	79	6	43	74	52	193	20	32
Bacon Wrapped Chicken	472	1048	67	29	0.2	260	2782	38	5	9	69	98	54	31	29
RIBS + BONES															
BBQ Ribs (full rack)	687	1771	109	41	1	382	2451	87	8	31	99	56	51	16	12
BBQ Ribs (half rack)	495	1134	65	23	0.6	196	1923	78	7	24	53	56	51	10	11
Chicken & Ribs	696	1536	84	28	0.6	360	2385	87	8	31	100	56	51	10	28
Pork Chop ●	830	1080	36	12	0.3	341	1524	71	6	23	108	72	65	131	33
Braised Short Ribs ●	720	1106	89	39	0.3	179	960	32	3	6	42	25	20	10	32

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DESSERT MENU															
Billy Miner Pie	195	573	31	15	1	57	300	68	3	76	8	23	0	20	21
Cheesecake (plain)	189	660	39	25	0.5	110	390	64	1	51	11	15	10	20	4
Cheesecake w/ Bing Cherry Topping	249	696	39	25	0.5	110	402	73	2	59	11	17	12	20	5
Margarita Key Lime Pie ●	340	979	44	23	0.2	691	273	119	4	102	20	58	6	39	20
Carrot Cake ●	230	804	47	19	0.9	115	467	88	3	63	8	56	7	13	9
Brownie Sundae	361	1110	51	23	2	116	588	156	3	108	12	19	0	19	16
Ice Cream (plain)	120	240	13	7	0	46	111	28	0	19	4	7	0	15	3
Ice Cream w/ Hot Fudge Topping	150	344	17	11	0	46	165	44	0	33	4	7	0	16	3
Ice Cream w/ Caramel Topping	150	331	14	8	0	50	176	47	0.3	29	4	9	0	16	1
Ice Cream w/ Bing Cherry Topping	150	258	13	7	0	46	117	32	0.3	22	4	9	1	15	0.6
Kids Ice Cream (plain)	64	125	6	4	0.1	17	60	17	0	10	1	2	0	4	0
Kids Ice Cream w/ Hot Fudge Topping	79	177	8	6	0.1	17	86	25	0	17	2	2	0	5	2
Kids Ice Cream w/ Caramel Topping	79	171	7	4	0.1	19	92	26	0.1	15	1	3	0	5	1
Kids Ice Cream w/ Bing Cherry Topping	79	134	6	4	0.1	17	63	19	0.2	11	1	3	1	4	0.3
Crème Brûlée	255	732	46	19	0.2	1155	92	61	0.3	59	20	78	13	32	29
Fudge Brownie	157	495	21	9	0.8	42	273	74	2	52	5	6	0	7	8
Mini Crème Brûlée	80	262	16	7	0.1	405	32	23	0.3	22	7	28	13	11	10
KID'S MENU															
Chicken Strips	195	363	11	5	0	70	1190	29	1.1	15	36	4	3	1	10
BBQ Grilled Chicken	153	195	4	2	0.1	77	395	9	1	7	28	3	2	1	4
Mini Keg Burgers	147	356	21	7	1	97	278	22	1	1	22	9	0.3	17	17
Shaved Prime Rib Sliders	220	310	13	5	0.1	70	424	23	1	2	25	4	7	2	22
Kids Sirloin	148	254	10	4	0.2	94	569	0	0	0	36	0	3	0	26
Kids Fruit and Vegetable Plate	158	156	7	1	0	5	319	21	3	7	3	195	36	8	6
KID'S SMOOTHIES															
Burst O'Berry	330 (mL)	485	0	0	0	59	82	90	3	79	5	40	165	13	0
Just Peachy	330 (mL)	502	0	0	0	59	82	93	2	87	7	97	165	13	0

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.

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

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.

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)