

MAKE INFORMED DECISIONS

NUTRITIONAL FACTS ON YOUR KEG CRAVINGS

Takeout Menu

THE KEG®

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															
Mushrooms Neptune	199	501	32	21	0	108	857	39	3	8	18	17	26	12	14
Shrimp Cocktail	193	128	1	0.3	0	318	653	4	1	2	26	13	28	6	37
SALADS															
Caesar Salad	180	340	27	5	0.4	25	461	14	3	2	6	50	66	12	9
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
Mediterranean Cauliflower	500	773	62	10	0	0	491	46	11	10	15	4	174	20	30
STEAK + PRIME RIB															
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
Top Sirloin (6 oz)	220	292	12	4	0.2	94	580	5	2	3	37	27	144	1	29
Top Sirloin (8 oz)	275	370	15	5	0.2	124	610	5	2	3	48	27	145	1	37
Top Sirloin (12 oz)	373	531	21	7	0.3	187	673	5	2	3	73	27	147	1	55
Filet Mignon (7 oz)	344	876	70	12	0	251	1007	9	2	5	50	29	145	8	29
Filet Mignon (10 oz)	416	1004	75	14	0	302	1054	9	2	5	69	29	145	10	37
Rib Steak (20 oz Bone-in)	559	796	36	11	1	280	1006	8	3	5	104	30	140	11	52
New York	374	735	34	12	3	238	863	5	2	3	96	27	140	8	55
ADD SEAFOOD, SAUCES & MORE															
Atlantic Lobster Tail	160	504	51	32	1	239	270	4	2	1	11	64	40	4	3
Two Atlantic Lobster Tails	220	552	51	32	1	320	541	4	2	1	22	66	40	7	4
King Crab	169	525	48	30	1	196	911	4	2	1	20	61	53	6	6
ACCOMPANIMENTS															
Baked Potato (plain)	328	280	2	0	0	0	0	59	4	2	7	0	31	4	20
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
Mixed Vegetables	285	240	20	4	0	7	982	12	3	5	5	40	208	3	8
Twice Baked Potato (contains bacon)	285	452	24	11	0.3	25	518	52	4	3	9	22	26	9	17
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
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
FISH, CHICKEN + RIBS															
Pistachio Crusted Salmon	483	1119	77	26	0.5	180	1297	53	10	19	56	46	162	12	21
Oven Roasted Chicken	650	1019	38	8	0	165	745	22	5	7	61	4	44	5	28
BBQ Ribs (full rack)	774	1914	114	42	1	388	2853	108	9	38	102	11	30	23	11
BBQ Ribs (half rack)	583	1278	70	25	0.6	202	2326	99	8	31	56	11	30	17	11
DESSERT MENU															
Crème Brûlée	255	732	46	19	0.2	1155	92	61	0.3	59	20	78	13	32	29
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

*Portion size ordinarily served to the guest. ● Lunch item only ● U.S. locations only ● ON locations 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 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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