



## **TECHNICAL DATA SHEET MANUAL**

## **DINNER MENU**

**NUTRITION | ALLERGENS | INGREDIENTS**

**Issued: Oct 10, 2023**



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# DINNER MENU



# APPETIZERS



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Baked Garlic Shrimp

**SIZE/WEIGHT:** 283 g

**ISSUED:** Sep 12, 2022

**ITEM ID:** KGAPPS-001

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (283 g) pour (283 g)	
<b>Calories</b>	<b>560</b>
	% Daily Value*
Fat / Lipides	35 g
Saturated / saturés	15 g
+ Trans / trans	0.5 g
	47 %
	78 %
<b>Carbohydrate / Glucides</b>	<b>29 g</b>
Fibre / Fibres	2 g
Sugars / Sucres	4 g
	7 %
	4 %
<b>Protein / Protéines</b>	<b>34 g</b>
<b>Cholesterol / Cholestérol</b>	<b>265 mg</b>
<b>Sodium</b>	<b>1540 mg</b>
Potassium	350 mg
Calcium	300 mg
Iron / Fer	2 mg
	67 %
	7 %
	23 %
	11 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Baked garlic shrimp:** Seasoned shrimp (shrimp, sodium phosphate, salt). **May contain sulphites.** Garlic spread [margarine (soy), butter (milk), parsley, garlic, worcestershire sauce (white vinegar, black strap molasses, glucose-fructose, salt, anchovies, onions, tamarind extract, garlic, spices, flavour), garlic powder, concentrated lemon juice, salt, Tabasco sauce (distilled vinegar, red pepper, salt), spices], Monterey & cheddar cheese blend (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin, colour), Breadcrumbs [wheat flour, cane sugar, vegetable oil (contains modified palm oil), yeast, salt, may contain (in variable proportions): whole wheat flour, oat hull fibre, sesame seeds, wheat gluten, rye flour, rice flour, powdered cellulose, malted barley flour, natural flavour, spice, soya lecithin, caramel, tocopherols]. **Pullman bun:** Unbleached wheat flour, Water, Durum wheat semolina, Butter (milk), Cane sugar, Liquid whole eggs, Liquid egg-whites, Salt, Yeast, Malted barley flour, Ascorbic acid, Rice flour (for dusting). **May contain sesame, soy, Lemon wedge.**

**Contains:** Barley, Crustaceans, Egg, Fish, Milk, Oats, Sesame Seeds, Shellfish, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG  
**RECIPE NAME:** Calamari  
**SIZE/WEIGHT:** 522 g  
**ISSUED:** Oct 10, 2023  
**ITEM ID:** KGAPPS-002

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (522 g) pour (522 g)	
<b>Calories</b>	780 % Daily Value*
<b>Fat / Lipides</b> 17 g % valeur quotidienne*	
Saturated / saturés	3 g 15 %
+ Trans / trans	0 g
<b>Carbohydrate / Glucides</b> 103 g	
Fibre / Fibres	3 g 11 %
Sugars / Sucres	21 g 21 %
<b>Protein / Protéines</b> 54 g	
<b>Cholesterol / Cholestérol</b> 610 mg	
<b>Sodium</b> 3050 mg 133 %	
Potassium 1000 mg	29 %
Calcium 225 mg	17 %
Iron / Fer 5.5 mg	31 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Squid. Enriched wheat flour. Sweet & Spicy Thai sauce: Glucose-fructose, White vinegar, Water, Salt, Red bell pepper puree, Spices, Modified tapioca starch, Dehydrated garlic, Xanthan gum, Potassium sorbate, Sodium benzoate.

**Buttermilk:** Milk ingredients, Salt, Bacterial culture. **Red bell pepper.** Pickled jalapeno peppers: Sliced jalapeno peppers, Vinegar, Water, Salt, Calcium chloride, Sodium benzoate (preservative). **Plain Greek yogurt:** Skim milk, Active bacterial cultures.

**Corn starch (contains sulphites).** Canola oil. **Feta cheese:** Pasteurized milk, Modified milk ingredients, Calcium chloride, Bacterial culture, Microbial enzyme, Lipase. In brine (water, salt, calcium chloride, lactic acid). **Lemon wedge.** Salt. Garlic.

**Lemon juice.** Ginger. Cilantro. Sea salt, Vegetable oil: Canola oil, Extra virgin olive oil. **Black pepper.**

**Contains:** Crustaceans, Milk, Molluscs, Shellfish, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Crab Cakes

**SIZE/WEIGHT:** 247 g

**ISSUED:** Oct 10, 2023

**ITEM ID:** KGAPPS-003

### NUTRITION:

Nutrition Facts Valeur nutritive	
Per (247 g) pour (247 g)	
<b>Calories</b>	<b>670</b>
	% Daily Value*
Fat / Lipides	46 g
Saturated / saturés	7 g
+ Trans / trans	0 g
	35 %
Carbohydrate / Glucides	44 g
Fibre / Fibres	3 g
Sugars / Sucres	7 g
	11 %
7 %	
Protein / Protéines	22 g
Cholesterol / Cholestérol	95 mg
Sodium	1320 mg
	57 %
Potassium	400 mg
	12 %
Calcium	200 mg
	15 %
Iron / Fer	3 mg
	17 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Crab cake:** Jonah crab meat, Lump crab meat [crab meat, sodium acid pyrophosphates (to prevent the formation of struvite crystals)], Panko breadcrumbs (wheat flour, sugar, yeast, salt), Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Yellow bell pepper, Red bell pepper, Onion, Celery, Breadcrumbs [wheat flour, cane sugar, vegetable oil (contains modified palm oil), yeast, salt, may contain (in variable proportions): whole wheat flour, oat hull fibre, sesame seeds, wheat gluten, rye flour, rice flour, powdered cellulose, malted barley flour, natural flavour, spice, soya lecithin, caramel, tocopherols], Lemon juice, Garlic, Parsley, Dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), Dill, Old Bay seasoning [salt, spices (including red pepper, mustard and celery seed), silicon dioxide], Lemon zest, Salt, Tabasco sauce (white vinegar, red peppers, salt), Black pepper. Fried in vegetable oil (canola oil, extra virgin olive oil). **Lemon Dill aioli:** Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Lemon juice, Dill, White wine vinegar, Salt, Old Bay seasoning [salt, spices (including red pepper, mustard and celery seed), silicon dioxide], Black pepper. **Lemon wedge.**

**Contains:** Barley, Crustaceans, Egg, Milk, Mustard, Oats, Rye, Sesame Seeds, Shellfish, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Crispy Fried Cauliflower

**SIZE/WEIGHT:** 558 g

**ISSUED:** Aug 18, 2023

**ITEM ID:** KGAPPS-004

### NUTRITION:

#### Nutrition Facts

#### Valeur nutritive

Per (558 g)  
pour (558 g)

Calories 1070	% Daily Value*
Fat / Lipides 39 g	52 %
Saturated / saturés 6 g	30 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 163 g	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 23 g	23 %
Protein / Protéines 23 g	
Cholesterol / Cholestérol 15 mg	
Sodium 3110 mg	135 %
Potassium 1150 mg	34 %
Calcium 200 mg	15 %
Iron / Fer 8.5 mg	47 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Cauliflower. **Dredge:** Enriched wheat flour, Corn starch (contains sulphites), Salt, Black pepper. **Chipotle Hot Sauce:** Honey, Chipotle peppers in Adobo sauce (chipotle pepper, tomato puree, onion, vVinegar, canola oil, sugar, salt, paprika, garlic), Water, Barbecue sauce [water, sugars (sugar, brown sugar), crushed tomatoes, white vinegar, dehydrated garlic and onion, salt, modified corn starch, hydrolyzed soy protein, spices and spice extracts (contains soy lecithin), mustard flour, caramel, xanthan gum, potassium sorbate, sodium benzoate, disodium inosinate, disodium guanylate], Apple cider vinegar, Salt, Black pepper. **Lime Aioli:** Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Lime juice, Lime zest, Wasabi paste (horseradish, sorbitol, rice bran oil, sugar, modified rice starch, salt, water, modified corn starch, wasabi, artificial flavour, citric acid, turmeric, xanthan gum, brilliant blue FCF), Salt, Black pepper. **Buttermilk:** Milk, Salt, Bacterial culture. **Sesame seeds.** Canola oil.

**Contains:** Egg, Milk, Mustard, Sesame Seeds, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG  
**RECIPE NAME:** Escargot  
**SIZE/WEIGHT:** 272 g  
**ISSUED:** Oct 26, 2022  
**ITEM ID:** KGAPPS-005

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (272 g) pour (272 g)	% Daily Value*
<b>Calories 500</b>	% Daily Value*
Fat / Lipides 35 g	47 %
Saturated / saturés 14 g	73 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 34 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 135 mg	
Sodium 830 mg	36 %
Potassium 750 mg	16 %
Calcium 75 mg	6 %
Iron / Fer 3 mg	17 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Escargot: Mushrooms, Escargot spread {margarine, butter, onions, gherkins [gherkins, sugar/glucose-fructose, water, vinegar, salt, potassium aluminium sulphate, sodium benzoate, natural and artificial flavour, color (contains tartrazine), calcium chloride], prepared mustard (vinegar, water, spices, salt, garlic powder), pasteurized eggs, garlic, parsley, capers (capers, water, salt, vinegar), seasoning (salt), anchovies (anchovies, soya oil, salt), garlic powder, salt, concentrated lemon juice, spices}, Escargot (escargot, water, salt, citric acid, spices). **May contain crustaceans, sulphites.** Mushroom broth {water, Sauterne cooking wine [white wine, salt, malic acid, caramel colour, potassium metabisulphite (preservative), potassium sorbate (preservative)], butter flavoured spread [interesterified oil blend (palm and palm kernel oil) (48%), soybean oil (32%), water, salt, skim milk powder, vegetable mono- and diglycerides, potassium sorbate, soy lecithin, citric acid, artificial butter flavour, vitamin A palmitate, beta-carotene, vitamin D3], vegetable stock concentrate [vegetable juices (water, carrot juice concentrate, celery juice concentrate, onion juice concentrate, cabbage juice, tomato juice concentrate), sugars (maltodextrin, sugar), salt, yeast extract, garlic powder, mushroom juice concentrate, celery seed, citric acid, spice extract, natural flavour], Beef base [roasted beef and beef stock, salt, hydrolyzed soy protein, sugars (sugar, corn maltodextrin, corn syrup solids), water, corn oil, corn starch, yeast extract, caramel, onion powder, disodium inosinate, disodium guanylate, natural flavour, beef extract, beef fat]}. **Pullman bun:** Unbleached wheat flour, Water, Durum wheat semolina, Butter (milk), Cane sugar, Liquid whole eggs, Liquid egg-whites, Salt, Yeast, Malted barley flour, Ascorbic acid, Rice flour (for dusting). **May contain sesame, soy. Lemon wedge.**

**Contains:** Barley, Egg, Fish, Milk, Molluscs, Mustard, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Gruyère Mushroom Dip

**SIZE/WEIGHT:** 465 g

**ISSUED:** Aug 18, 2023

**ITEM ID:** KGAPPS-006

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (465 g) pour (465 g)	
<b>Calories</b>	1600 % Daily Value* % valeur quotidienne*
Fat / Lipides	119 g 159 %
Saturated / saturés	53 g 275 %
+ Trans / trans	2 g
Carbohydrate / Glucides	103 g
Fibre / Fibres	3 g 11 %
Sugars / Sucres	25 g 25 %
Protein / Protéines	31 g
Cholesterol / Cholestérol	175 mg
Sodium	3460 mg 150 %
Potassium	900 mg 26 %
Calcium	600 mg 46 %
Iron / Fer	5 mg 28 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Gruyère Mushroom Dip: Cream cheese (milk, cream, skim milk powder, salt, bacterial culture, guar gum and/or carob bean gum, sorbic acid\*. \*May be omitted), Sautéed mushrooms (button mushrooms, crimini mushrooms, canola oil, salt, black pepper), Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Sour cream (modified milk ingredients, modified cornstarch, disodium phosphate, carrageenan, locust bean gum, guar gum, microbial enzyme, bacterial culture), Gruyere cheese (non-pasteurized milk, bacterial culture, salt, rennet), Parmesan cheese (pasteurized milk, salt, calcium chloride, microbial enzyme, bacterial culture, lipase, cellulose, natamycin), Poblano peppers, Caramelized onions (red onion, canola oil, salt, black pepper), White wine vinegar, Roasted garlic puree (garlic, citric acid, water), White pepper. Pull Apart bread: Crescent roll dough [enriched wheat flour, water, soybean oil, sugars (sugar, dextrose), hydrogenated palm oil, palm oil and modified palm oil, leavening agents (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate), wheat gluten, salt, distilled monoglycerides, potassium chloride, calcium chloride, potassium sorbate, annatto extract, beta carotene (for colour)], Butter (cream, salt), Sea salt. Butter: Cream, Salt. Sea salt.

**Contains:** Egg, Milk, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY.

ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Garlic Cheese Toast

**SIZE/WEIGHT:** 205 g

**ISSUED:** Jun 28, 2022

**ITEM ID:** KGAPPS-007

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (205 g) pour (205 g)	
<b>Calories</b>	<b>820</b>
	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b>	62 g
Saturated / saturés	19 g
+ Trans / trans	0.5 g
	83 %
	98 %
<b>Carbohydrate / Glucides</b>	43 g
Fibre / Fibres	2 g
Sugars / Sucres	2 g
	7 %
	2 %
<b>Protein / Protéines</b>	23 g
<b>Cholesterol / Cholestérol</b>	85 mg
<b>Sodium</b>	1680 mg
	73 %
Potassium	125 mg
	4 %
Calcium	600 mg
	46 %
Iron / Fer	3.5 mg
	19 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **White baguette bread:** Unbleached wheat flour, Water, Fermented dough (unbleached wheat flour, water, salt, yeast), Salt, Yeast, Malted barley flour. **May contain sesame.** **Mayonnaise:** Canola oil, Water, Liquid whole egg, Vinegar, Liquid yolk, Salt, Sugar, Spices, Concentrated lemon juice, Calcium disodium EDTA (maintains flavour). **Parmesan cheese:** Pasteurized milk, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose, Natamycin. **Pizza mozzarella, Monterey Jack and Cheddar shredded cheese blend:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin. **Garlic. Salt. Tabasco sauce:** Distilled vinegar, Red pepper, Salt. **Black pepper.**

**Contains:** Barley, Egg, Milk, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Mushrooms Neptune

**SIZE/WEIGHT:** 310 g

**ISSUED:** Oct 26, 2022

**ITEM ID:** KGAPPS-008

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (310 g) pour (310 g)	
<b>Calories</b>	480 % Daily Value*
Fat / Lipides	30 g 40 %
Saturated / saturés	18 g 95 %
+ Trans / trans	1 g
<b>Carbohydrate / Glucides</b>	35 g
Fibre / Fibres	3 g 11 %
Sugars / Sucres	10 g 10 %
<b>Protein / Protéines</b>	19 g
<b>Cholesterol / Cholestérol</b>	125 mg
<b>Sodium</b>	710 mg 31 %
Potassium	550 mg 12 %
Calcium	175 mg 13 %
Iron / Fer	3 mg 17 %

\* 5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Button mushrooms. Neptune mix: Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum, sorbic acid\*. \*May be omitted), Jonah crab meat, Green onion, Parmesan cheese (pasteurized milk, salt, calcium chloride, microbial enzyme, bacterial culture, lipase, cellulose, natamycin), Lemon juice, Worcestershire sauce [water, vinegar, sugars (molasses, glucose-fructose), salt, anchovies (fish), onion, natural flavour, garlic, spice, paprika extract], Garlic powder, Tabasco sauce (distilled vinegar, red pepper and salt). **Mushroom broth:** Water, Sauterne cooking wine [white wine, salt, malic acid, caramel colour, potassium metabisulphite (preservative), potassium sorbate (preservative)], Beef base [roasted beef and beef stock, salt, hydrolyzed soy protein, sugars (sugar, corn maltodextrin, corn syrup solids), water, corn oil, corn starch, yeast extract, caramel, onion powder, disodium inosinate, disodium guanylate, natural flavour, beef extract, beef fat], Butter flavoured spread [interesterified oil blend (palm and palm kernel oil) (48 %), soybean oil (32 %), water, salt, skim milk powder, vegetable mono- and diglycerides, potassium sorbate, soy lecithin, citric acid, artificial butter flavour, vitamin A palmitate, beta-carotene, vitamin D3], Vegetable stock concentrate [vegetable juices (water, carrot juice concentrate, celery juice concentrate, onion juice concentrate, cabbage juice, tomato juice concentrate), sugars (maltodextrin, sugar), salt, yeast extract, garlic powder, mushroom juice concentrate, celery seed, citric acid, spice extract, natural flavour]. **Pullman bun:** Unbleached wheat flour, Water, Durum wheat semolina, Butter (milk), Cane sugar, Liquid whole eggs, Liquid egg-whites, Salt, Yeast, Malted barley flour, Ascorbic acid, Rice flour (for dusting). **May contain sesame, soy. Lemon wedge.**

**Contains:** Barley, Crustaceans, Egg, Fish, Milk, Shellfish, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY.

ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Scallops & Bacon

**SIZE/WEIGHT:** 174 g

**ISSUED:** Sep 16, 2022

**ITEM ID:** KGAPPS-009

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (174 g) pour (174 g)	
<b>Calories</b>	350
	% Daily Value*
Fat / Lipides	24 g
Saturated / saturés	9 g
+ Trans / trans	0 g
	32 %
	45 %
<b>Carbohydrate / Glucides</b>	11 g
Fibre / Fibres	1 g
Sugars / Sucres	4 g
	4 %
	4 %
<b>Protein / Protéines</b>	22 g
<b>Cholesterol / Cholestérol</b>	65 mg
<b>Sodium</b>	1170 mg
	51 %
Potassium	450 mg
	10 %
Calcium	30 mg
	2 %
Iron / Fer	1 mg
	6 %

\* 5% or less is a little, 15% or more is a lot

\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Scallops. **Bacon:** Pork, Water, Salt, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke. **Martini cocktail sauce:** Seafood sauce (white vinegar, water, tomato paste, horseradish, sugar, salt, citric acid, modified corn starch, spices, beet powder), Lemon juice, Gin, Vermouth, Sweet pickled onions (onions, sugar/glucose-fructose, water, vinegar, salt, sodium benzoate, calcium chloride, sulphites, potassium sorbate), Stuffed green olives {green olives, water, minced pimiento [pimiento, sodium alginate, guar gum, calcium chloride, potassium sorbate (preservative)], salt, lactic acid, sodium benzoate (preservative), vermouth}, Tabasco sauce (distilled vinegar, red pepper and salt), Parsley. **Lemon wedge.**

**Contains:** Crustaceans, Molluscs, Shellfish, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Shrimp Cocktail

**SIZE/WEIGHT:** 220 g

**ISSUED:** Sep 20, 2023

**ITEM ID:** KGAPPS-010

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (220 g) pour (220 g)	
<b>Calories</b>	<b>130</b>
	% Daily Value*
Fat / Lipides	1.5 g
Saturated / saturés	0.5 g
+ Trans / trans	0 g
	2 %
	3 %
<b>Carbohydrate / Glucides</b>	<b>9 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	5 g
	4 %
	5 %
<b>Protein / Protéines</b>	<b>20 g</b>
<b>Cholesterol / Cholestérol</b>	<b>170 mg</b>
<b>Sodium</b>	<b>940 mg</b>
	41 %
<b>Potassium</b>	<b>350 mg</b>
	10 %
<b>Calcium</b>	<b>100 mg</b>
	8 %
<b>Iron / Fer</b>	<b>0.75 mg</b>
	4 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Shrimp:** Shrimp, Sodium phosphate, Salt. **May contain sulphites.** **Iceberg lettuce.** **Seafood sauce:** White vinegar, Water, Tomato paste, Horseradish, Sugar, Salt, Citric acid, Modified corn starch, Spices, Beet powder. **Lemon wedge.** **Lemon juice.** **Gin.** **Vermouth.** **Sweet pickled onions:** Onions, Sugar/glucose-fructose, Water, Vinegar, Salt, Sodium benzoate, Calcium chloride, Sulphites, Potassium sorbate. **Stuffed green olives:** Green olives, Water, Minced pimento [pimento, sodium alginate, guar gum, calcium chloride, potassium sorbate (preservative)], Salt, Lactic acid, Sodium benzoate (preservative), Vermouth. **Tabasco sauce:** Distilled vinegar, Red pepper, Salt. **Parsley.**

**Contains:** Crustaceans, Shellfish, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Three Pepper Wings

**SIZE/WEIGHT:** 446 g

**ISSUED:** Nov 10, 2022

**ITEM ID:** KGAPPS-011

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (446 g)	% Daily Value*
pour (446 g)	% valeur quotidienne*
<b>Calories 1260</b>	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides 93 g</b>	124 %
Saturated / saturés 33 g	173 %
+ Trans / trans 1.5 g	
<b>Carbohydrate / Glucides 53 g</b>	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 6 g	6 %
<b>Protein / Protéines 53 g</b>	
<b>Cholesterol / Cholestérol 360 mg</b>	
<b>Sodium 2440 mg</b>	106 %
<b>Potassium 650 mg</b>	14 %
<b>Calcium 225 mg</b>	17 %
<b>Iron / Fer 3.5 mg</b>	19 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Chicken wings: Drumettes, Flats. **Enriched wheat flour.** Blue cheese: Pasteurized milk, Salt, Bacterial culture, Calcium chloride, Microbial enzymes, Penicillium roqueforti. **Butter:** Cream, Salt. **Mayonnaise:** Canola oil, Water, Liquid whole egg, Vinegar, Liquid yolk, Salt, Sugar, Spices, Concentrated lemon juice, Calcium disodium EDTA (maintains flavour). **Sour cream:** Cream, Milk, Skim milk powder, Modified corn starch, Guar gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium phosphate, Bacterial culture. **Frank's red hot pepper sauce:** Aged cayenne red peppers, Vinegars, Water, Salt, Natural flavour, Garlic powder. **Corn starch (contains sulphites).** **Barbecue sauce:** Water, Sugars (sugar, brown sugar), Crushed tomatoes, White vinegar, Dehydrated garlic and onion, Salt, Modified corn starch, Hydrolyzed soy protein, Spices and spice extracts (contains soy lecithin), Mustard flour, Caramel, Xanthan gum, Potassium sorbate, Sodium benzoate, Disodium inosinate, Disodium guanylate. **Canola oil.** **White vinegar.** **Celery.** **Water.** **Sugar.** **Salt.** **Black pepper.** **Worcestershire sauce:** Water, Vinegar, Sugars (molasses, glucose-fructose), Salt, Anchovies (fish), Onion, Natural flavour, Garlic, Spice, Paprika extract. **White pepper.** **Cayenne pepper.** **Onion powder.** **Garlic Powder:** Dehydrated garlic, High oleic sunflower oil. **Yellow mustard:** Vinegar, Water, Mustard seed, Salt, Turmeric, Paprika, Spice, Natural flavour, Garlic powder. **Garlic powder.**

**Contains:** Egg, Fish, Milk, Mustard, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG  
**RECIPE NAME:** Tuna Tartare  
**SIZE/WEIGHT:** 324 g  
**ISSUED:** Aug 11, 2022  
**ITEM ID:** KGAPPS-012

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (324 g) pour (324 g)	
<b>Calories</b>	<b>550</b>
	% Daily Value*
Fat / Lipides	27 g
Saturated / saturés	3.5 g
+ Trans / trans	0 g
	36 %
	18 %
<b>Carbohydrate / Glucides</b>	<b>44 g</b>
Fibre / Fibres	8 g
Sugars / Sucres	12 g
	29 %
	12 %
<b>Protein / Protéines</b>	<b>37 g</b>
<b>Cholesterol / Cholestérol</b>	<b>45 mg</b>
<b>Sodium</b>	<b>990 mg</b>
Potassium	1150 mg
Calcium	40 mg
Iron / Fer	3 mg
	43 %
	24 %
	3 %
	17 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** Smoked yellowfin tuna: Yellowfin tuna, Filtered wood smoke. **Avocado.** Wonton wrapper: Enriched wheat flour, Water, Liquid egg white and/or liquid whole egg, Corn starch, Vinegar, Salt, Sodium propionate, Potassium sorbate. **Lime. Soy sauce:** Water, Wheat, Soybeans, Salt, Sodium Benzoate. **Natural honey. Ketchup:** Tomato paste (made from fresh ripe tomatoes), Liquid sugar, White vinegar, Salt, Onion powder, Spices. **Canola oil. Sesame seed oil. Chives. Sesame seeds. Garlic. Green onion. Ginger.**

**Contains:** Egg, Fish, Sesame Seeds, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Table Bread with Butter

**SIZE/WEIGHT:** 178 g

**ISSUED:** Sep 19, 2022

**ITEM ID:** KGAPPS-013

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (178 g) pour (178 g)	
<b>Calories</b>	500 % Daily Value*
Fat / Lipides	18 g 24 %
Saturated / saturés	7 g 36 %
+ Trans / trans	0.2 g
Carbohydrate / Glucides	72 g
Fibre / Fibres	3 g 11 %
Sugars / Sucres	1 g 1 %
Protein / Protéines	14 g
Cholesterol / Cholestérol	20 mg
Sodium	1080 mg 47 %
Potassium	150 mg 3 %
Calcium	125 mg 10 %
Iron / Fer	4.5 mg 25 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Bread:** Unbleached wheat flour, Water, Vegetable oil, Salt, Cultured wheat starch, Yeast, Sour starter [ground wheat, cultured wheat flour, yeast, lactic acid (from bacterial culture)], Malted barley flour, Ground wheat, Ascorbic acid, Rice flour (for dusting). **May contain eggs, milk, sesame.** **3-Cheese spread:** Sour cream (modified milk ingredients, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, bacterial culture), Butter, Margarine, Cheeses (monterey and cheddar [modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, annatto, cellulose, natamycin], Parmesan cheese [partly skimmed milk, salt, bacterial culture, lipase, microbial enzyme]), Garlic in oil (garlic, soybean oil, water, citric acid), Salt, Seasoning (contains mustard), Dehydrated onion, Sugars (blackstrap molasses, sugar, tamarind paste [tamarind, salt]), White vinegar, Dehydrated parsley, Chives, Flavour, Spices. **Water.**

**Contains:** Barley, Milk, Mustard, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## SALADS + SOUPS



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** KEG Caesar Salad

**SIZE/WEIGHT:** 196 g

**ISSUED:** Aug 30, 2023

**ITEM ID:** KGSAL-001

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (196 g)	% Daily Value*
pour (196 g)	% valeur quotidienne*
<b>Calories</b> 350	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b> 28 g	37 %
Saturated / saturés 5 g	27 %
+ Trans / trans 0.3 g	
<b>Carbohydrate / Glucides</b> 18 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 4 g	4 %
<b>Protein / Protéines</b> 8 g	
<b>Cholesterol / Cholestérol</b> 45 mg	
<b>Sodium</b> 530 mg	23 %
<b>Potassium</b> 125 mg	4 %
<b>Calcium</b> 250 mg	19 %
<b>Iron / Fer</b> 2.25 mg	13 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Romaine lettuce. **Caesar dressing:** Canola oil, Water, Garlic (garlic, water), Frozen egg yolk mix (contains egg, salt), Parmesan and romano cheeses made from cow's milk (partly skimmed milk, salt, bacterial culture, lipase and microbial enzyme), Concentrated lemon juice, Soy oil, Spices and spice extractives (contains soy lecithin) and seasoning (contains soy), Salt, Citric acid, Xanthan gum, Dried garlic, Anchovy paste (contains fish), Sodium benzoate (a preservative), Potassium sorbate (a preservative), Natural flavour, Calcium disodium EDTA (to protect flavour), Onion powder. **Parmesan cheese:** Pasteurized milk, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose, Natamycin. **Seasoned croutons:** Wheat flour, Canola oil, Rice flour, Sugar, Salt, Lactose, Yeast, Sunflower oil, Garlic powder, Herbs, Yeast extract, Natural flavour (contains milk), Tricalcium phosphate, Silica, Ascorbic acid. **May contain soy and sesame seeds.** **Lemon wedge.**

**Contains:** Egg, Fish, Milk, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Iceberg Wedge Salad with Blue Cheese

**SIZE/WEIGHT:** 230 g

**ISSUED:** Nov 9, 2022

**ITEM ID:** KGSAL-002

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (230 g) pour (230 g)	
<b>Calories</b>	<b>520</b>
	% Daily Value*
Fat / Lipides	50 g
Saturated / saturés	17 g
+ Trans / trans	0.5 g
	67 %
	88 %
<b>Carbohydrate / Glucides</b>	<b>6 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	3 g
	4 %
	3 %
<b>Protein / Protéines</b>	<b>13 g</b>
<b>Cholesterol / Cholestérol</b>	<b>75 mg</b>
<b>Sodium</b>	<b>1030 mg</b>
	45 %
Potassium	300 mg
	6 %
Calcium	250 mg
	19 %
Iron / Fer	0.75 mg
	4 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Iceberg lettuce.** **Blue cheese dressing:** Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Blue cheese (pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzymes, Penicillium roqueforti), Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Yellow mustard (vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavour, garlic powder), Salt, Black pepper, Garlic powder. **Blue cheese:** Pasteurized milk, Salt, Bacterial culture, Calcium chloride, Microbial enzymes, Penicillium roqueforti. **Tomatoes. Bacon:** Pork, Water, Salt, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke.

**Contains:** Egg, Milk, Mustard.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Iceberg Wedge Salad with Ranch

**SIZE/WEIGHT:** 186 g

**ISSUED:** Nov 9, 2022

**ITEM ID:** KGSAL-003

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (186 g) pour (186 g)	
<b>Calories</b>	160 % Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b>	13 g 17 %
Saturated / saturés	5 g 26 %
+ Trans / trans	0.1 g
<b>Carbohydrate / Glucides</b>	6 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	4 g 4 %
<b>Protein / Protéines</b>	4 g
<b>Cholesterol / Cholestérol</b>	25 mg
<b>Sodium</b>	450 mg 20 %
Potassium	300 mg 6 %
Calcium	50 mg 4 %
Iron / Fer	0.5 mg 3 %

\* 5% or less is a little, 15% or more is a lot

\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Iceberg lettuce.** **Dill ranch dressing:** Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Buttermilk (milk ingredients, salt, bacterial culture), White vinegar, Celery, Onion, Dill, Garlic, Sea salt, Black pepper. **Tomatoes.** **Bacon:** Pork, Water, Salt, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Mixed Greens

**SIZE/WEIGHT:** 224 g

**ISSUED:** Sep 6, 2022

**ITEM ID:** KGSAL-004

### NUTRITION:

Nutrition Facts Valeur nutritive	
Per (224 g) pour (224 g)	
<b>Calories</b>	130 % Daily Value*
Fat / Lipides	10 g 13 %
Saturated / saturés	1 g 5 %
+ Trans / trans	0 g
<b>Carbohydrate / Glucides</b>	10 g
Fibre / Fibres	3 g 11 %
Sugars / Sucres	6 g 6 %
<b>Protein / Protéines</b>	2 g
<b>Cholesterol / Cholestérol</b>	0 mg
<b>Sodium</b>	130 mg 6 %
Potassium	350 mg 7 %
Calcium	40 mg 3 %
Iron / Fer	1 mg 6 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Artisan lettuce: Red leaf lettuce, Green leaf lettuce. Cucumber. Cherry tomatoes. Dijon vinaigrette: Canola and olive oil blend (canola oil, extra virgin olive oil), White wine vinegar, Lemon juice, Dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), Garlic, Salt, Sugar, Black pepper. Red bell pepper. Yellow bell pepper. Pickled red onions: White vinegar, Acetic acid, Red onion, Water, Sugar.

**Contains:** Mustard.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** French Onion Soup

**SIZE/WEIGHT:** 372 g

**ISSUED:** Sep 14, 2022

**ITEM ID:** KGSAL-005

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (372 g) pour (372 g)	
<b>Calories</b>	<b>330</b>
	% Daily Value*
Fat / Lipides	16 g
Saturated / saturés	10 g
+ Trans / trans	0.5 g
	21 %
	53 %
<b>Carbohydrate / Glucides</b>	<b>29 g</b>
Fibre / Fibres	3 g
Sugars / Sucres	15 g
	11 %
	15 %
<b>Protein / Protéines</b>	<b>18 g</b>
<b>Cholesterol / Cholestérol</b>	<b>40 mg</b>
<b>Sodium</b>	<b>2450 mg</b>
Potassium	350 mg
Calcium	500 mg
Iron / Fer	1.25 mg
	107 %
	7 %
	38 %
	7 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** French onion soup: Onions, Water, Red wine (sulphites), Sherry wine, Sugars (sugar, dextrose), Salt, Modified corn starch, Yeast extract (barley), Beef extract, Beef gelatin, Caramel colour, Butter (milk), Disodium inosinate, Disodium guanylate, Spices, Ascorbic acid, Soy lecithin, Hydrolyzed wheat gluten, Citric acid, Flavour. Swiss cheese: Pasteurized milk, Modified milk ingredients, Bacterial culture, Salt, Calcium chloride, Microbial enzymes. Croutons: Unbleached wheat flour, Water, Vegetable oil, Salt, Cultured wheat starch, Yeast, Sour starter [ground wheat, cultured wheat flour, yeast, lactic acid (from bacterial culture)], Malted barley flour, Ground wheat, Ascorbic acid, Rice flour (for dusting). May contain eggs, milk, sesame. Parmesan cheese: Pasteurized milk, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose, Natamycin.

**Contains:** Barley, Milk, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Lobster Bisque

**SIZE/WEIGHT:** 242 g

**ISSUED:** Jun 27, 2023

**ITEM ID:** KGSAL-006

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (242 g) pour (242 g)	% Daily Value* % valeur quotidienne*
<b>Calories</b> 370	
Fat / Lipides 29 g	39 %
Saturated / saturés 18 g	95 %
+ Trans / trans 1 g	
<b>Carbohydrate / Glucides</b> 19 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 7 g	7 %
<b>Protein / Protéines</b> 8 g	
<b>Cholesterol / Cholestérol</b> 115 mg	
<b>Sodium</b> 820 mg	36 %
Potassium 300 mg	9 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Lobster bisque:** Water, Whipping cream (cream, milk, cellulose gel, carrageenan, cellulose gum), Cooked lobster, Milk, Butter, Onions, Tomato paste (tomatoes, salt), Modified milk ingredients, French brandy (contains sulphites), Carrots, Seasoning [lobster and lobster broth, salt, sugars (lactose, maltodextrin), corn flour, seafood powder (contains shrimp), modified milk ingredients, canola oil, modified palm and palm kernel oil, citric acid, dehydrated clam broth, dehydrated tomatoes, disodium guanylate, disodium inosinate, onion powder, carob bean gum, spices, paprika, caramel, flavour], Modified corn starch, Wheat flour, Celery, Seasoning [hydrolyzed soybean and wheat protein, salt, sugars (maltodextrin), yeast extract, canola oil, dehydrated leek, spices, disodium inosinate, citric acid, disodium guanylate, flavour, celery seeds], Fortified wine (contains sulphites), Tomato powder (tomato paste, silicon dioxide), Herbs, Vegetable oil, Spices, Xanthan gum. **Lemon Parsley croutons:** Bread {unbleached wheat flour, water, vegetable oil, salt, cultured wheat starch, yeast, sour starter [ground wheat, cultured wheat flour, yeast, lactic acid (from bacterial culture)]}, baited barley flour, ground wheat, ascorbic acid, rice flour (for dusting). **May contain eggs, milk, sesame.** {, Vegetable oil (canola oil, extra virgin olive oil), Lemon zest, Parsley, Salt, Black pepper. **Chives.**

**Contains:** Barley, Crustaceans, Milk, Shellfish, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## STEAKS + PRIME RIB



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Prime Rib - 10 oz

**SIZE/WEIGHT:** 427 g

**ISSUED:** Sep 27, 2023

**ITEM ID:** KGSTEAK-001

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (427 g)	% Daily Value*
pour (427 g)	% valeur quotidienne*
<b>Calories</b> 1230	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b> 100 g	133 %
Saturated / saturés 41 g	205 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 18 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 4 g	4 %
<b>Protein / Protéines</b> 65 g	
<b>Cholesterol / Cholestérol</b> 235 mg	
<b>Sodium</b> 2830 mg	123 %
<b>Potassium</b> 1150 mg	34 %
<b>Calcium</b> 75 mg	6 %
<b>Iron / Fer</b> 6.5 mg	36 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Prime rib: Prime rib beef, Water, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil]. Red wine herb jus: Water, Red wine (contains sulphites), Tomato paste, Salt, Sugar, Butter (cream, salt), Autolyzed yeast extract, Onion powder, Colour (caramel, turmeric), Modified corn starch, Hydrolyzed soy protein, Garlic puree (garlic, canola oil, water, citric acid), Spices, Potassium chloride, Freeze-dried cooked beef (beef, salt), Dehydrated parsley, Ascorbic acid, Disodium inosinate, Disodium guanylate, Flavour (contains celery). Frizzled onions: Onion, Coater [enriched wheat flour (**May contain sesame seeds.**) salt, paprika]. Fried in canola oil. Horseradish: Parsnips, Distilled vinegar, Water, Horseradish, Sea salt, Cane sugar, Artificial flavour.

**Contains:** Milk, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Prime Rib - 14 oz

**SIZE/WEIGHT:** 540 g

**ISSUED:** Sep 27, 2023

**ITEM ID:** KGSTEAK-002

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (540 g) pour (540 g)	
<b>Calories</b>	1680 % Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b>	139 g 185 %
Saturated / saturés	57 g 285 %
+ Trans / trans	0 g
<b>Carbohydrate / Glucides</b>	19 g
Fibre / Fibres	3 g 11 %
Sugars / Sucres	4 g 4 %
<b>Protein / Protéines</b>	89 g
<b>Cholesterol / Cholestérol</b>	330 mg
<b>Sodium</b>	3500 mg 152 %
Potassium	1500 mg 44 %
Calcium	100 mg 8 %
Iron / Fer	9 mg 50 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Prime rib:** Prime rib beef, Water, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil]. **Red wine herb jus:** Water, Red wine (contains sulphites), Tomato paste, Salt, Sugar, Butter (cream, salt), Autolyzed yeast extract, Onion powder, Colour (caramel, turmeric), Modified corn starch, Hydrolyzed soy protein, Garlic puree (garlic, canola oil, water, citric acid), Spices, Potassium chloride, Freeze-dried cooked beef (beef, salt), Dehydrated parsley, Ascorbic acid, Disodium inosinate, Disodium guanylate, Flavour (contains celery). **Frizzled onions:** Onion, Coater [enriched wheat flour (**May contain sesame seeds.**) salt, paprika]. Fried in canola oil. **Horseradish:** Parsnips, Distilled vinegar, Water, Horseradish, Sea salt, Cane sugar, Artificial flavour.

**Contains:** Milk, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Prime Rib - 18 oz

**SIZE/WEIGHT:** 654 g

**ISSUED:** Sep 27, 2023

**ITEM ID:** KGSTEAK-003

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (654 g) pour (654 g)	
<b>Calories</b>	2140 % Daily Value*
Fat / Lipides	179 g 239 %
Saturated / saturés	74 g 370 %
+ Trans / trans	0 g
<b>Carbohydrate / Glucides</b>	20 g
Fibre / Fibres	3 g 11 %
Sugars / Sucres	4 g 4 %
<b>Protein / Protéines</b>	114 g
<b>Cholesterol / Cholestérol</b>	425 mg
<b>Sodium</b>	4170 mg 181 %
Potassium	1900 mg 56 %
Calcium	125 mg 10 %
Iron / Fer	11 mg 61 %

\*5% or less is a little, 15% or more is a lot.

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Prime rib:** Prime rib beef, Water, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil]. **Red wine herb jus:** Water, Red wine (contains sulphites), Tomato paste, Salt, Sugar, Butter (cream, salt), Autolyzed yeast extract, Onion powder, Colour (caramel, turmeric), Modified corn starch, Hydrolyzed soy protein, Garlic puree (garlic, canola oil, water, citric acid), Spices, Potassium chloride, Freeze-dried cooked beef (beef, salt), Dehydrated parsley, Ascorbic acid, Disodium inosinate, Disodium guanylate, Flavour (contains celery). **Frizzled onions:** Onion, Coater [enriched wheat flour (**May contain sesame seeds.**) salt, paprika]. Fried in canola oil. **Horseradish:** Parsnips, Distilled vinegar, Water, Horseradish, Sea salt, Cane sugar, Artificial flavour.

**Contains:** Milk, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Top Sirloin - 6 oz

**SIZE/WEIGHT:** 128 g

**ISSUED:** Nov 9, 2022

**ITEM ID:** KGSTEAK-004

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (128 g) pour (128 g)	
<b>Calories</b>	<b>230</b>
	% Daily Value*
Fat / Lipides	8 g
Saturated / saturés	2.5 g
+ Trans / trans	0.4 g
	15 %
<b>Carbohydrate / Glucides</b>	<b>1 g</b>
Fibre / Fibres	0 g
Sugars / Sucres	0 g
	0 %
<b>Protein / Protéines</b>	<b>38 g</b>
<b>Cholesterol / Cholestérol</b>	<b>100 mg</b>
<b>Sodium</b>	<b>850 mg</b>
Potassium	500 mg
Calcium	10 mg
Iron / Fer	3.5 mg
	37 %
	11 %
	1 %
	19 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** Top sirloin beef. Keg steak spice blend: Coarse ground salt, Dehydrated onion and garlic, Selected spices (including black pepper, red pepper, dill seed), Canola oil. **Canola oil.**

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Top Sirloin - 8 oz

**SIZE/WEIGHT:** 170 g

**ISSUED:** Nov 9, 2022

**ITEM ID:** KGSTEAK-005

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (170 g) pour (170 g)	
<b>Calories</b>	<b>310</b> % Daily Value* % valeur quotidienne*
Fat / Lipides	11 g 15 %
Saturated / saturés	3.5 g 20 %
+ Trans / trans	0.5 g
<b>Carbohydrate / Glucides</b>	<b>2 g</b>
Fibre / Fibres	0 g 0 %
Sugars / Sucres	0 g 0 %
<b>Protein / Protéines</b>	<b>50 g</b>
<b>Cholesterol / Cholestérol</b>	<b>135 mg</b>
<b>Sodium</b>	<b>1070 mg</b> 47 %
Potassium	650 mg 14 %
Calcium	20 mg 2 %
Iron / Fer	5 mg 28 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Top sirloin beef. Keg steak spice blend: Coarse ground salt, Dehydrated onion and garlic, Selected spices (including black pepper, red pepper, dill seed), Canola oil. **Canola oil.**

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Top Sirloin - 12 oz

**SIZE/WEIGHT:** 253 g

**ISSUED:** Nov 9, 2022

**ITEM ID:** KGSTEAK-006

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (253 g) pour (253 g)	
<b>Calories</b>	450 % Daily Value*
Fat / Lipides	16 g 21 %
Saturated / saturés	5 g 28 %
+ Trans / trans	0.5 g
Carbohydrate / Glucides	2 g
Fibre / Fibres	0 g 0 %
Sugars / Sucres	0 g 0 %
Protein / Protéines	75 g
Cholesterol / Cholestérol	200 mg
Sodium	1310 mg 57 %
Potassium	1000 mg 21 %
Calcium	20 mg 2 %
Iron / Fer	7.5 mg 42 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Top sirloin beef. **Keg steak spice blend:** Coarse ground salt, Dehydrated onion and garlic, Selected spices (including black pepper, red pepper, dill seed), Canola oil. **Canola oil.**

**Contains:** N/A

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Filet Mignon - 7 oz

**SIZE/WEIGHT:** 252 g

**ISSUED:** Aug 30, 2023

**ITEM ID:** KGSTEAK-007

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (252 g) pour (252 g)	
<b>Calories</b>	<b>650</b>
	% Daily Value*
Fat / Lipides	49 g
Saturated / saturés	11 g
+ Trans / trans	1 g
	65 %
	60 %
<b>Carbohydrate / Glucides</b>	<b>4 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	0 g
	4 %
	0 %
<b>Protein / Protéines</b>	<b>48 g</b>
<b>Cholesterol / Cholestérol</b>	<b>240 mg</b>
<b>Sodium</b>	<b>1320 mg</b>
	57 %
Potassium	700 mg
	21 %
Calcium	50 mg
	4 %
Iron / Fer	5.5 mg
	31 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Bacon-wrapped filet: Beef filet mignon, Bacon (pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke), Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. **Béarnaise sauce:** Hollandaise sauce (canola oil, egg yolk, modified corn starch, natural flavours, lemon juice concentrate, sea salt, white pepper, acetic acid, xanthan gum, guar gum, natural colour, phospholipase), Onion, White wine vinegar, Parsley, Dried tarragon, Black pepper.

**Contains:** Egg, Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Filet Mignon - 10 oz

**SIZE/WEIGHT:** 317 g

**ISSUED:** Aug 30, 2023

**ITEM ID:** KGSTEAK-008

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (317 g) pour (317 g)	
<b>Calories</b>	<b>790</b>
	% Daily Value*
Fat / Lipides	56 g
Saturated / saturés	14 g
+ Trans / trans	1.5 g
	75 %
	78 %
<b>Carbohydrate / Glucides</b>	<b>5 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	0 g
	4 %
	0 %
<b>Protein / Protéines</b>	<b>68 g</b>
Cholesterol / Cholestérol	300 mg
<b>Sodium</b>	<b>1550 mg</b>
	67 %
Potassium	950 mg
Calcium	50 mg
Iron / Fer	8 mg
	28 %
	4 %
	44 %
*5% or less is a little. 15% or more is a lot.	
*5% ou moins c'est peu. 15% ou plus c'est beaucoup	

**Ingredients:** Bacon-wrapped filet: Beef filet mignon, Bacon (pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke), Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. **Béarnaise sauce:** Hollandaise sauce (canola oil, egg yolk, modified corn starch, natural flavours, lemon juice concentrate, sea salt, white pepper, acetic acid, xanthan gum, guar gum, natural colour, phospholipase), Onion, White wine vinegar, Parsley, Dried tarragon, Black pepper.

**Contains:** Egg, Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Teriyaki Sirloin - 8 oz

**SIZE/WEIGHT:** 280 g

**ISSUED:** Sep 5, 2023

**ITEM ID:** KGSTEAK-009

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (280 g) pour (280 g)	
<b>Calories</b>	<b>500</b> % Daily Value* % valeur quotidienne*
Fat / Lipides	30 g 40 %
Saturated / saturés	12 g 60 %
+ Trans / trans	0 g
Carbohydrate / Glucides	13 g
Fibre / Fibres	0 g 0 %
Sugars / Sucres	10 g 10 %
Protein / Protéines	45 g
Cholesterol / Cholestérol	110 mg
Sodium	2730 mg 119 %
Potassium	200 mg 6 %
Calcium	75 mg 6 %
Iron / Fer	5 mg 28 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** Top sirloin beef. **Teriyaki marinade:** Soy sauce (water, soybeans, wheat, salt, sodium benzoate), Water, Brown sugar, Rice vinegar, Apera wine (contains sulphites), Canola oil, Salt, Caramel, Potassium sorbate, Citric acid, Sodium benzoate, Spice extractive.

**Contains:** Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Rib Steak (Bone-In) - 20 oz

**SIZE/WEIGHT:** 490 g

**ISSUED:** Nov 9, 2022

**ITEM ID:** KGSTEAK-010

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (490 g) pour (490 g)	
<b>Calories</b>	<b>1380</b>
	% Daily Value*
Fat / Lipides	109 g
Saturated / saturés	46 g
+ Trans / trans	7 g
	145 %
	265 %
<b>Carbohydrate / Glucides</b>	<b>7 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	2 g
	4 %
	2 %
<b>Protein / Protéines</b>	<b>94 g</b>
<b>Cholesterol / Cholestérol</b>	<b>335 mg</b>
<b>Sodium</b>	<b>2270 mg</b>
	99 %
Potassium	1400 mg
	30 %
Calcium	125 mg
	10 %
Iron / Fer	9.5 mg
	53 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** Rib eye beef steak. Button mushrooms. Crimini mushrooms. Keg steak spice blend: Coarse ground salt, Dehydrated onion and garlic, Selected spices (including black pepper, red pepper, dill seed), Canola oil. **Canola oil.** **Butter:** Cream, Salt. **Salt.** **Black pepper.**

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** New York Striploin - 12 oz

**SIZE/WEIGHT:** 422 g

**ISSUED:** Aug 16, 2022

**ITEM ID:** KGSTEAK-011

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (258 g) pour (258 g)	
<b>Calories</b>	560
	% Daily Value*
Fat / Lipides	30 g
	40 %
Saturated / saturés	11 g
+ Trans / trans	1.5 g
	63 %
<b>Carbohydrate / Glucides</b>	2 g
Fibre / Fibres	1 g
	4 %
Sugars / Sucres	0 g
	0 %
<b>Protein / Protéines</b>	71 g
<b>Cholesterol / Cholestérol</b>	200 mg
<b>Sodium</b>	1510 mg
	66 %
<b>Potassium</b>	950 mg
	20 %
<b>Calcium</b>	50 mg
	4 %
<b>Iron / Fer</b>	8.5 mg
	47 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** New York strip loin beef. **Keg steak spice blend:** Coarse ground salt, Dehydrated onion and garlic, Selected spices (including black pepper, red pepper, dill seed), Canola oil. **Canola oil.**

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Baseball Top Sirloin - 12 oz

**SIZE/WEIGHT:** 253 g

**ISSUED:** Nov 9, 2022

**ITEM ID:** KGSTEAK-012

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (253 g) pour (253 g)	
<b>Calories</b>	<b>450</b>
	% Daily Value*
Fat / Lipides	16 g
	21 %
Saturated / saturés	5 g
+ Trans / trans	0.5 g
	28 %
Carbohydrate / Glucides	2 g
Fibre / Fibres	0 g
Sugars / Sucres	0 g
Protein / Protéines	75 g
Cholesterol / Cholestérol	200 mg
Sodium	1310 mg
	57 %
Potassium	1000 mg
	21 %
Calcium	20 mg
	2 %
Iron / Fer	7.5 mg
	42 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Top sirloin beef. Keg steak spice blend: Coarse ground salt, Dehydrated onion and garlic, Selected spices (including black pepper, red pepper, dill seed), Canola oil. **Canola oil.**

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY.

ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Blue Cheese Filet - 7 oz

**SIZE/WEIGHT:** 257 g

**ISSUED:** Nov 9, 2022

**ITEM ID:** KGSTEAK-013

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (257 g) pour (257 g)	
<b>Calories</b>	<b>730</b>
	% Daily Value*
Fat / Lipides	51 g
Saturated / saturés	16 g
+ Trans / trans	1 g
	68 %
Carbohydrate / Glucides	15 g
Fibre / Fibres	1 g
Sugars / Sucres	1 g
	4 %
Protein / Protéines	53 g
Cholesterol / Cholestérol	190 mg
Sodium	1700 mg
	74 %
Potassium	650 mg
Calcium	150 mg
Iron / Fer	5.5 mg
	14 %
	12 %
	31 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Bacon-wrapped filet:** Beef filet mignon, Bacon (pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke), Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil]. Canola oil. **Blue cheese crust:** Blue cheese dressing {mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], blue cheese (pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzymes, Penicillium roqueforti), sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), yellow mustard (vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavour, garlic powder), salt, black pepper, garlic powder}, Panko breadcrumbs (wheat flour, sugar, yeast, salt), Hollandaise sauce (canola oil, egg yolk, modified corn starch, natural flavours, lemon juice concentrate, sea salt, white pepper, acetic acid, xanthan gum, guar gum, natural colour, phospholipase), Blue cheese (pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzymes, Penicillium roqueforti), Dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric). **Garlic confit:** Garlic, Canola oil.

**Contains:** Egg, Milk, Mustard, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Blue Cheese Filet - 10 oz

**SIZE/WEIGHT:** 322 g

**ISSUED:** Sep 5, 2023

**ITEM ID:** KGSTEAK-014

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (322 g) pour (322 g)	
<b>Calories</b>	<b>860</b> % Daily Value*
Fat / Lipides	57 g 76 %
Saturated / saturés	18 g 98 %
+ Trans / trans	1.5 g
<b>Carbohydrate / Glucides</b>	<b>15 g</b>
Fibre / Fibres	1 g 4 %
Sugars / Sucres	1 g 1 %
<b>Protein / Protéines</b>	<b>73 g</b>
<b>Cholesterol / Cholestérol</b>	<b>250 mg</b>
<b>Sodium</b>	<b>1930 mg</b> 84 %
Potassium	900 mg 26 %
Calcium	175 mg 13 %
Iron / Fer	8 mg 44 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Bacon-wrapped filet:** Beef filet mignon, Bacon (pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke), Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. **Blue cheese crust:** Blue cheese dressing {mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], blue cheese (pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzymes, Penicillium roqueforti), sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), yellow mustard (vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavour, garlic powder), salt, black pepper, garlic powder}, Panko breadcrumbs (wheat flour, sugar, yeast, salt), Hollandaise sauce (canola oil, egg yolk, modified corn starch, natural flavours, lemon juice concentrate, sea salt, white pepper, acetic acid, xanthan gum, guar gum, natural colour, phospholipase), Blue cheese (pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzymes, Penicillium roqueforti), Dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric). **Garlic confit:** Garlic, Canola oil.

**Contains:** Egg, Milk, Mustard, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Peppercorn New York Striploin - 12 oz

**SIZE/WEIGHT:** 336 g

**ISSUED:** Nov 9, 2022

**ITEM ID:** KGSTEAK-015

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (336 g) pour (336 g)	
<b>Calories</b>	<b>680</b>
	% Daily Value* % valeur quotidienne*
Fat / Lipides	38 g
Saturated / saturés	16 g
+ Trans / trans	2 g
	51 % 90 %
Carbohydrate / Glucides	12 g
Fibre / Fibres	3 g
Sugars / Sucres	2 g
	11 % 2 %
<b>Protein / Protéines</b>	<b>74 g</b>
<b>Cholesterol / Cholestérol</b>	<b>220 mg</b>
<b>Sodium</b>	<b>2040 mg</b>
	89 %
Potassium	1050 mg
	22 %
Calcium	75 mg
	6 %
Iron / Fer	9.5 mg
	53 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** New York strip loin beef. **Peppercorn sauce:** Beef stock {water, beef, onions, mushrooms, carrots, celery, red wine, seasoning [roasted beef and juices, hydrolyzed soy protein, salt, canola oil, sugars (sugar, glucose solids, maltodextrin), dehydrated vegetables (onions, garlic), colour (caramel), modified palm and palm kernel oil, citric acid, yeast extract, flavour], tomato paste (tomatoes, salt), tomato powder (tomato paste, silicon dioxide), garlic, sea salt, herbs, spices}, Butter, Water, French Brandy (contains sulphites), Onions, Wheat flour, Seasoning [modified corn starch, pea flour, sugars (sugar, maltodextrin), beef fat, vegetable powders (tomato, onion, carrot), salt, hydrolyzed soy protein, caramel, yeast extract, dried beef stock, natural flavour, autolyzed yeast extract, beef extract, gelatin, spices, xanthan gum, lard, disodium guanylate, disodium inosinate, citric acid], Seasoning [salt, hydrolysed soybean and wheat protein, palm fat, sugars (lactose, sugars), yeast extract, flavour, caramel, spices, disodium inosinate, disodium guanylate, dehydrated garlic, mustard seed, dehydrated ringed boletus], Green peppercorns (green peppercorns, water, salt, citric acid), Palm sugar (coconut), Spices, Modified corn starch, Vegetable oil, Sea salt, Xanthan gum. **Cracked black pepper. Keg steak spice blend:** Coarse ground salt, Dehydrated onion and garlic, Selected spices (including black pepper, red pepper, dill seed), Canola oil. **Canola oil.**

**Contains:** Milk, Mustard, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Sirloin Oscar - 8 oz

**SIZE/WEIGHT:** 477 g

**ISSUED:** Nov 9, 2022

**ITEM ID:** KGSTEAK-016

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (477 g) pour (477 g)	
<b>Calories</b>	630 % Daily Value*
Fat / Lipides	28 g 37 %
Saturated / saturés	5 g 28 %
+ Trans / trans	0.5 g
Carbohydrate / Glucides	10 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	1 g 1 %
Protein / Protéines	86 g
Cholesterol / Cholestérol	415 mg
Sodium	2410 mg 105 %
Potassium	1200 mg 26 %
Calcium	125 mg 10 %
Iron / Fer	6.5 mg 36 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Shrimp: Shrimp, Sodium phosphate, Salt. May contain sulphites. Top sirloin beef. Scallops. Hollandaise sauce: Canola oil, Egg yolk, Modified corn starch, Natural flavours, Lemon juice concentrate, Sea salt, White pepper, Acetic acid, Xanthan gum, Guar gum, Natural colour, Phospholipase. Asparagus. Lemon wedge. Keg steak spice blend: Coarse ground salt, Dehydrated onion and garlic, Selected spices (including black pepper, red pepper, dill seed), Canola oil. Onion. White wine vinegar. Canola oil. Parsley. Black pepper. Dried tarragon.

**Contains:** Crustaceans, Egg, Milk, Molluscs, Shellfish.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Sirloin Oscar - 6 oz

**SIZE/WEIGHT:** 434 g

**ISSUED:** Sep 5, 2023

**ITEM ID:** KGSTEAK-017

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (434 g) pour (434 g)	
<b>Calories</b>	<b>560</b>
	% Daily Value*
Fat / Lipides	25 g
Saturated / saturés	4.5 g
+ Trans / trans	0.5 g
	33 %
	25 %
<b>Carbohydrate / Glucides</b>	<b>10 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	1 g
	4 %
	1 %
<b>Protein / Protéines</b>	<b>74 g</b>
<b>Cholesterol / Cholestérol</b>	<b>385 mg</b>
<b>Sodium</b>	<b>2190 mg</b>
	95 %
Potassium	1050 mg
	31 %
Calcium	125 mg
	10 %
Iron / Fer	5.5 mg
	31 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Shrimp: Shrimp, Sodium phosphate, Salt. May contain sulphites. Top sirloin beef. Scallops. Hollandaise sauce: Canola oil, Egg yolk, Modified corn starch, Natural flavours, Lemon juice concentrate, Sea salt, White pepper, Acetic acid, Xanthan gum, Guar gum, Natural colour, Phospholipase. Asparagus. Lemon wedge. Keg steak spice blend: Coarse ground salt, Dehydrated onion and garlic, Selected spices (including black pepper, red pepper, dill seed), Canola oil. Onion. White wine vinegar. Canola oil. Parsley. Black pepper. Dried tarragon.

**Contains:** Crustaceans, Egg, Milk, Molluscs, Shellfish.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Steak + Crab Cake - 8 oz

**SIZE/WEIGHT:** 314 g

**ISSUED:** Sep 19, 2023

**ITEM ID:** KGSTEAK-018

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (314 g) pour (314 g)	% Daily Value* % valeur quotidienne*
<b>Calories</b> 730	
Fat / Lipides 42 g	56 %
Saturated / saturés 8 g	43 %
+ Trans / trans 0.5 g	
<b>Carbohydrate / Glucides</b> 27 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 4 g	4 %
<b>Protein / Protéines</b> 61 g	
<b>Cholesterol / Cholestérol</b> 185 mg	
<b>Sodium</b> 1860 mg	81 %
<b>Potassium</b> 900 mg	26 %
<b>Calcium</b> 125 mg	10 %
<b>Iron / Fer</b> 6.5 mg	36 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Top sirloin:** Top sirloin beef, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. **Crab cake:** Jonah crab meat, Lump crab meat [crab meat, sodium acid pyrophosphates (to prevent the formation of struvite crystals)], Panko breadcrumbs [wheat flour, sugar, yeast, salt], Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Yellow bell pepper, Red bell pepper, Onion, Celery, Breadcrumbs [wheat flour, cane sugar, vegetable oil (contains modified palm oil), yeast, salt, may contain (in variable proportions): whole wheat flour, oat hull fibre, sesame seeds, wheat gluten, rye flour, rice flour, powdered cellulose, malted barley flour, natural flavour, spice, soya lecithin, caramel, tocopherols], Lemon juice, Garlic, Parsley, Dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), Dill, Old Bay seasoning [salt, spices (including red pepper, mustard and celery seed), silicon dioxide], Lemon zest, Salt, Tabasco sauce (white vinegar, red peppers, salt), Black pepper. Fried in vegetable oil (canola oil, extra virgin olive oil). **Lemon Dill aioli:** Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Lemon juice, Dill, White wine vinegar, Salt., Old Bay seasoning [salt, spices (including red pepper, mustard and celery seed), silicon dioxide], Black pepper. **Lemon wedge.**

**Contains:** Barley, Crustaceans, Egg, Milk, Mustard, Oats, Rye, Sesame Seeds, Shellfish, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## KEG CLASSICS



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Prime Rib 10 oz

**SIZE/WEIGHT:** 470 g

**ISSUED:** Sep 28, 2023

**ITEM ID:** KGCLASS-001

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (470 g) pour (470 g)	
<b>Calories</b>	1300 % Daily Value* % valeur quotidienne*
Fat / Lipides	110 g 147 %
Saturated / saturés	45 g 226 %
+ Trans / trans	0.2 g
<b>Carbohydrate / Glucides</b>	12 g
Fibre / Fibres	2 g 7 %
Sugars / Sucres	5 g 5 %
<b>Protein / Protéines</b>	66 g
<b>Cholesterol / Cholestérol</b>	250 mg
<b>Sodium</b>	2870 mg 125 %
Potassium	1450 mg 43 %
Calcium	75 mg 6 %
Iron / Fer	6.5 mg 36 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Prime rib:** Prime rib beef, Water, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil]. **KEG Sautéed mixed mushrooms:** Button mushrooms, Crimini mushrooms, Butter (cream, salt), Canola oil, Salt, Black pepper. **Red wine herb jus:** Water, Red wine (contains sulphites), Tomato paste, Salt, Sugar, Butter (cream, salt), Autolyzed yeast extract, Onion powder, Colour (caramel, turmeric), Modified corn starch, Hydrolyzed soy protein, Garlic puree (garlic, canola oil, water, citric acid), Spices, Potassium chloride, Freeze-dried cooked beef (beef, salt), Dehydrated parsley, Ascorbic acid, Disodium inosinate, Disodium guanylate, Flavour (contains celery). **Horseradish:** Parsnips, Distilled vinegar, Water, Horseradish, Sea salt, Cane sugar, Artificial flavour.

**Contains:** Milk, Soy, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Filet Mignon 7 oz

**SIZE/WEIGHT:** 337 g

**ISSUED:** Oct 3, 2023

**ITEM ID:** KGCLASS-002

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (337 g) pour (337 g)	
<b>Calories</b>	<b>780</b>
	% Daily Value*
Fat / Lipides	61 g
Saturated / saturés	15 g
+ Trans / trans	1.5 g
	81 %
	83 %
<b>Carbohydrate / Glucides</b>	<b>8 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	2 g
	4 %
	2 %
<b>Protein / Protéines</b>	<b>51 g</b>
<b>Cholesterol / Cholestérol</b>	<b>255 mg</b>
<b>Sodium</b>	<b>1790 mg</b>
Potassium	1100 mg
Calcium	50 mg
Iron / Fer	6 mg
	78 %
	32 %
	4 %
	33 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Bacon-wrapped filet:** Beef filet mignon, Bacon (pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke), Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil]. Canola oil. **Sautéed mixed mushrooms:** Button mushrooms, Crimini mushrooms, Butter (cream, salt), Canola oil, Salt, Black pepper. **Béarnaise sauce:** Hollandaise sauce (canola oil, egg yolk, modified corn starch, natural flavours, lemon juice concentrate, sea salt, white pepper, acetic acid, xanthan gum, guar gum, natural colour, phospholipase), Onion, White wine vinegar, Parsley, Dried tarragon, Black pepper.

**Contains:** Egg, Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Teriyaki Sirloin 8 oz

**SIZE/WEIGHT:** 365 g

**ISSUED:** Oct 3, 2023

**ITEM ID:** KGCLASS-003

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (365 g) pour (365 g)	
<b>Calories</b>	<b>630</b>
	% Daily Value*
Fat / Lipides	55 %
Saturated / saturés	16 g
+ Trans / trans	0.2 g
Carbohydrate / Glucides	17 g
Fibre / Fibres	1 g
Sugars / Sucres	12 g
Protein / Protéines	48 g
Cholesterol / Cholestérol	120 mg
Sodium	3200 mg
Potassium	600 mg
Calcium	100 mg
Iron / Fer	5.5 mg

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Teriyaki sirloin: Teriyaki marinade [soy sauce (water, soybeans, wheat, salt, sodium benzoate), water, brown sugar, rice vinegar, Apera wine (contains sulphites), canola oil, salt, caramel, potassium sorbate, citric acid, sodium benzoate, spice extractive], Top sirloin beef. **Sautéed mixed mushrooms:** Button mushrooms, Crimini mushrooms, Butter (cream, salt), Canola oil, Salt, Black pepper.

**Contains:** Milk, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Top Sirloin - 6 oz

**SIZE/WEIGHT:** 213 g

**ISSUED:** Oct 3, 2023

**ITEM ID:** KGCLASS-004

### NUTRITION:

Nutrition Facts Valeur nutritive	
Per (213 g) pour (213 g)	
<b>Calories</b>	<b>360</b> % Daily Value* % valeur quotidienne*
Fat / Lipides	20 g 27 % Saturated / saturés 6 g 33 % + Trans / trans 0.5 g
Carbohydrate / Glucides	5 g 4 % Fibre / Fibres 1 g 2 % Sugars / Sucres 2 g
Protein / Protéines	41 g 57 %
Cholesterol / Cholestérol	115 mg
Sodium	1320 mg 57 %
Potassium	900 mg 26 %
Calcium	30 mg 2 %
Iron / Fer	4 mg 22 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Top sirloin:** Top sirloin beef, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. **Sautéed mixed mushrooms:** Button mushrooms, Crimini mushrooms, Butter (cream, salt), Canola oil, Salt, Black pepper.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Top Sirloin - 8 oz

**SIZE/WEIGHT:** 255 g

**ISSUED:** Oct 3, 2023

**ITEM ID:** KGCLASS-005

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (255 g) pour (255 g)	
<b>Calories</b>	430 % Daily Value*
	% valeur quotidienne*
Fat / Lipides	22 g 29 %
Saturated / saturés	7 g 38 %
+ Trans / trans	0.5 g
Carbohydrate / Glucides	6 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	2 g 2 %
Protein / Protéines	53 g
Cholesterol / Cholestérol	145 mg
Sodium	1540 mg 67 %
Potassium	1050 mg 31 %
Calcium	30 mg 2 %
Iron / Fer	5.5 mg 31 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Top sirloin:** Top sirloin beef, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. **Sautéed mixed mushrooms:** Button mushrooms, Crimini mushrooms, Butter (cream, salt), Canola oil, Salt, Black pepper.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Baseball Top Sirloin - 12 oz

**SIZE/WEIGHT:** 338 g

**ISSUED:** Oct 3, 2023

**ITEM ID:** KGCLASS-006

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (338 g) pour (338 g)	
<b>Calories</b>	<b>580</b>
	% Daily Value*
Fat / Lipides	27 g
Saturated / saturé	9 g
+ Trans / trans	1 g
	36 %
	50 %
<b>Carbohydrate / Glucides</b>	<b>6 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	2 g
	4 %
	2 %
<b>Protein / Protéines</b>	<b>78 g</b>
<b>Cholesterol / Cholestérol</b>	<b>210 mg</b>
<b>Sodium</b>	<b>1790 mg</b>
	78 %
Potassium	1400 mg
	41 %
Calcium	40 mg
	3 %
Iron / Fer	7.5 mg
	42 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Top sirloin:** Top sirloin beef, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. **Sautéed mixed mushrooms:** Button mushrooms, Crimini mushrooms, Butter (cream, salt), Canola oil, Salt, Black pepper.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** New York Striploin - 12 oz

**SIZE/WEIGHT:** 343 g

**ISSUED:** Oct 3, 2023

**ITEM ID:** KGCLASS-007

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (343 g) pour (343 g)	
<b>Calories</b>	690 % Daily Value*
Fat / Lipides	41 g 55 %
Saturated / saturés	15 g 85 %
+ Trans / trans	2 g
Carbohydrate / Glucides	6 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	2 g 2 %
Protein / Protéines	74 g
Cholesterol / Cholestérol	215 mg
Sodium	1980 mg 86 %
Potassium	1350 mg 40 %
Calcium	50 mg 4 %
Iron / Fer	9 mg 50 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Top sirloin:** Top sirloin beef, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. **Sautéed mixed mushrooms:** Button mushrooms, Crimini mushrooms, Butter (cream, salt), Canola oil, Salt, Black pepper.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## ACCOMPANIMENTS



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Mushroom Rice

**SIZE/WEIGHT:** 170 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGSIDE-001

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (170 g) pour (170 g)	
<b>Calories</b>	200
	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b>	6 g
Saturated / saturés	0.5 g
+ Trans / trans	0 g
	8 %
	3 %
<b>Carbohydrate / Glucides</b>	32 g
Fibre / Fibres	1 g
Sugars / Sucres	2 g
	4 %
	2 %
<b>Protein / Protéines</b>	4 g
<b>Cholesterol / Cholestérol</b>	0 mg
<b>Sodium</b>	930 mg
	40 %
<b>Potassium</b>	200 mg
	6 %
<b>Calcium</b>	20 mg
	2 %
<b>Iron / Fer</b>	0.4 mg
	2 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Water. Basmati rice. Red onion. Button mushrooms. Crimini mushrooms. Canola oil. Salt. Black pepper.

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Baked Potato - Plain

**SIZE/WEIGHT:** 370 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGSIDE-002

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (370 g) pour (370 g)	
<b>Calories</b>	300 % Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b>	1.5 g 2 %
Saturated / saturés	0.2 g 1 %
+ Trans / trans	0 g
<b>Carbohydrate / Glucides</b>	67 g
Fibre / Fibres	5 g 18 %
Sugars / Sucres	2 g 2 %
<b>Protein / Protéines</b>	8 g
<b>Cholesterol / Cholestérol</b>	0 mg
<b>Sodium</b>	20 mg 1 %
Potassium	1550 mg 46 %
Calcium	50 mg 4 %
Iron / Fer	3 mg 17 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Russet potato. **Vegetable oil:** Canola oil, Extra virgin olive oil.

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Baked Potato - Butter

**SIZE/WEIGHT:** 427 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGSIDE-003

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (427 g) pour (427 g)	
<b>Calories</b>	710 % Daily Value*
Fat / Lipides	47 g 63 %
Saturated / saturés	29 g 155 %
+ Trans / trans	2 g
<b>Carbohydrate / Glucides</b>	67 g
Fibre / Fibres	5 g 18 %
Sugars / Sucres	2 g 2 %
<b>Protein / Protéines</b>	8 g
<b>Cholesterol / Cholestérol</b>	120 mg
<b>Sodium</b>	380 mg 17 %
Potassium	1550 mg 46 %
Calcium	50 mg 4 %
Iron / Fer	3 mg 17 %

\*5% or less is a little, 15% or more is a lot.

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Russet potato. **Butter:** Cream, Salt. **Vegetable oil:** Canola oil, Extra virgin olive oil.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Baked Potato - Sour Cream

**SIZE/WEIGHT:** 429 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGSIDE-004

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (429 g) pour (429 g)	
<b>Calories</b>	400
	% Daily Value*
Fat / Lipides	10 g
	13 %
Saturated / saturés	5 g
+ Trans / trans	0.2 g
	26 %
Carbohydrate / Glucides	70 g
Fibre / Fibres	5 g
	18 %
Sugars / Sucres	4 g
	4 %
Protein / Protéines	9 g
Cholesterol / Cholestérol	25 mg
Sodium	65 mg
	3 %
Potassium	1600 mg
	34 %
Calcium	100 mg
	8 %
Iron / Fer	3 mg
	17 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Russet potato. **Sour cream:** Cream, Milk, Skim milk powder, Modified corn starch, Guar gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium phosphate, Bacterial culture. **Vegetable oil:** Canola oil, Extra virgin olive oil.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Baked Potato - 3-Cheese Spread

**SIZE/WEIGHT:** 430 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGSIDE-005

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (430 g) pour (430 g)	
<b>Calories</b>	<b>560</b>
	% Daily Value*
Fat / Lipides	27 g
Saturated / saturés	13 g
+ Trans / trans	0.3 g
	36 %
	67 %
<b>Carbohydrate / Glucides</b>	<b>69 g</b>
Fibre / Fibres	5 g
Sugars / Sucres	2 g
	18 %
	2 %
<b>Protein / Protéines</b>	<b>12 g</b>
<b>Cholesterol / Cholestérol</b>	<b>40 mg</b>
<b>Sodium</b>	<b>590 mg</b>
	26 %
Potassium	1600 mg
	34 %
Calcium	150 mg
	12 %
Iron / Fer	3 mg
	17 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** Russet potato. **3-Cheese spread:** Sour cream (modified milk ingredients, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, bacterial culture), Butter, Margarine, Cheeses (monterey and cheddar [modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, annatto, cellulose, natamycin], parmesan [partly skimmed milk, salt, bacterial culture, lipase, microbial enzyme]], Garlic in oil (garlic, soybean oil, water, citric acid), Salt, Seasoning (contains mustard), Dehydrated onion, Sugars (blackstrap molasses, sugar, tamarind paste [tamarind, salt]), White vinegar, Dehydrated parsley, Chives, Flavour, Spices. **Vegetable oil:** Canola oil, Extra virgin olive oil.

**Contains:** Milk, Mustard, Soy.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG  
**RECIPE NAME:** Baked Potato - Works  
**SIZE/WEIGHT:** 437 g  
**ISSUED:** Sep 13, 2023  
**ITEM ID:** KGSIDE-006

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (437 g) pour (437 g)	
<b>Calories</b>	<b>590</b>
	% Daily Value*
Fat / Lipides	31 g
Saturated / saturés	18 g
+ Trans / trans	1 g
	41 %
	95 %
<b>Carbohydrate / Glucides</b>	<b>69 g</b>
Fibre / Fibres	5 g
Sugars / Sucres	3 g
	18 %
	3 %
<b>Protein / Protéines</b>	<b>12 g</b>
<b>Cholesterol / Cholestérol</b>	<b>85 mg</b>
<b>Sodium</b>	<b>320 mg</b>
Potassium	1600 mg
Calcium	75 mg
Iron / Fer	3.5 mg
	14 %
	34 %
	6 %
	19 %
* 5 % or less is a little, 15 % or more is a lot	
* 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

**Ingredients:** Russet potato. **Sour cream:** Cream, Milk, Skim milk powder, Modified corn starch, Guar gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium phosphate, Bacterial culture. **Butter:** Cream, Salt. **Bacon:** Pork, Water, Salt, Sugar, May Contain Dextrose and/or Brown sugar and/or Maple flavour and/or Artificial maple flavour, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke, Smoke flavour. **Chives.** **Vegetable oil:** Canola oil, Extra virgin olive oil.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Cauliflower Mash

**SIZE/WEIGHT:** 170 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGSIDE-008

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (170 g) pour (170 g)	
<b>Calories</b>	80 % Daily Value*
Fat / Lipides	5 g % valeur quotidienne*
Saturated / saturés	4 g 20 %
+ Trans / trans	0 g
<b>Carbohydrate / Glucides</b>	8 g
Fibre / Fibres	3 g 11 %
Sugars / Sucres	3 g 3 %
<b>Protein / Protéines</b>	3 g
<b>Cholesterol / Cholestérol</b>	0 mg
<b>Sodium</b>	420 mg 18 %
Potassium	450 mg 13 %
Calcium	30 mg 2 %
Iron / Fer	0.75 mg 4 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Cauliflower. **Butter bean spread:** Plant base (water, butter beans), Coconut oil, Sunflower oil, Natural flavour, Sea salt, Sunflower lecithin, Konjac root powder, Annatto, Turmeric. **Vegetable stock:** Water, Vegetable stock concentrate [vegetable juices (water, carrot juice concentrate, celery juice concentrate, onion juice concentrate, cabbage juice, tomato juice concentrate), sugars (maltodextrin, sugar), salt, yeast extract, garlic powder, mushroom juice concentrate, celery seed, citric acid, spice extract, natural flavour]. **Salt.** **Black pepper.**

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG  
**RECIPE NAME:** Keg Fries  
**SIZE/WEIGHT:** 264 g  
**ISSUED:** Sep 13, 2023  
**ITEM ID:** KGSIDE-008

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (264 g) pour (264 g)	
<b>Calories</b>	<b>350</b>
	% Daily Value*
<b>Fat / Lipides</b>	<b>10 g</b>
Saturated / saturés	2 g
+ Trans / trans	0.2 g
	13 %
	11 %
<b>Carbohydrate / Glucides</b>	<b>61 g</b>
Fibre / Fibres	6 g
Sugars / Sucres	10 g
	21 %
	10 %
<b>Protein / Protéines</b>	<b>6 g</b>
<b>Cholesterol / Cholestérol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>1620 mg</b>
	70 %
<b>Potassium</b>	<b>1000 mg</b>
	29 %
<b>Calcium</b>	<b>50 mg</b>
	4 %
<b>Iron / Fer</b>	<b>1 mg</b>
	6 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** French fries: Potatoes, Vegetable oil (contains one or more of the following: soybean, canola, palm, sunflower), Salt, Disodium dihydrogen pyrophosphate (to promote color retention), Sugar (dextrose). Fried in canola oil. Ketchup: Tomato paste (made from fresh ripe tomatoes), Liquid sugar, White vinegar, Salt, Onion powder, Spices. Sea salt.

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Sautéed Vegetables

**SIZE/WEIGHT:** 288 g

**ISSUED:** Oct 3, 2023

**ITEM ID:** KG\_SIDE-009

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (288 g) pour (288 g)	
<b>Calories</b>	320 % Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b>	28 g 37 %
Saturated / saturés	6 g 31 %
+ Trans / trans	0.2 g
<b>Carbohydrate / Glucides</b>	13 g
Fibre / Fibres	4 g 14 %
Sugars / Sucres	7 g 7 %
<b>Protein / Protéines</b>	5 g
<b>Cholesterol / Cholestérol</b>	15 mg
<b>Sodium</b>	1560 mg 68 %
Potassium	750 mg 22 %
Calcium	40 mg 3 %
Iron / Fer	1.75 mg 10 %

\* 5% or less is a little, 15% or more is a lot

\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Zucchini. Cherry tomato. Button mushrooms. Crimini mushrooms. Asparagus. Yellow bell pepper. Red bell pepper. **Vegetable oil:** Canola oil, Extra virgin olive oil. **Butter:** Cream, Salt. **Canola oil.** Salt. Black pepper.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG  
**RECIPE NAME:** Garlic Mashed Potatoes  
**SIZE/WEIGHT:** 227 g  
**ISSUED:** Sep 13, 2023  
**ITEM ID:** KGSIDE-010

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (227 g) pour (227 g)	
<b>Calories</b>	<b>280</b>
	% Daily Value*
Fat / Lipides	17 g
Saturated / saturés	8 g
+ Trans / trans	0.2 g
	23 %
	41 %
<b>Carbohydrate / Glucides</b>	<b>29 g</b>
Fibre / Fibres	3 g
Sugars / Sucres	3 g
	11 %
	3 %
<b>Protein / Protéines</b>	<b>5 g</b>
<b>Cholesterol / Cholestérol</b>	<b>15 mg</b>
<b>Sodium</b>	<b>750 mg</b>
Potassium	800 mg
Calcium	75 mg
Iron / Fer	1.25 mg
	33 %
	17 %
	6 %
	7 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** Potatoes. **Cream.** Butter flavoured spread: Interesterified oil blend (palm and palm kernel oil) (48 %), Soybean oil (32 %), Water, Salt, Skim milk powder, Vegetable mono- and diglycerides, Potassium sorbate, Soy lecithin, Citric acid, Artificial butter flavour, Vitamin A palmitate, Beta-carotene, Vitamin D3. **Sour cream:** Cream, Milk, Skim milk powder, Modified corn starch, Guar gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium phosphate, Bacterial culture. **Roasted garlic puree:** Roasted garlic puree, Water, Sugars (dextrose), Salt, Carrot puree, Onion puree, Dried garlic, Canola oil, Dried toasted onion, Celery puree, Potassium chloride, Flavour. **Salt.** **White pepper.**

**Contains:** Milk, Soy.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG  
**RECIPE NAME:** Sautéed Mixed Mushrooms  
**SIZE/WEIGHT:** 85 g  
**ISSUED:** Sep 13, 2023  
**ITEM ID:** KGSIDE-011

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (85 g) pour (85 g)	
<b>Calories</b>	<b>130</b>
	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b>	<b>12 g</b>
Saturated / saturés	3.5 g
+ Trans / trans	0.2 g
	16 %
	19 %
<b>Carbohydrate / Glucides</b>	<b>4 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	1 g
	4 %
	1 %
<b>Protein / Protéines</b>	<b>2 g</b>
<b>Cholesterol / Cholestérol</b>	<b>10 mg</b>
<b>Sodium</b>	<b>670 mg</b>
	29 %
Potassium	350 mg
	7 %
Calcium	10 mg
	1 %
Iron / Fer	0.3 mg
	2 %

\*5 % or less is a little, 15 % or more is a lot  
\*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

**Ingredients:** Button mushrooms. Crimini mushrooms. Butter: Cream, Salt. Canola oil. Salt. Black pepper.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Twice Baked Potato

**SIZE/WEIGHT:** 546 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGSIDE-012

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (546 g) pour (546 g)	
<b>Calories</b>	660 % Daily Value*
Fat / Lipides	30 g 40 %
Saturated / saturés	14 g 73 %
+ Trans / trans	0.5 g
<b>Carbohydrate / Glucides</b>	85 g
Fibre / Fibres	6 g 21 %
Sugars / Sucres	6 g 6 %
<b>Protein / Protéines</b>	16 g
<b>Cholesterol / Cholestérol</b>	40 mg
<b>Sodium</b>	800 mg 35 %
Potassium	1950 mg 57 %
Calcium	125 mg 10 %
Iron / Fer	4 mg 22 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Russet potato. **Sour cream:** Cream, Milk, Skim milk powder, Modified corn starch, Guar gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium phosphate, Bacterial culture. **Butter flavoured spread:** Interesterified oil blend (palm and palm kernel oil) (48 %), Soybean oil (32 %), Water, Salt, Skim milk powder, Vegetable mono- and diglycerides, Potassium sorbate, Soy lecithin, Citric acid, Artificial butter flavour, Vitamin A palmitate, Beta-carotene, Vitamin D3. **Bacon:** Pork, Water, Salt, Sugar, May Contain Dextrose and/or Brown sugar and/or Maple flavour and/or Artificial maple flavour, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke, Smoke flavour. **Green onion.** **Roasted garlic puree:** Roasted garlic puree, Water, Sugars (dextrose), Salt, Carrot puree, Onion puree, Dried garlic, Canola oil, Dried toasted onion, Celery puree, Potassium chloride, Flavour. **Salt.** **Black pepper.**

**Contains:** Milk, Soy.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Seasonal Grilled Vegetables - Zucchini & Red Peppers

**SIZE/WEIGHT:** 85 g

**ISSUED:** Oct 3, 2023

**ITEM ID:** KGSIDE-013

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (85 g) pour (85 g)	
<b>Calories</b>	80 % Daily Value*
Fat / Lipides	7 g % valeur quotidienne*
Saturated / saturés	1 g 5 %
+ Trans / trans	0 g
Carbohydrate / Glucides	4 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	3 g 3 %
Protein / Protéines	1 g
Cholesterol / Cholestérol	0 mg
<b>Sodium</b>	460 mg 20 %
Potassium	225 mg 7 %
Calcium	10 mg 1 %
Iron / Fer	0.4 mg 2 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Zucchini. **Red bell pepper.** **Vegetable oil:** Canola oil, Extra virgin olive oil. **Salt.** **Black pepper.**

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## SHAREABLE SIDES



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** KEG Mac & Cheese

**SIZE/WEIGHT:** 567 g

**ISSUED:** Oct 10, 2023

**ITEM ID:** KGSHARE-001

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (567 g) pour (567 g)	% Daily Value* % valeur quotidienne*
<b>Calories 1160</b>	
Fat / Lipides 62 g	83 %
Saturated / saturés 36 g	190 %
+ Trans / trans 2 g	
Carbohydrate / Glucides 101 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 53 g	
Cholesterol / Cholestérol 180 mg	
Sodium 2710 mg	118 %
Potassium 550 mg	16 %
Calcium 1200 mg	92 %
Iron / Fer 4 mg	22 %

\* 5% or less is a little, 15% or more is a lot

\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Cooked pasta: Pasta [enriched durum wheat semolina, durum flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid], Water, Salt, Vegetable oil (canola oil, extra virgin olive oil). Cheese sauce: Partly skimmed milk, White cheddar cheese (pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme), Gruyere cheese (non-pasteurized milk, bacterial culture, salt, rennet), Enriched wheat flour, Butter (cream, salt), Parmesan cheese (pasteurized milk, salt, calcium chloride, microbial enzyme, bacterial culture, lipase, cellulose, natamycin), Salt, Black pepper. White cheddar cheese: Pasteurized milk, Modified milk ingredients, Salt, Bacterial Culture, Calcium chloride, Microbial enzyme. Parmesan cheese: Pasteurized milk, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose, Natamycin. Buttered breadcrumbs: Panko breadcrumbs (wheat flour, sugar, yeast, salt), Butter (cream, salt).

**Contains:** Milk, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Caesar Brussels Sprouts

**SIZE/WEIGHT:** 371 g

**ISSUED:** Oct 10, 2023

**ITEM ID:** KGSHARE-002

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (371 g) pour (371 g)	
<b>Calories</b>	<b>680</b>
	% Daily Value*
Fat / Lipides	49 g
	65 %
Saturated / saturés	8 g
+ Trans / trans	0.5 g
	43 %
Carbohydrate / Glucides	49 g
Fibre / Fibres	11 g
	39 %
Sugars / Sucres	5 g
	5 %
<b>Protein / Protéines</b>	<b>16 g</b>
Cholesterol / Cholestérol	60 mg
<b>Sodium</b>	<b>830 mg</b>
	36 %
Potassium	1050 mg
	31 %
Calcium	300 mg
	23 %
Iron / Fer	4.5 mg
	25 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Brussels Sprouts. **Caesar dressing:** Canola oil, Water, Garlic (garlic, water), Frozen egg yolk mix (contains egg, salt), Parmesan and romano cheeses made from cow's milk (partly skimmed milk, salt, bacterial culture, lipase and microbial enzyme), Concentrated lemon juice, Soy oil, Spices and spice extractives (contains soy lecithin) and seasoning (contains soy), Salt, Citric acid, Xanthan gum, Dried garlic, Anchovy paste (contains fish), Sodium benzoate (a preservative), Potassium sorbate (a preservative), Natural flavour, Calcium disodium EDTA (to protect flavour), Onion powder. **Lemon Parsley croutons:** Bread {unbleached wheat flour, water, vegetable oil, salt, cultured wheat starch, yeast, sour starter [ground wheat, cultured wheat flour, yeast, lactic acid (from bacterial culture)]}, malted barley flour, ground wheat, ascorbic acid, rice flour (for dusting). **May contain eggs, milk, sesame.** Vegetable oil (canola oil, extra virgin olive oil), Lemon zest, Parsley, Salt, Black pepper. **Corn starch (contains sulphites).** Parmesan cheese: Pasteurized milk, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose, Natamycin. **Lemon wedge. Bacon:** Pork, Water, Salt, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke. **Canola oil. Lemon zest. Parsley.**

**Contains:** Barley, Egg, Fish, Milk, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Parmesan Onion Rings

**SIZE/WEIGHT:** 416 g

**ISSUED:** Oct 10, 2023

**ITEM ID:** KGSHARE-003

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (416 g) pour (416 g)	
<b>Calories</b>	<b>860</b>
	% Daily Value*
Fat / Lipides	29 g
Saturated / saturés	5 g
+ Trans / trans	0.2 g
	39 %
	26 %
<b>Carbohydrate / Glucides</b>	<b>128 g</b>
Fibre / Fibres	5 g
Sugars / Sucres	14 g
	18 %
	14 %
<b>Protein / Protéines</b>	<b>23 g</b>
<b>Cholesterol / Cholestérol</b>	<b>15 mg</b>
<b>Sodium</b>	<b>3470 mg</b>
	151 %
Potassium	450 mg
	13 %
Calcium	350 mg
	27 %
Iron / Fer	4 mg
	22 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Onion rings: Buttermilk (partly skim milk, salt, bacterial culture), Onion, Enriched wheat flour, Panko breadcrumbs (wheat flour, sugar, yeast, salt), Corn starch (contains sulphites), Canola oil, Salt, Black pepper. Roasted garlic mayo: Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Garlic confit (garlic, canola oil), Red wine vinegar, Garlic oil (canola oil, garlic), Salt, Rosemary, Black pepper. Parmesan cheese: Pasteurized milk, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose, Natamycin.

**Contains:** Egg, Milk, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## ADD-ONS



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Add Bearnaise Sauce to Any Steak

**SIZE/WEIGHT:** 62 g

**ISSUED:** Sep 19, 2023

**ITEM ID:** KGADDON-001

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (62 g) pour (62 g)	
<b>Calories</b>	190 % Daily Value*
<hr/>	
Fat / Lipides	20 g 27 %
Saturated / saturés	2 g 12 %
+ Trans / trans	0.3 g
<hr/>	
<b>Carbohydrate / Glucides</b>	2 g 0 %
Fibre / Fibres	0 g 0 %
Sugars / Sucres	0 g 0 %
<hr/>	
<b>Protein / Protéines</b>	1 g
<hr/>	
<b>Cholesterol / Cholestérol</b>	70 mg
<hr/>	
<b>Sodium</b>	95 mg 4 %
<hr/>	
Potassium	100 mg 3 %
<hr/>	
Calcium	10 mg 1 %
<hr/>	
Iron / Fer	0.4 mg 2 %
<hr/>	
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** Hollandaise sauce: Canola oil, Egg yolk, Modified corn starch, Natural flavours, Lemon juice concentrate, Sea salt, White pepper, Acetic acid, Xanthan gum, Guar gum, Natural colour, Phospholipase. **Onion.** **White wine vinegar.** **Parsley.** **Dried tarragon.** **Black pepper.**

**Contains:** Egg, Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Add Blue Cheese Crust to Any Steak

**SIZE/WEIGHT:** 83 g

**ISSUED:** Sep 19, 2023

**ITEM ID:** KGADDON-002

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (83 g) pour (83 g)	
<b>Calories</b>	<b>310</b>
	% Daily Value*
Fat / Lipides	26 g
Saturated / saturés	7 g
+ Trans / trans	0.3 g
	35 %
	37 %
<b>Carbohydrate / Glucides</b>	<b>13 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	1 g
	4 %
	1 %
<b>Protein / Protéines</b>	<b>6 g</b>
Cholesterol / Cholestérol	35 mg
Sodium	500 mg
	22 %
Potassium	75 mg
	2 %
Calcium	125 mg
	10 %
Iron / Fer	0.4 mg
	2 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Blue cheese dressing:** Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Blue cheese (pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzymes, Penicillium roqueforti), Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Yellow mustard (vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavour, garlic powder), Salt, Black pepper, Garlic powder. **Panko breadcrumbs:** Wheat flour, Sugar, Yeast, Salt. Garlic confit: Garlic, Canola oil. Hollandaise sauce: Canola oil, Egg yolk, Modified corn starch, Natural flavours, Lemon juice concentrate, Sea salt, White pepper, Acetic acid, Xanthan gum, Guar gum, Natural colour, Phospholipase. **Blue cheese:** Pasteurized milk, Salt, Bacterial culture, Calcium chloride, Microbial enzymes, Penicillium roqueforti. **Dijon mustard:** Vinegar, Water, Mustard seed, Salt, Chardonnay wine, Citric acid, Tartaric acid, Spices, Turmeric.

**Contains:** Egg, Milk, Mustard, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Add Confit Garlic Butter to Any Steak

**SIZE/WEIGHT:** 14 g

**ISSUED:** Sep 19, 2023

**ITEM ID:** KGADDON-003

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (14 g) pour (14 g)	
<b>Calories</b>	90 % Daily Value*
Fat / Lipides	9 g % valeur quotidienne*
Saturated / saturés	5 g 27 %
+ Trans / trans	0.3 g
<b>Carbohydrate / Glucides</b>	1 g
Fibre / Fibres	0 g 0 %
Sugars / Sucres	0 g 0 %
<b>Protein / Protéines</b>	0.2 g
<b>Cholesterol / Cholestérol</b>	20 mg
<b>Sodium</b>	210 mg 9 %
Potassium	10 mg 1 %
Calcium	10 mg 1 %
Iron / Fer	0 mg 0 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Butter: Cream, Salt. Garlic confit: Garlic, Canola oil. Garlic oil: Canola oil, Garlic. Apple cider vinegar. Sea salt. Chives.

**Contains:** Milk, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Add Lobster Tail to Any Steak

**SIZE/WEIGHT:** 219 g

**ISSUED:** Sep 19, 2023

**ITEM ID:** KGADDON-004

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (219 g)	% Daily Value*
pour (219 g)	% valeur quotidienne*
<b>Calories</b> 600	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b> 55 g	73 %
Saturated / saturés 34 g	180 %
+ Trans / trans 2 g	
<b>Carbohydrate / Glucides</b> 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines</b> 24 g	
<b>Cholesterol / Cholestérol</b> 325 mg	
<b>Sodium</b> 1400 mg	61 %
<b>Potassium</b> 300 mg	9 %
<b>Calcium</b> 150 mg	12 %
<b>Iron / Fer</b> 0.4 mg	2 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Lobster. **Butter:** Cream, Salt. **Water.** Lemon wedge.

**Contains:** Crustaceans, Milk, Shellfish.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Add Shrimp Skewer to Any Steak

**SIZE/WEIGHT:** 181 g

**ISSUED:** Sep 19, 2023

**ITEM ID:** KGADDON-005

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (181 g) pour (181 g)	
<b>Calories</b>	<b>290</b>
	% Daily Value*
Fat / Lipides	22 g
Saturated / saturés	8 g
+ Trans / trans	0.3 g
	42 %
<b>Carbohydrate / Glucides</b>	<b>4 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	0 g
	4 %
0 %	
<b>Protein / Protéines</b>	<b>20 g</b>
Cholesterol / Cholestérol	185 mg
<b>Sodium</b>	<b>950 mg</b>
Potassium	225 mg
Calcium	75 mg
Iron / Fer	0.5 mg
	41 %
	7 %
	6 %
	3 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Shrimp:** Shrimp, Sodium phosphate, Salt. **May contain sulphites.** **Garlic spread:** Margarine (soy), Butter (milk), Parsley, Garlic, Worcestershire sauce (white vinegar, black strap molasses, glucose-fructose, salt, anchovies, onions, tamarind extract, garlic, spices, flavour), Garlic powder, Concentrated lemon juice, Salt, Tabasco sauce (distilled vinegar, red pepper, salt), Spices. **Lemon wedge.**

**Contains:** Crustaceans, Fish, Milk, Shellfish, Soy.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY.

ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Add Whiskey Peppercorn Sauce to Any Steak

**SIZE/WEIGHT:** 71 g

**ISSUED:** Sep 19, 2023

**ITEM ID:** KGADDON-006

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (71 g) pour (71 g)	
<b>Calories</b>	90 % Daily Value*
Fat / Lipides	7 g % valeur quotidienne*
Saturated / saturés	4.5 g 24 %
+ Trans / trans	0.2 g
<b>Carbohydrate / Glucides</b>	5 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	1 g 1 %
<b>Protein / Protéines</b>	2 g
<b>Cholesterol / Cholestérol</b>	20 mg
<b>Sodium</b>	520 mg 23 %
Potassium	100 mg 3 %
Calcium	10 mg 1 %
Iron / Fer	0.4 mg 2 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Whiskey peppercorn sauce:** Beef stock {water, beef, onions, mushrooms, carrots, celery, red wine, seasoning [roasted beef and juices, hydrolyzed soy protein, salt, canola oil, sugars (sugar, glucose solids, maltodextrin), dehydrated vegetables (onions, garlic), colour (caramel), modified palm and palm kernel oil, citric acid, yeast extract, flavour], tomato paste (tomatoes, salt), tomato powder (tomato paste, silicon dioxide), garlic, sea salt, herbs, spices}, Butter, Water, French Brandy (contains sulphites), Onions, Wheat flour, Seasoning [modified corn starch, pea flour, sugars (sugar, maltodextrin), beef fat, vegetable powders (tomato, onion, carrot), salt, hydrolyzed soy protein, caramel, yeast extract, dried beef stock, natural flavour, autolyzed yeast extract, beef extract, gelatin, spices, xanthan gum, lard, disodium guanylate, disodium inosinate, citric acid], Seasoning [salt, hydrolysed soybean and wheat protein, palm fat, sugars (lactose, sugars), yeast extract, flavour, caramel, spices, disodium inosinate, disodium guanylate, dehydrated garlic, mustard seed, dehydrated ringed boletus], Green peppercorns (green peppercorns, water, salt, citric acid), Palm sugar (coconut), Spices, Modified corn starch, Vegetable oil, Sea salt, Xanthan gum.

**Contains:** Milk, Mustard, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Add Shrimp & Scallop Oscar to Any Steak

**SIZE/WEIGHT:** 315 g

**ISSUED:** Sep 19, 2023

**ITEM ID:** KGADDON-007

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (315 g) pour (315 g)	
<b>Calories</b>	<b>380</b>
	% Daily Value*
Fat / Lipides	22 g
Saturated / saturés	2.5 g
+ Trans / trans	0.3 g
	14 %
Carbohydrate / Glucides	8 g
Fibre / Fibres	1 g
Sugars / Sucres	1 g
	4 %
Protein / Protéines	37 g
Cholesterol / Cholestérol	300 mg
Sodium	1360 mg
	59 %
Potassium	550 mg
Calcium	100 mg
Iron / Fer	1.75 mg
	16 %
	8 %
	10 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Shrimp:** Shrimp, Sodium phosphate, Salt. **May contain sulphites.** **Hollandaise sauce:** Canola oil, Egg yolk, Modified corn starch, Natural flavours, Lemon juice concentrate, Sea salt, White pepper, Acetic acid, Xanthan gum, Guar gum, Natural colour, Phospholipase. **Scallops.** **Asparagus.** **Onion.** **White wine vinegar.** **Parsley.** **Black pepper.** **Dried tarragon.**

**Contains:** Crustaceans, Egg, Milk, Molluscs, Shellfish.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Add Crab Cake to Any Steak

**SIZE/WEIGHT:** 144 g

**ISSUED:** Sep 19, 2023

**ITEM ID:** KGADDON-008

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (144 g) pour (144 g)	
<b>Calories</b>	<b>420</b>
	% Daily Value*
Fat / Lipides	31 g
Saturated / saturés	4.5 g
+ Trans / trans	0 g
	41 %
	23 %
<b>Carbohydrate / Glucides</b>	<b>25 g</b>
Fibre / Fibres	2 g
Sugars / Sucres	4 g
	7 %
	4 %
<b>Protein / Protéines</b>	<b>11 g</b>
<b>Cholesterol / Cholestérol</b>	<b>50 mg</b>
Sodium	790 mg
	34 %
Potassium	225 mg
	7 %
Calcium	100 mg
	8 %
Iron / Fer	1.5 mg
	8 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Crab cake:** Jonah crab meat, Lump crab meat [crab meat, sodium acid pyrophosphates (to prevent the formation of struvite crystals)], Panko breadcrumbs [wheat flour, sugar, yeast, salt), Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Yellow bell pepper, Red bell pepper, Onion, Celery, Breadcrumbs [wheat flour, cane sugar, vegetable oil (contains modified palm oil), yeast, salt, may contain (in variable proportions): whole wheat flour, oat hull fibre, sesame seeds, wheat gluten, rye flour, rice flour, powdered cellulose, malted barley flour, natural flavour, spice, soya lecithin, caramel, tocopherols], Lemon juice, Garlic, Parsley, Dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), Dill, Old Bay seasoning [salt, spices (including red pepper, mustard and celery seed), silicon dioxide], Lemon zest, Salt, Tabasco sauce (white vinegar, red peppers, salt), Black pepper. Fried in vegetable oil (canola oil, extra virgin olive oil). **Lemon Dill aioli:** Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Lemon juice, Dill, White wine vinegar, Salt., Old Bay seasoning [salt, spices (including red pepper, mustard and celery seed), silicon dioxide], Black pepper. **Lemon wedge.**

**Contains:** Barley, Crustaceans, Egg, Milk, Mustard, Oats, Rye, Sesame Seeds, Shellfish, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## STEAK + SEAFOOD



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Steak & Shrimp 6 oz

**SIZE/WEIGHT:** 309 g

**ISSUED:** Sep 20, 2023

**ITEM ID:** KGSEA-001

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (309 g) pour (309 g)	
<b>Calories</b>	530 % Daily Value*
Fat / Lipides	31 g 41 %
Saturated / saturés	10 g 53 %
+ Trans / trans	0.5 g
<b>Carbohydrate / Glucides</b>	5 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	0 g 0 %
<b>Protein / Protéines</b>	57 g
Cholesterol / Cholestérol	285 mg
<b>Sodium</b>	1800 mg 78 %
Potassium	700 mg 21 %
Calcium	100 mg 8 %
Iron / Fer	4.5 mg 25 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Shrimp skewer:** Shrimp (shrimp, sodium phosphate, salt. May contain sulphites.), Garlic spread [margarine (soy), butter (milk), parsley, garlic, worcestershire sauce (white vinegar, black strap molasses, glucose-fructose, salt, anchovies, onions, tamarind extract, garlic, spices, flavour), garlic powder, concentrated lemon juice, salt, Tabasco sauce (distilled vinegar, red pepper, salt), spices], Lemon wedge. **Top sirloin steak:** Top sirloin beef, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil.

**Contains:** Crustaceans, Fish, Milk, Shellfish, Soy.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Steak & Shrimp 8 oz

**SIZE/WEIGHT:** 351 g

**ISSUED:** Sep 20, 2023

**ITEM ID:** KGSEA-002

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (351 g) pour (351 g)	% Daily Value*
<b>Calories</b> 600	% Daily Value* % valeur quotidienne*
Fat / Lipides 33 g	44 %
Saturated / saturés 11 g	60 %
+ Trans / trans 1 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 70 g	
Cholesterol / Cholestérol 320 mg	
Sodium 2020 mg	88 %
Potassium 900 mg	26 %
Calcium 100 mg	8 %
Iron / Fer 5.5 mg	31 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Shrimp skewer:** Shrimp (shrimp, sodium phosphate, salt. May contain sulphites.), Garlic spread [margarine (soy), butter (milk), parsley, garlic, worcestershire sauce (white vinegar, black strap molasses, glucose-fructose, salt, anchovies, onions, tamarind extract, garlic, spices, flavour), garlic powder, concentrated lemon juice, salt, Tabasco sauce (distilled vinegar, red pepper, salt), spices], Lemon wedge. **Top sirloin steak:** Top sirloin beef, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil.

**Contains:** Crustaceans, Fish, Milk, Shellfish, Soy.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Steak & Lobster 6 oz

**SIZE/WEIGHT:** 347 g

**ISSUED:** Sep 20, 2023

**ITEM ID:** KGSEA-003

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (347 g) pour (347 g)	
<b>Calories</b>	820 % Daily Value*
Fat / Lipides	63 g % valeur quotidienne*
Saturated / saturés	37 g 198 %
+ Trans / trans	2.5 g
<b>Carbohydrate / Glucides</b>	2 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	0 g 0 %
<b>Protein / Protéines</b>	62 g
<b>Cholesterol / Cholestérol</b>	425 mg
<b>Sodium</b>	2250 mg 98 %
Potassium	800 mg 24 %
Calcium	150 mg 12 %
Iron / Fer	4 mg 22 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Top sirloin steak: Top sirloin beef, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. Lobster. Butter: Cream, Salt. Water. Lemon wedge.

**Contains:** Crustaceans, Milk, Shellfish.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Steak & Lobster 8 oz

**SIZE/WEIGHT:** 389 g

**ISSUED:** Sep 20, 2023

**ITEM ID:** KGSEA-004

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (389 g) pour (389 g)	
<b>Calories</b>	900 % Daily Value*
Fat / Lipides	65 g 87 %
Saturated / saturés	37 g 198 %
+ Trans / trans	2.5 g
<b>Carbohydrate / Glucides</b>	3 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	0 g 0 %
<b>Protein / Protéines</b>	75 g
Cholesterol / Cholestérol	455 mg
<b>Sodium</b>	2470 mg 107 %
Potassium	1000 mg 29 %
Calcium	150 mg 12 %
Iron / Fer	5.5 mg 31 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Top sirloin steak: Top sirloin beef, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. Lobster. Butter: Cream, Salt. Water. Lemon wedge.

**Contains:** Crustaceans, Milk, Shellfish.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## MAINS



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Blackened Chicken

**SIZE/WEIGHT:** 698 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGMAIN-001

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (698 g) pour (698 g)	
<b>Calories</b>	1230 % Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b>	81 g 108 %
Saturated / saturés	22 g 113 %
+ Trans / trans	0.5 g
<b>Carbohydrate / Glucides</b>	76 g
Fibre / Fibres	6 g 21 %
Sugars / Sucres	44 g 44 %
<b>Protein / Protéines</b>	51 g
<b>Cholesterol / Cholestérol</b>	180 mg
<b>Sodium</b>	3270 mg 142 %
Potassium	2000 mg 59 %
Calcium	100 mg 8 %
Iron / Fer	3 mg 17 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Chicken breast:** Seasoned chicken breast (boneless chicken breast, water, salt, sodium tripolyphosphate). Canola oil. Salt. Black pepper. **Garlic mashed potatoes:** Potatoes, Cream, Butter flavoured spread [interesterified oil blend (palm and palm kernel oil) (48 %), soybean oil (32 %), water, salt, skim milk powder, vegetable mono- and diglycerides, potassium sorbate, soy lecithin, citric acid, artificial butter flavour, vitamin A palmitate, beta-carotene, vitamin D3], Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Roasted garlic puree [roasted garlic puree, water, sugars (dextrose), salt, carrot puree, onion puree, dried garlic, canola oil, dried toasted onion, celery puree, potassium chloride, flavour], Salt, White pepper. **Grilled vegetables:** Zucchini, Red bell pepper, Vegetable oil (canola oil, extra virgin olive oil), Salt, Black pepper. **Hot honey:** Honey, Plum, Mint, Habanero peppers. **Confit garlic chive salted butter:** Butter (cream, salt), Canola oil, Garlic, Apple cider vinegar, Sea salt, Chives. Canola oil. **Blackening spice rub:** Cajun seasoning mix [dehydrated garlic, spices (including oregano, cayenne pepper), salt, dehydrated onion, high oleic sunflower oil], Sugars (brown sugar, sugar), Salt.

**Contains:** Milk, Soy, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** BBQ Pork Ribs (½ rack)

**SIZE/WEIGHT:** 603 g

**ISSUED:** Sep 5, 2023

**ITEM ID:** KGMAIN-003

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (603 g) pour (603 g)	
<b>Calories</b>	1200 % Daily Value* % valeur quotidienne*
Fat / Lipides	69 g 92 %
Saturated / saturés	25 g 128 %
+ Trans / trans	0.5 g
<b>Carbohydrate / Glucides</b>	104 g
Fibre / Fibres	7 g 25 %
Sugars / Sucres	31 g 31 %
<b>Protein / Protéines</b>	44 g
<b>Cholesterol / Cholestérol</b>	175 mg
<b>Sodium</b>	2910 mg 127 %
Potassium	1800 mg 53 %
Calcium	200 mg 15 %
Iron / Fer	4.5 mg 25 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** French fries: French fries [potatoes, vegetable oil (contains one or more of the following: soybean, canola, palm, sunflower), salt, disodium dihydrogen pyrophosphate (to promote color retention), sugar (dextrose), fried in canola oil], Ketchup [tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices], Sea salt. Pork back ribs.

**Barbecue sauce:** Water, Sugars (sugar, brown sugar), Crushed tomatoes, White vinegar, Dehydrated garlic and onion, Salt, Modified corn starch, Hydrolyzed soy protein, Spices and spice extracts (contains soy lecithin), Mustard flour, Caramel, Xanthan gum, Potassium sorbate, Sodium benzoate, Disodium inosinate, Disodium guanylate. **Roasted corn biscuit:** Wheat flour, Buttermilk, Shredded cheddar cheese [modified milk ingredients, water, cheese (milk, bacterial culture, salt, microbial enzyme, β-apo-8'-carotenal), modified corn starch, sodium phosphate, salt, sodium citrate, citric acid, potassium sorbate, lactic acid, flavour, β-apo-8'-carotenal, anticaking blend (potato starch, corn starch, dextrose, calcium sulfate, enzyme)], Roasted corn, Yellow degermed cornmeal, Water, Margarine [modified palm and palm kernel oils, canola oil, water, salt, whey powder (milk), vegetable monoglycerides, soy lecithin, potassium sorbate, citric acid, natural flavour, vitamin A palmitate, beta-carotene, vitamin D3], Baking powder, Salt, White pepper, Black pepper. **May contain egg, sesame, sulphites, tree nuts.** **Maple salted butter:** Maple syrup, Butter (cream, salt), Salt.

**Contains:** Milk, Mustard, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** BBQ Pork Ribs Full Rack

**SIZE/WEIGHT:** 833 g

**ISSUED:** Sep 5, 2023

**ITEM ID:** KGMAIN-004

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (833 g) pour (833 g)	
<b>Calories</b>	<b>1780</b>
	% Daily Value*
Fat / Lipides	115 g
Saturated / saturés	41 g
+ Trans / trans	0.5 g
	153 %
Carbohydrate / Glucides	113 g
Fibre / Fibres	7 g
Sugars / Sucres	38 g
	25 %
	38 %
<b>Protein / Protéines</b>	<b>77 g</b>
<b>Cholesterol / Cholestérol</b>	<b>335 mg</b>
<b>Sodium</b>	<b>3370 mg</b>
Potassium	2450 mg
Calcium	250 mg
Iron / Fer	6.5 mg
	147 %
	72 %
	19 %
	36 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Pork back ribs. French fries: French fries [potatoes, vegetable oil (contains one or more of the following: soybean, canola, palm, sunflower), salt, disodium dihydrogen pyrophosphate (to promote color retention), sugar (dextrose), fried in canola oil], Ketchup [tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices], Sea salt. Barbecue sauce: Water, Sugars (sugar, brown sugar), Crushed tomatoes, White vinegar, Dehydrated garlic and onion, Salt, Modified corn starch, Hydrolyzed soy protein, Spices and spice extracts (contains soy lecithin), Mustard flour, Caramel, Xanthan gum, Potassium sorbate, Sodium benzoate, Disodium inosinate, Disodium guanylate. Roasted corn biscuit: Wheat flour, Buttermilk, Shredded cheddar cheese [modified milk ingredients, water, cheese (milk, bacterial culture, salt, microbial enzyme, β-apo-8'-carotenal), modified corn starch, sodium phosphate, salt, sodium citrate, citric acid, potassium sorbate, lactic acid, flavour, β-apo-8'-carotenal, anticaking blend (potato starch, corn starch, dextrose, calcium sulfate, enzyme)], Roasted corn, Yellow degermed cornmeal, Water, Margarine [modified palm and palm kernel oils, canola oil, water, salt, whey powder (milk), vegetable monoglycerides, soy lecithin, potassium sorbate, citric acid, natural flavour, vitamin A palmitate, beta-carotene, vitamin D3], Baking powder, Salt, White pepper, Black pepper. May contain egg, sesame, sulphites, tree nuts. Maple salted butter: Maple syrup, Butter (cream, salt) Salt.

**Contains:** Milk, Mustard, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Keg Burger with Fries (Updated)

**SIZE/WEIGHT:** 798 g

**ISSUED:** Aug 18, 2023

**ITEM ID:** KGMAN-005

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (798 g) pour (798 g)	
<b>Calories</b>	<b>1750</b>
	% Daily Value*
<b>Fat / Lipides</b>	<b>115 g</b>
Saturated / saturés	39 g
+ Trans / trans	2 g
	153 %
	205 %
<b>Carbohydrate / Glucides</b>	<b>127 g</b>
Fibre / Fibres	10 g
Sugars / Sucres	29 g
	36 %
	29 %
<b>Protein / Protéines</b>	<b>57 g</b>
<b>Cholesterol / Cholestérol</b>	<b>210 mg</b>
<b>Sodium</b>	<b>3530 mg</b>
Potassium	1700 mg
Calcium	450 mg
Iron / Fer	7 mg
	153 %
	50 %
	35 %
	39 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** French Fries (SIDE): French fries [potatoes, vegetable oil (contains one or more of the following: soybean, canola, palm, sunflower), salt, disodium dihydrogen pyrophosphate (to promote color retention), sugar (dextrose)], Ketchup [tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices], Canola oil, Sea salt. **The Carnivore hamburger patty:** Beef chuck, Beef brisket, Beef rib. **Hamburger bun:** Unbleached wheat flour, Water, Liquid whole eggs, Liquid egg-whites, Sunflower oil, Sugar, Salt, Malted barley flour, Yeast. **May contain sesame.** **Burger sauce:** Ketchup [tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices], Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Bread and Butter pickles [cucumbers, sugars (glucose-fructose), white vinegar, water, salt, calcium chloride, sodium benzoate, tartrazine, mustard], Yellow mustard (vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavour, garlic powder), Red wine vinegar, Garlic powder (dehydrated garlic, high oleic sunflower oil). **Iceberg lettuce. Caramelized onion:** Onion, Vegetable oil (canola oil, extra virgin olive oil). **White cheddar cheese:** Pasteurized milk, Modified milk ingredients, Salt, Bacterial Culture, Calcium chloride, Microbial enzyme. **Mayonnaise:** Canola oil, Water, Liquid whole egg, Vinegar, Liquid yolk, Salt, Sugar, Spices, Concentrated lemon juice, Calcium disodium EDTA (maintains flavour). **Bread and Butter pickles:** Cucumbers, Sugars (glucose-fructose), White vinegar, Water, Salt, Calcium chloride, Sodium benzoate, Tartrazine, Mustard. **Butter:** Cream, Salt. **Salt. Black pepper.**

**Contains:** Barley, Egg, Milk, Mustard, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Vegan Meatloaf

**SIZE/WEIGHT:** 615 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGMAIN-007

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (615 g) pour (615 g)	
<b>Calories</b>	570 % Daily Value*
Fat / Lipides	35 g 47 %
Saturated / saturés	7 g 36 %
+ Trans / trans	0.2 g
<b>Carbohydrate / Glucides</b>	53 g
Fibre / Fibres	8 g 29 %
Sugars / Sucres	33 g 33 %
<b>Protein / Protéines</b>	15 g
<b>Cholesterol / Cholestérol</b>	0 mg
<b>Sodium</b>	3090 mg 134 %
Potassium	1000 mg 29 %
Calcium	125 mg 10 %
Iron / Fer	4 mg 22 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Vegetarian meatloaf:** Chickpea, White mushrooms, Soy milk (filtered water, whole soybeans, sodium bicarbonate), Cauliflower, Red pepper, Onion, Rye bread [enriched wheat flour, water, rye flour, rye bran, caramel colour (sulphites), yeast, salt, ground caraway seeds, fumaric acid, calcium phosphate, sodium diacetate, palm oil, calcium propionate, lactic acid, vegetable oil, silicon dioxide, ascorbic acid, enzymes], Breadcrumbs (wheat flour, whole wheat flour, water, canola oil, sugar, yeast, palm oil shortening, salt, calcium propionate, whey, ascorbic acid & enzymes, sesame seeds), Ketchup (tomato paste, liquid sugar, white vinegar, onion powder, spices), Soy sauce (water, soybeans, wheat, salt, sodium benzoate), Spices, Nutritional yeast [dried yeast, niacin, thiamine (B1), riboflavin (B2)], Black pepper, Salt, Red pepper sauce (vinegar, red pepper, salt). **May contain egg, fish, milk, mustard, tree nuts.** **Cauliflower mash:** Cauliflower, Butter bean spread [plant base (water, butter beans), coconut oil, sunflower oil, natural flavour, sea salt, sunflower lecithin, konjac root powder, annatto, turmeric], Vegetable stock {water, vegetable stock concentrate [vegetable juices (water, carrot juice concentrate, celery juice concentrate, onion juice concentrate, cabbage juice, tomato juice concentrate), sugars (maltodextrin, sugar), salt, yeast extract, garlic powder, mushroom juice concentrate, celery seed, citric acid, spice extract, natural flavour]}, Salt, Black pepper. **Grilled vegetables:** Zucchini, Red bell pepper, Vegetable oil (canola oil, extra virgin olive oil), Salt, Black pepper. **Chipotle tomato glaze:** Ketchup [tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices], Sugars (brown sugar), Soy sauce (water, soybean, wheat, salt), White wine vinegar, Chipotle peppers in adobo sauce (chipotle peppers, water, vinegar, sugar, salt, tomato paste, artificial smoke flavour, xanthan gum, onion, garlic), Tabasco sauce (distilled vinegar, red pepper and salt), Salt, Black pepper. **Frizzled onions:** Onion, Coater (enriched wheat flour. **May contain sesame seeds.** salt, paprika). Fried in canola oil. **Chives.**

**Contains:** Oats, Rye, Sesame Seeds, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Vegan Shepherd's Pie

**SIZE/WEIGHT:** 621 g

**ISSUED:** Aug 18, 2023

**ITEM ID:** KGMAN-008

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (621 g) pour (621 g)	
<b>Calories</b>	490 % Daily Value*
Fat / Lipides	24 g % valeur quotidienne*
Saturated / saturés	6 g 30 %
+ Trans / trans	0 g
<b>Carbohydrate / Glucides</b>	59 g
Fibre / Fibres	12 g 43 %
Sugars / Sucres	13 g 13 %
<b>Protein / Protéines</b>	13 g
<b>Cholesterol / Cholestérol</b>	0 mg
<b>Sodium</b>	1650 mg 72 %
Potassium	1200 mg 35 %
Calcium	125 mg 10 %
Iron / Fer	4.5 mg 25 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Vegan Shepherds pie filling: Water, Green peas, Chickpeas (chickpeas, water, salt, disodium EDTA), Lentils (lentils, water, salt, calcium chloride, disodium EDTA), Button mushrooms, Crimini mushrooms, Red wine (sulphites), Onion, Carrots, Celery, Olive oil, Enriched wheat flour, Garlic, Apple cider vinegar, Tomato paste (fresh vine-ripened tomatoes), Salt, Vegetable stock concentrate [vegetable juices (water, carrot juice concentrate, celery juice concentrate, onion juice concentrate, cabbage juice, tomato juice concentrate), sugars (maltodextrin, sugar), salt, yeast extract, garlic powder, mushroom juice concentrate, celery seed, citric acid, spice extract, natural flavour], Smoked paprika (smoked paprika, silicon dioxide, ethoxyquin), Ground sage, Fennel seed, Garlic powder (dehydrated garlic, high oleic sunflower oil), Black pepper. **Mixed greens salad:** Artisan lettuce (red leaf lettuce, green leaf lettuce), Cucumber, Cherry tomato, Dijon vinaigrette [vegetable oil (canola oil, extra virgin olive oil), white wine vinegar, lemon juice, dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), garlic, salt, sugar, black pepper], Red bell pepper, Yellow bell pepper, Pickled red onions (white vinegar, red onion, water, sugar). **Vegan mashed potatoes:** Potatoes, Organic soy milk [organic soy base (filtered water, organic soybeans), organic cane sugar, vitamin and mineral blend (calcium carbonate, zinc gluconate, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12), gellan gum, sea salt, natural flavour, sodium bicarbonate], Butter bean spread [plant base (water, butter beans), coconut oil, sunflower oil, natural flavour, sea salt, sunflower lecithin, konjac root powder, annatto, turmeric], Roasted garlic puree [roasted garlic puree, water, sugars (dextrose), salt, carrot puree, onion puree, dried garlic, canola oil, dried toasted onion, celery puree, potassium chloride, flavour], Salt, Black pepper. **Parsley:**

**Contains:** Mustard, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Pistachio Crusted Salmon

**SIZE/WEIGHT:** 557 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGMAIN-009

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (557 g) pour (557 g)	
<b>Calories</b>	<b>980</b>
	% Daily Value*
Fat / Lipides	61 g
Saturated / saturés	19 g
+ Trans / trans	0.5 g
	81 %
Carbohydrate / Glucides	50 g
Fibre / Fibres	9 g
Sugars / Sucres	12 g
	32 %
	12 %
<b>Protein / Protéines</b>	<b>61 g</b>
Cholesterol / Cholestérol	180 mg
<b>Sodium</b>	<b>1150 mg</b>
Potassium	2650 mg
Calcium	175 mg
Iron / Fer	5.5 mg
	78 %
	13 %
	31 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Garlic mashed potatoes:** Potatoes, Cream, Butter flavoured spread [interesterified oil blend (palm and palm kernel oil) (48 %), soybean oil (32 %), water, salt, skim milk powder, vegetable mono- and diglycerides, potassium sorbate, soy lecithin, citric acid, artificial butter flavour, vitamin A palmitate, beta-carotene, vitamin D3], Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Roasted garlic puree (roasted garlic puree, water, sugars (dextrose), salt, carrot puree, onion puree, dried garlic, canola oil, dried toasted onion, celery puree, potassium chloride, flavour), Salt, White pepper. **Baked salmon.** **Brussel sprouts:** Brussels sprouts, Vegetable oil (canola oil, extra virgin olive oil), Salt, Black pepper. **Roasted pistachios:** Pistachios, Canola oil, Salt. **May contain peanuts and other tree nuts.** **Maple salted butter:** Maple syrup, Butter (cream, salt), Salt. **Butter:** Cream, Salt. **Lemon wedge.**

**Contains:** Fish, Milk, Soy, Tree Nuts.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Lobster Tail Dinner

**SIZE/WEIGHT:** 671 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGMAIN-010

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (671 g) pour (671 g)	
<b>Calories</b>	<b>980</b>
	% Daily Value*
Fat / Lipides	68 g
Saturated / saturés	36 g
+ Trans / trans	2 g
	190 %
Carbohydrate / Glucides	40 g
Fibre / Fibres	4 g
Sugars / Sucres	7 g
	14 %
7 %	
Protein / Protéines	54 g
Cholesterol / Cholestérol	505 mg
Sodium	3790 mg
	165 %
Potassium	1200 mg
Calcium	300 mg
Iron / Fer	1.75 mg
	35 %
	23 %
	10 %
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b>	
*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

**Ingredients:** Lobster. Mushroom rice: Cooked basmati rice (basmati rice, water, salt, black pepper), Red onion, Button mushrooms, Crimini mushrooms, Canola oil, Salt, Black pepper. **Grilled vegetables:** Zucchini, Red bell pepper, Vegetable oil (canola oil, extra virgin olive oil), Salt, Black pepper. **Butter:** Cream, Salt. **Water.** **Lemon wedge.**

**Contains:** Crustaceans, Milk, Shellfish.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Prime Rib Sandwich

**SIZE/WEIGHT:** 512 g

**ISSUED:** Oct 3, 2023

**ITEM ID:** KGMAIN-011

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (512 g) pour (512 g)	
<b>Calories</b>	<b>1410</b>
	% Daily Value*
Fat / Lipides	108 g
Saturated / saturés	38 g
+ Trans / trans	0.5 g
	144 %
	193 %
<b>Carbohydrate / Glucides</b>	<b>60 g</b>
Fibre / Fibres	4 g
Sugars / Sucres	7 g
	14 %
	7 %
<b>Protein / Protéines</b>	<b>51 g</b>
<b>Cholesterol / Cholestérol</b>	<b>185 mg</b>
<b>Sodium</b>	<b>3010 mg</b>
	131 %
Potassium	850 mg
	25 %
Calcium	400 mg
	31 %
Iron / Fer	7.5 mg
	42 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Prime rib:** Prime rib beef, Water, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil]. **Red wine herb jus:** Water, Red wine (contains sulphites), Tomato paste, Salt, Sugar, Butter (cream, salt), Autolyzed yeast extract, Onion powder, Colour (caramel, turmeric), Modified corn starch, Hydrolyzed soy protein, Garlic puree (garlic, canola oil, water, citric acid), Spices, Potassium chloride, Freeze-dried cooked beef (beef, salt), Dehydrated parsley, Ascorbic acid, Disodium inosinate, Disodium guanylate, Flavour (contains celery). **White baguette bread:** Unbleached wheat flour, Water, Fermented dough (unbleached wheat flour, water, salt, yeast), Salt, Yeast, Malted barley flour. **May contain sesame.** **Roasted garlic mayo:** Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Garlic confit (garlic, canola oil), Red wine vinegar, Garlic oil (canola oil, garlic), Salt, Rosemary, Black pepper. **Cheddar cheese:** Milk, Modified milk ingredients, Bacterial culture, Calcium chloride, Microbial enzymes, Annatto. **Horseradish:** Parsnips, Distilled vinegar, Water, Horseradish, Sea salt, Cane sugar, Artificial flavour. **Caramelized onions:** Onions, Canola oil. **Garlic spread:** Margarine (soy), Butter (milk), Parsley, Garlic, Worcestershire sauce (white vinegar, black strap molasses, glucose-fructose, salt, anchovies, onions, tamarind extract, garlic, spices, flavour), Garlic powder, Concentrated lemon juice, Salt, Tabasco sauce (distilled vinegar, red pepper, salt), Spices.

**Contains:** Barley, Egg, Fish, Milk, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Steak Sandwich

**SIZE/WEIGHT:** 608 g

**ISSUED:** Sep 14, 2023

**ITEM ID:** KGMAIN-012

### NUTRITION:

#### Nutrition Facts

#### Valeur nutritive

Per (608 g)

pour (608 g)

Calories	1890	% Daily Value*
Fat / Lipides	142 g	189 %
Saturated / saturés	26 g	135 %
+ Trans / trans	1 g	
Carbohydrate / Glucides	100 g	
Fibre / Fibres	6 g	21 %
Sugars / Sucres	12 g	12 %
Protein / Protéines	55 g	
Cholesterol / Cholestérol	160 mg	
Sodium	5510 mg	240 %
Potassium	1000 mg	29 %
Calcium	150 mg	12 %
Iron / Fer	9.5 mg	53 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Onion rings: Buttermilk (partly skim milk, salt, bacterial culture), Onion, Enriched wheat flour, Panko breadcrumbs (wheat flour, sugar, yeast, salt), Corn starch (contains sulphites), Canola oil, Salt, Black pepper. **Top Sirloin:** Top sirloin beef, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil], Canola oil. **Truffle mayo:** Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Black truffle oil [extra virgin olive oil, black truffle flavour, dehydrated black summer truffles (tuber aestivum vitt.), dehydrated black winter truffles (tuber melanosporum vitt.)], Sherry vinegar (sherry wine vinegar, sulphur dioxide), Salt, Black pepper. **Mushroom conserva:** Button mushrooms, Garlic oil (canola oil, garlic), Garlic confit (garlic, canola oil), Canola oil, Butter (cream, salt), Vegetable oil (canola oil, extra virgin olive oil), Honey, Salt, Balsamic vinegar (wine vinegar, concentrated grape must, caramel colour, sulphites), Oregano, Rosemary, Thyme, Black pepper. **White baguette bread:** Unbleached wheat flour, Water, Fermented dough (unbleached wheat flour, water, salt, yeast), Salt, Yeast, Malted barley flour. **May contain sesame.** **Garlic spread:** Margarine (soy), Butter (milk), Parsley, Garlic, Worcestershire sauce (white vinegar, black strap molasses, glucose-fructose, salt, anchovies, onions, tamarind extract, garlic, spices, flavour), Garlic powder, Concentrated lemon juice, Salt, Tabasco sauce (distilled vinegar, red pepper, salt), Spices. **Sweet pickled onions:** Onions, Sugar/glucose-fructose, Water, Vinegar, Salt, Sodium benzoate, Calcium chloride, Sulphites, Potassium sorbate. **Arugula.** **Vegetable oil:** Canola oil, Extra virgin olive oil. **Salt.** **Black pepper.**

**Contains:** Barley, Egg, Fish, Milk, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## CASUAL PLATES + BAR SNACKS



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Three Pepper Wings

**SIZE/WEIGHT:** 446 g

**ISSUED:** Nov 10, 2022

**ITEM ID:** KGBITES-001

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (446 g) pour (446 g)	
<b>Calories</b>	<b>1260</b>
	% Daily Value*
Fat / Lipides	93 g
Saturated / saturés	33 g
+ Trans / trans	1.5 g
	124 %
Carbohydrate / Glucides	53 g
Fibre / Fibres	2 g
Sugars / Sucres	6 g
	7 %
Protein / Protéines	53 g
Cholesterol / Cholestérol	360 mg
Sodium	2440 mg
Potassium	650 mg
Calcium	225 mg
Iron / Fer	3.5 mg
	106 %
	14 %
	17 %
	19 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Chicken wings:** Drummettes, Flats. **Enriched wheat flour.** Blue cheese: Pasteurized milk, Salt, Bacterial culture, Calcium chloride, Microbial enzymes, Penicillium roqueforti. **Butter:** Cream, Salt. **Mayonnaise:** Canola oil, Water, Liquid whole egg, Vinegar, Liquid yolk, Salt, Sugar, Spices, Concentrated lemon juice, Calcium disodium EDTA (maintains flavour). **Sour cream:** Cream, Milk, Skim milk powder, Modified corn starch, Guar gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium phosphate, Bacterial culture. **Frank's red hot pepper sauce:** Aged cayenne red peppers, Vinegars, Water, Salt, Natural flavour, Garlic powder. **Corn starch (contains sulphites).** **Barbecue sauce:** Water, Sugars (sugar, brown sugar), Crushed tomatoes, White vinegar, Dehydrated garlic and onion, Salt, Modified corn starch, Hydrolyzed soy protein, Spices and spice extracts (contains soy lecithin), Mustard flour, Caramel, Xanthan gum, Potassium sorbate, Sodium benzoate, Disodium inosinate, Disodium guanylate. **Canola oil.** **White vinegar.** **Celery.** **Water.** **Sugar.** **Salt.** **Black pepper.** **Worcestershire sauce:** Water, Vinegar, Sugars (molasses, glucose-fructose), Salt, Anchovies (fish), Onion, Natural flavour, Garlic, Spice, Paprika extract. **White pepper.** **Cayenne pepper.** **Onion powder.** **Garlic Powder:** Dehydrated garlic, High oleic sunflower oil. **Yellow mustard:** Vinegar, Water, Mustard seed, Salt, Turmeric, Paprika, Spice, Natural flavour, Garlic powder. **Garlic powder.**

**Contains:** Egg, Fish, Milk, Mustard, Soy, Sulphites, Wheat.

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## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Shrimp Cocktail

**SIZE/WEIGHT:** 220 g

**ISSUED:** Sep 20, 2023

**ITEM ID:** KGBITES-002

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (220 g) pour (220 g)	
<b>Calories</b>	<b>130</b>
	% Daily Value*
Fat / Lipides	1.5 g
Saturated / saturés	0.5 g
+ Trans / trans	0 g
	2 %
	3 %
<b>Carbohydrate / Glucides</b>	<b>9 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	5 g
	4 %
	5 %
<b>Protein / Protéines</b>	<b>20 g</b>
<b>Cholesterol / Cholestérol</b>	<b>170 mg</b>
<b>Sodium</b>	<b>940 mg</b>
	41 %
Potassium	350 mg
Calcium	100 mg
Iron / Fer	0.75 mg
	10 %
	8 %
	4 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** **Shrimp:** Shrimp, Sodium phosphate, Salt. **May contain sulphites.** **Iceberg lettuce.** **Seafood sauce:** White vinegar, Water, Tomato paste, Horseradish, Sugar, Salt, Citric acid, Modified corn starch, Spices, Beet powder. **Lemon wedge. Lemon juice. Gin. Vermouth.** **Sweet pickled onions:** Onions, Sugar/glucose-fructose, Water, Vinegar, Salt, Sodium benzoate, Calcium chloride, Sulphites, Potassium sorbate. **Stuffed green olives:** Green olives, Water, Minced pimento [pimento, sodium alginate, guar gum, calcium chloride, potassium sorbate (preservative)], Salt, Lactic acid, Sodium benzoate (preservative), Vermouth. **Tabasco sauce:** Distilled vinegar, Red pepper, Salt. **Parsley.**

**Contains:** Crustaceans, Shellfish, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG  
**RECIPE NAME:** Calamari  
**SIZE/WEIGHT:** 522 g  
**ISSUED:** Sep 20, 2023  
**ITEM ID:** KGBITES-003

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (522 g) pour (522 g)	
<b>Calories</b>	<b>780</b> % Daily Value* % valeur quotidienne*
Fat / Lipides	17 g 23 % Saturated / saturés 3 g 15 % + Trans / trans 0 g
Carbohydrate / Glucides	103 g Fibre / Fibres 3 g 11 % Sugars / Sucres 21 g 21 %
Protein / Protéines	54 g
Cholesterol / Cholestérol	610 mg
Sodium	3050 mg 133 %
Potassium	1000 mg 29 %
Calcium	225 mg 17 %
Iron / Fer	5.5 mg 31 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** Squid. Enriched wheat flour. Sweet & Spicy Thai sauce: Glucose-fructose, White vinegar, Water, Salt, Red bell pepper puree, Spices, Modified tapioca starch, Dehydrated garlic, Xanthan gum, Potassium sorbate, Sodium benzoate.

**Buttermilk:** Milk ingredients, Salt, Bacterial culture. **Red bell pepper. Pickled jalapeno peppers:** Sliced jalapeno peppers, Vinegar, Water, Salt, Calcium chloride, Sodium benzoate (preservative). **Plain Greek yogurt:** Skim milk, Active bacterial cultures.

**Corn starch (contains sulphites). Canola oil. Feta cheese:** Pasteurized milk, Modified milk ingredients, Calcium chloride, Bacterial culture, Microbial enzyme, Lipase. In brine (water, salt, calcium chloride, lactic acid). **Lemon wedge. Salt. Garlic.**

**Lemon juice. Ginger. Cilantro. Sea salt. Vegetable oil:** Canola oil, Extra virgin olive oil. **Black pepper.**

**Contains:** Crustaceans, Milk, Molluscs, Shellfish, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Loaded Nachos - Cheese

**SIZE/WEIGHT:** 732 g

**ISSUED:** Oct 10, 2023

**ITEM ID:** KGBITES-004

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (732 g) pour (732 g)	
<b>Calories 1750</b>	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 109 g	145 %
Saturated / saturés 54 g	280 %
+ Trans / trans 2 g	
Carbohydrate / Glucides 128 g	
Fibre / Fibres 12 g	43 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 69 g	
Cholesterol / Cholestérol 220 mg	
Sodium 4310 mg	187 %
Potassium 1050 mg	31 %
Calcium 1800 mg	138 %
Iron / Fer 6.5 mg	36 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Monterey & cheddar cheese blend: Pasteurized milk, Modified milk ingredients, Bacterial culture, Salt, Calcium chloride, Microbial enzyme, Cellulose, Natamycin, Colour. **Tortilla chips:** Yellow corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)], Red corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, dextrose, allura red lake, allura red, brilliant blue FCF, tartrazine, sunset yellow FCF, propylene glycol, xanthan gum, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)], Sea salt. Fried in canola oil. **Sour cream:** Cream, Milk, Skim milk powder, Modified corn starch, Guar gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium phosphate, Bacterial culture. **Guacamole:** Avocado, Tomatoes, Jalapeno maple hot sauce (jalapeno peppers, maple syrup, herbs, lime juice, extra virgin olive oil, garlic, spices), Red onion, Pickled jalapeno peppers [sliced jalapeno peppers, vinegar, water, salt, calcium chloride, sodium benzoate (preservative)], Green onion, Lime juice, Salt, Garlic, Cilantro, Black pepper. **Chunky medium salsa:** Crushed tomatoes (water, crushed tomato concentrate), Jalapeno peppers, Diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Onions, Vinegar, Salt, Dried onions, Garlic, Natural flavour. **Tortilla cups:** Red corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, dextrose, allura red lake, allura red, brilliant blue FCF, tartrazine, sunset yellow FCF, propylene glycol, xanthan gum, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)], Yellow corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)]. Fried in canola oil. **Tomatoes.** **Pickled jalapeno peppers:** Sliced jalapeno peppers, Vinegar, Water, Salt, Calcium chloride, Sodium benzoate (preservative). **Green onion.** **Olives:** Black olives, Water, Salt, Ferrous gluconate.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Loaded Nachos - Add Chicken

**SIZE/WEIGHT:** 899 g

**ISSUED:** Oct 10, 2023

**ITEM ID:** KGBITES-005

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (899 g) pour (899 g)	
<b>Calories</b>	2170 % Daily Value*
Fat / Lipides	142 g % valeur quotidienne*
Saturated / saturés	66 g 343 %
+ Trans / trans	2.5 g
Carbohydrate / Glucides	137 g
Fibre / Fibres	13 g 46 %
Sugars / Sucres	17 g 17 %
<b>Protein / Protéines</b>	92 g
<b>Cholesterol / Cholestérol</b>	325 mg
<b>Sodium</b>	5070 mg 220 %
Potassium	1500 mg 44 %
Calcium	1800 mg 138 %
Iron / Fer	7.5 mg 42 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Monterey & cheddar cheese blend: Pasteurized milk, Modified milk ingredients, Bacterial culture, Salt, Calcium chloride, Microbial enzyme, Cellulose, Natamycin, Colour. **Tortilla chips:** Yellow corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)], Red corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, dextrose, allura red lake, allura red, brilliant blue FCF, tartrazine, sunset yellow FCF, propylene glycol, xanthan gum, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)], Sea salt. Fried in canola oil. **Ancho chili chicken:** Seasoned chicken breast (boneless chicken breast, water, salt, sodium tripolyphosphate), Ancho flavour concentrate [roasted red bell pepper puree (red bell peppers, water, sea salt, citric acid), sugars (corn maltodextrin, sugar), onion puree, corn oil, salt, palm oil shortening, chili powder, olive oil, spices, dried onion, modified corn starch, garlic puree, yeast extract, ancho chili pepper extract, citric acid], Butter (cream, salt), Canola oil. **Sour cream:** Cream, Milk, Skim milk powder, Modified corn starch, Guar gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium phosphate, Bacterial culture. **Guacamole:** Avocado, Tomatoes, Jalapeno maple hot sauce (jalapeno peppers, maple syrup, herbs, lime juice, extra virgin olive oil, garlic, spices), Red onion, Pickled jalapeno peppers [sliced jalapeno peppers, vinegar, water, salt, calcium chloride, sodium benzoate (preservative)], Green onion, Lime juice, Salt, Garlic, Cilantro, Black pepper. **Chunky medium salsa:** Crushed tomatoes (water, crushed tomato concentrate), Jalapeno peppers, Diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Onions, Vinegar, Salt, Dried onions, Garlic, Natural flavour. **Tortilla cups:** Red corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, dextrose, allura red lake, allura red, brilliant blue FCF, tartrazine, sunset yellow FCF, propylene glycol, xanthan gum, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)], Yellow corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)]. Fried in canola oil. **Tomatoes.** **Pickled jalapeno peppers:** Sliced jalapeno peppers, Vinegar, Water, Salt, Calcium chloride, Sodium benzoate (preservative). **Green onion.** **Olives:** Black olives, Water, Salt, Ferrous gluconate.

**Contains:** Milk.



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## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Loaded Nachos - Add Beef

**SIZE/WEIGHT:** 852 g

**ISSUED:** Oct 10, 2023

**ITEM ID:** KGBITES-006

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (852 g)	% Daily Value*
pour (852 g)	% valeur quotidienne*
<b>Calories 2210</b>	
Fat / Lipides 148 g	197 %
Saturated / saturés 70 g	363 %
+ Trans / trans 2.5 g	
<b>Carbohydrate / Glucides 131 g</b>	
Fibre / Fibres 13 g	46 %
Sugars / Sucres 15 g	15 %
<b>Protein / Protéines 94 g</b>	
<b>Cholesterol / Cholestérol 320 mg</b>	
<b>Sodium 5160 mg</b>	224 %
Potassium 1450 mg	43 %
Calcium 1800 mg	138 %
Iron / Fer 9 mg	50 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Monterey & cheddar cheese blend:** Pasteurized milk, Modified milk ingredients, Bacterial culture, Salt, Calcium chloride, Microbial enzyme, Cellulose, Natamycin, Colour. **Tortilla chips:** Yellow corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)], Red corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, dextrose, allura red lake, allura red, brilliant blue FCF, tartrazine, sunset yellow FCF, propylene glycol, xanthan gum, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)], Sea salt. Fried in canola oil. **Braised beef:** Prime rib beef, Ancho flavour concentrate [roasted red bell pepper puree (red bell peppers, water, sea salt, citric acid), sugars (corn maltodextrin, sugar), onion puree, corn oil, salt, palm oil shortening, chili powder, olive oil, spices, dried onion, modified corn starch, garlic puree, yeast extract, ancho chili pepper extract, citric acid], Water, Butter (cream, salt), Canola oil, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil]. **Sour cream:** Cream, Milk, Skim milk powder, Modified corn starch, Guar gum, Carrageenan, Carob bean gum, Sodium citrate, Sodium phosphate, Bacterial culture. **Guacamole:** Avocado, Tomatoes, Jalapeno maple hot sauce (jalapeno peppers, maple syrup, herbs, lime juice, extra virgin olive oil, garlic, spices), Red onion, Pickled jalapeno peppers [sliced jalapeno peppers, vinegar, water, salt, calcium chloride, sodium benzoate (preservative)], Green onion, Lime juice, Salt, Garlic, Cilantro, Black pepper. **Chunky medium salsa:** Crushed tomatoes (water, crushed tomato concentrate), Jalapeno peppers, Diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Onions, Vinegar, Salt, Dried onions, Garlic, Natural flavour. **Tortilla cups:** Red corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, dextrose, allura red lake, allura red, brilliant blue FCF, tartrazine, sunset yellow FCF, propylene glycol, xanthan gum, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)], Yellow corn tortilla [whole grain corn, water, guar gum, cellulose gum, enzymes, propionic acid, benzoic acid, phosphoric acid (to maintain freshness)]. Fried in canola oil. **Tomatoes.** **Pickled jalapeno peppers:** Sliced jalapeno peppers, Vinegar, Water, Salt, Calcium chloride, Sodium benzoate (preservative). **Green onion.** **Olives:** Black olives, Water, Salt, Ferrous gluconate.

**Contains:** Milk.



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## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Prime Rib Sandwich

**SIZE/WEIGHT:** 512 g

**ISSUED:** Oct 3, 2023

**ITEM ID:** KGBITES-007

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (512 g) pour (512 g)	
<b>Calories</b>	<b>1410</b>
	% Daily Value*
Fat / Lipides	108 g
Saturated / saturés	38 g
+ Trans / trans	0.5 g
	144 %
	193 %
<b>Carbohydrate / Glucides</b>	<b>60 g</b>
Fibre / Fibres	4 g
Sugars / Sucres	7 g
	14 %
	7 %
<b>Protein / Protéines</b>	<b>51 g</b>
<b>Cholesterol / Cholestérol</b>	<b>185 mg</b>
<b>Sodium</b>	<b>3010 mg</b>
	131 %
Potassium	850 mg
	25 %
Calcium	400 mg
	31 %
Iron / Fer	7.5 mg
	42 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Prime rib:** Prime rib beef, Water, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil]. **Red wine herb jus:** Water, Red wine (contains sulphites), Tomato paste, Salt, Sugar, Butter (cream, salt), Autolyzed yeast extract, Onion powder, Colour (caramel, turmeric), Modified corn starch, Hydrolyzed soy protein, Garlic puree (garlic, canola oil, water, citric acid), Spices, Potassium chloride, Freeze-dried cooked beef (beef, salt), Dehydrated parsley, Ascorbic acid, Disodium inosinate, Disodium guanylate, Flavour (contains celery). **White baguette bread:** Unbleached wheat flour, Water, Fermented dough (unbleached wheat flour, water, salt, yeast), Salt, Yeast, Malted barley flour. **May contain sesame.** **Roasted garlic mayo:** Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Garlic confit (garlic, canola oil), Red wine vinegar, Garlic oil (canola oil, garlic), Salt, Rosemary, Black pepper. **Cheddar cheese:** Milk, Modified milk ingredients, Bacterial culture, Calcium chloride, Microbial enzymes, Annatto. **Horseradish:** Parsnips, Distilled vinegar, Water, Horseradish, Sea salt, Cane sugar, Artificial flavour. **Caramelized onions:** Onions, Canola oil. **Garlic spread:** Margarine (soy), Butter (milk), Parsley, Garlic, Worcestershire sauce (white vinegar, black strap molasses, glucose-fructose, salt, anchovies, onions, tamarind extract, garlic, spices, flavour), Garlic powder, Concentrated lemon juice, Salt, Tabasco sauce (distilled vinegar, red pepper, salt), Spices.

**Contains:** Barley, Egg, Fish, Milk, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Prime Rib Sliders

**SIZE/WEIGHT:** 420 g

**ISSUED:** Oct 4, 2023

**ITEM ID:** KGBITES-008

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (420 g) pour (420 g)	
<b>Calories</b>	1180 % Daily Value*
Fat / Lipides	90 g 120 %
Saturated / saturés	31 g 156 %
+ Trans / trans	0.2 g
<b>Carbohydrate / Glucides</b>	47 g
Fibre / Fibres	3 g 11 %
Sugars / Sucres	7 g 7 %
<b>Protein / Protéines</b>	46 g
<b>Cholesterol / Cholestérol</b>	230 mg
<b>Sodium</b>	2820 mg 123 %
Potassium	850 mg 25 %
Calcium	100 mg 8 %
Iron / Fer	6.5 mg 36 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Prime rib:** Prime rib beef, Water, Keg steak spice blend [coarse ground salt, dehydrated onion and garlic, selected spices (including black pepper, red pepper, dill seed), canola oil]. **Slider bun:** Unbleached wheat flour, Water, Liquid egg yolks, Liquid whole eggs, Soybean oil, Cane sugar, Salt, Yeast, Malted barley flour, Ascorbic acid, Rice flour (for dusting). **Red wine herb jus:** Water, Red wine (contains sulphites), Tomato paste, Salt, Sugar, Butter (cream, salt), Autolyzed yeast extract, Onion powder, Colour (caramel, turmeric), Modified corn starch, Hydrolyzed soy protein, Garlic puree (garlic, canola oil, water, citric acid), Spices, Potassium chloride, Freeze-dried cooked beef (beef, salt), Dehydrated parsley, Ascorbic acid, Disodium inosinate, Disodium guanylate, Flavour (contains celery). **Horseradish Dijon sauce:** Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Horseradish (parsnips, distilled vinegar, water, horseradish, sea salt, cane sugar, artificial flavour), Dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices, turmeric), White wine vinegar, Salt, Black pepper. **Horseradish:** Parsnips, Distilled vinegar, Water, Horseradish, Sea salt, Cane sugar, Artificial flavour. **Frizzled onions:** Onion, Coater [enriched wheat flour (may contain sesame seeds), salt, paprika]. Fried in canola oil. **Mayonnaise:** Canola oil, Water, Liquid whole egg, Vinegar, Liquid yolk, Salt, Sugar, Spices, Concentrated lemon juice, Calcium disodium EDTA (maintains flavour).

**Contains:** Barley, Egg, Milk, Mustard, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Keg Burger

**SIZE/WEIGHT:** 798 g

**ISSUED:** Sep 20, 2023

**ITEM ID:** KGBITES-009

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (798 g) pour (798 g)	
<b>Calories</b>	<b>1750</b>
	% Daily Value*
<b>Fat / Lipides</b>	<b>115 g</b>
Saturated / saturés	39 g
+ Trans / trans	2 g
	153 %
	205 %
<b>Carbohydrate / Glucides</b>	<b>127 g</b>
Fibre / Fibres	10 g
Sugars / Sucres	29 g
	36 %
	29 %
<b>Protein / Protéines</b>	<b>57 g</b>
<b>Cholesterol / Cholestérol</b>	<b>210 mg</b>
<b>Sodium</b>	<b>3530 mg</b>
Potassium	1700 mg
Calcium	450 mg
Iron / Fer	7 mg
	153 %
	50 %
	35 %
	39 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** French Fries (SIDE): French fries [potatoes, vegetable oil (contains one or more of the following: soybean, canola, palm, sunflower), salt, disodium dihydrogen pyrophosphate (to promote color retention), sugar (dextrose)], Ketchup [tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices], Canola oil, Sea salt. **The Carnivore hamburger patty:** Beef chuck, Beef brisket, Beef rib. **Hamburger bun:** Unbleached wheat flour, Water, Liquid whole eggs, Liquid egg-whites, Sunflower oil, Sugar, Salt, Malted barley flour, Yeast. **May contain sesame.** **Burger sauce:** Ketchup [tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices], Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Bread and Butter pickles [cucumbers, sugars (glucose-fructose), white vinegar, water, salt, calcium chloride, sodium benzoate, tartrazine, mustard], Yellow mustard (vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavour, garlic powder), Red wine vinegar, Garlic powder (dehydrated garlic, high oleic sunflower oil). **Iceberg lettuce. Caramelized onion:** Onion, Vegetable oil (canola oil, extra virgin olive oil). **White cheddar cheese:** Pasteurized milk, Modified milk ingredients, Salt, Bacterial Culture, Calcium chloride, Microbial enzyme. **Mayonnaise:** Canola oil, Water, Liquid whole egg, Vinegar, Liquid yolk, Salt, Sugar, Spices, Concentrated lemon juice, Calcium disodium EDTA (maintains flavour). **Bread and Butter pickles:** Cucumbers, Sugars (glucose-fructose), White vinegar, Water, Salt, Calcium chloride, Sodium benzoate, Tartrazine, Mustard. **Butter:** Cream, Salt. **Salt. Black pepper.**

**Contains:** Barley, Egg, Milk, Mustard, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Garlic Cheese Toast

**SIZE/WEIGHT:** 205 g

**ISSUED:** Sep 20, 2023

**ITEM ID:** KGBITES-010

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (205 g) pour (205 g)	
<b>Calories</b>	<b>800</b>
	% Daily Value*
Fat / Lipides	59 g
Saturated / saturés	18 g
+ Trans / trans	0.5 g
	79 %
	93 %
<b>Carbohydrate / Glucides</b>	<b>43 g</b>
Fibre / Fibres	2 g
Sugars / Sucres	2 g
	7 %
	2 %
<b>Protein / Protéines</b>	<b>24 g</b>
<b>Cholesterol / Cholestérol</b>	<b>80 mg</b>
<b>Sodium</b>	<b>1670 mg</b>
Potassium	125 mg
Calcium	650 mg
Iron / Fer	3.5 mg
	73 %
	3 %
	50 %
	19 %
*5 % or less is a little, 15 % or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

**Ingredients:** **White baguette bread:** Unbleached wheat flour, Water, Fermented dough (unbleached wheat flour, water, salt, yeast), Salt, Yeast, Malted barley flour. **May contain sesame.** **Mayonnaise:** Canola oil, Water, Liquid whole egg, Vinegar, Liquid yolk, Salt, Sugar, Spices, Concentrated lemon juice, Calcium disodium EDTA (maintains flavour). **Parmesan cheese:** Pasteurized milk, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose, Natamycin. **Pizza mozzarella, Monterey Jack and Cheddar shredded cheese blend:** Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin. **Garlic. Salt. Tabasco sauce:** Distilled vinegar, Red pepper, Salt. **Black pepper.**

**Contains:** Barley, Egg, Milk, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Parmesan Potato Puffs

**SIZE/WEIGHT:** 320 g

**ISSUED:** Sep 20, 2023

**ITEM ID:** KGBITES-011

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (320 g) pour (320 g)	
<b>Calories</b>	580 % Daily Value*
Fat / Lipides	30 g % valeur quotidienne*
Saturated / saturés	5 g 26 %
+ Trans / trans	0.1 g
<b>Carbohydrate / Glucides</b>	72 g
Fibre / Fibres	5 g 18 %
Sugars / Sucres	2 g 2 %
<b>Protein / Protéines</b>	9 g
<b>Cholesterol / Cholestérol</b>	15 mg
<b>Sodium</b>	1990 mg 87 %
Potassium	850 mg 25 %
Calcium	125 mg 10 %
Iron / Fer	1.5 mg 8 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Potato puffs: Boiled potatoes (potatoes, water), White rice flour, Corn starch (contains sulphites), Sea salt, Black pepper, Garlic powder (dehydrated garlic, high oleic sunflower oil). Roasted garlic mayo: Mayonnaise [canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA (maintains flavour)], Garlic confit (garlic, canola oil), Red wine vinegar, Garlic oil (canola oil, garlic), Salt, Rosemary, Black pepper. Grana Padano cheese: Raw milk, Salt, Bacterial culture, Rennet, Lysozyme (from egg white). Canola oil. Parsley. Sea salt.

**Contains:** Egg, Milk, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## DESSERTS



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Billy Miner Pie

**SIZE/WEIGHT:** 317 g

**ISSUED:** Jan 10, 2023

**ITEM ID:** KGDESS-001

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (317 g) pour (317 g)	
<b>Calories</b>	<b>1080</b>
	% Daily Value*
Fat / Lipides	56 g
Saturated / saturés	33 g
+ Trans / trans	0 g
	165 %
Carbohydrate / Glucides	135 g
Fibre / Fibres	4 g
Sugars / Sucres	95 g
	14 %
	95 %
<b>Protein / Protéines</b>	<b>12 g</b>
<b>Cholesterol / Cholestérol</b>	<b>115 mg</b>
<b>Sodium</b>	<b>800 mg</b>
	35 %
Potassium	150 mg
	3 %
Calcium	300 mg
	23 %
Iron / Fer	8 mg
	44 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Billy Miner pie:** Ice cream: Fresh milk, Cream, Sugar, Lindt chocolate [sugar, cocoa butter, whole milk powder, unsweetened chocolate, lactose (from milk), skim milk powder, anhydrous milk fat, soy lecithin (emulsifier), barley malt extract, artificial flavour (vanillin), coffee], Vegetable stabilizer (carob bean gum, mono- and diglycerides, guar gum, sodium alginate, agar), Sea salt. Chocolate cookie crust: Wheat flour, Sugar/glucose-fructose, Modified palm oil, Canola oil, Cocoa, Salt, Caramel, Baking soda, Soy lecithin, Butter, Sugar, Sea salt. **May contain mustard, sesame. Caramel topping:** Sugar/glucose-fructose, Sweetened condensed whole milk, Water, Butter, Salt, Pectin, Disodium phosphate, Citric acid, Artificial flavour. **Chocolate sauce:** Sugar/glucose-fructose, Water, Hydrogenated coconut oil, Milk ingredients, Cocoa powder, Modified corn starch, Salt, Disodium phosphate, Potassium sorbate, Artificial flavour. **Almonds.**

**Contains:** Barley, Milk, Soy, Tree Nuts, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Cheesecake - Plain

**SIZE/WEIGHT:** 170 g

**ISSUED:** Oct 20, 2022

**ITEM ID:** KGDESS-002

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (170 g)	% Daily Value*
pour (170 g)	% valeur quotidienne*
<b>Calories 550</b>	
Fat / Lipides 36 g	48 %
Saturated / saturés 22 g	115 %
+ Trans / trans 1 g	
<b>Carbohydrate / Glucides 50 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 40 g	40 %
<b>Protein / Protéines 8 g</b>	
<b>Cholesterol / Cholestérol 130 mg</b>	
<b>Sodium 350 mg</b>	15 %
Potassium 175 mg	4 %
Calcium 100 mg	8 %
Iron / Fer 0.75 mg	4 %

\*5% or less is a **little**, 15% or more is a **lot**

\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

**Ingredients:** **Cheesecake:** Cream cheese (cultured pasteurized milk and cream, salt, xanthan gum, carob bean, guar gum), Sugars (sugar, corn syrup), Whole eggs, Sour cream (cultured cream, enzyme), Honey graham crumbs [wheat flour, graham flour, Sugars (sugar, molasses, honey), palm oil, salt, sodium bicarbonate], Pam oil, Wheat flour, Skim milk, Hydrogenated coconut and palm kernel oil, Modified food starch, Citric acid, Sorbitan monostearate, Natural and artificial vanilla, butter and cream flavouring, Soy lecithin, Polysorbate 80, Polysorbate 60, Carrageenan, Sodium hexametaphosphate salt, Salt, Annatto (colouring). May contain peanuts, tree nuts.

**Contains:** Egg, Milk, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Cheesecake with Raspberry Coulis

**SIZE/WEIGHT:** 227 g

**ISSUED:** Nov 3, 2022

**ITEM ID:** KGDESS-003

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (227 g) pour (227 g)	
<b>Calories</b>	<b>590</b>
	% Daily Value*
Fat / Lipides	36 g
Saturated / saturés	22 g
+ Trans / trans	1 g
	48 %
	115 %
<b>Carbohydrate / Glucides</b>	<b>59 g</b>
Fibre / Fibres	3 g
Sugars / Sucres	46 g
	11 %
	46 %
<b>Protein / Protéines</b>	<b>8 g</b>
<b>Cholesterol / Cholestérol</b>	<b>130 mg</b>
<b>Sodium</b>	<b>350 mg</b>
	15 %
Potassium	225 mg
	5 %
Calcium	100 mg
	8 %
Iron / Fer	1 mg
	6 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Cheesecake:** Cream cheese (cultured pasteurized milk and cream, salt, xanthan gum, carob bean, guar gum), Sugars (sugar, corn syrup), Whole eggs, Sour cream (cultured cream, enzyme), Honey graham crumbs [wheat flour, graham flour, Sugars (sugar, molasses, honey), palm oil, salt, sodium bicarbonate], Pam oil, Wheat flour, Skim milk, Hydrogenated coconut and palm kernel oil, Modified food starch, Citric acid, Sorbitan monostearate, Natural and artificial vanilla, butter and cream flavouring, Soy lecithin, Polysorbate 80, Polysorbate 60, Carrageenan, Sodium hexametaphosphate salt, Salt, Annatto (colouring). **May contain peanuts, tree nuts.** **Raspberry. Water. Sugar. Black raspberry liqueur:** Raspberries, Blackberries, Black currants, XO Cognac, Madagascar vanilla, Moroccan citrus peel, Honey, Spices (includes ginger, cloves, nutmeg, cinnamon).

**Contains:** Egg, Milk, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Mile High Chocolate Cake with Warm Chocolate Sauce

**SIZE/WEIGHT:** 422 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGDESS-004

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (422 g) pour (422 g)	
<b>Calories</b>	1240 % Daily Value*
Fat / Lipides	40 g % valeur quotidienne*
Saturated / saturés	15 g 75 %
+ Trans / trans	0 g
<b>Carbohydrate / Glucides</b>	204 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	155 g 155 %
<b>Protein / Protéines</b>	15 g
<b>Cholesterol / Cholestérol</b>	175 mg
<b>Sodium</b>	990 mg 43 %
Potassium	1150 mg 34 %
Calcium	125 mg 10 %
Iron / Fer	6 mg 33 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Chocolate cake:** Filling: Sugars [icing sugar (sucrose, corn starch), organic agave nectar syrup (organic agave nectar, water)], Cocoa powder (processed with alkali), Water, Canola oil, Margarine modified by palm oil and palm kernel oil, Vanilla extract, Coffee flavour [propylene glycol, water, glycerin, ethyl alcohol, caramel colour (sulphites), natural and artificial flavours, coffee], Salt; Cake: Enriched wheat flour, Water, Buttermilk, Sugars (white sugar, yellow sugar), Liquid whole egg, Canola oil, Cocoa powder (processed with alkali), Baking soda, Vanilla extract, Baking powder, Salt. **May contain peanuts, tree nuts, sesame.** **Vanilla ice cream:** Fresh milk, Fresh cream, Sugar, Egg yolk, Vanilla extract, Vegetable stabilizer (carob bean gum, mono- and diglycerides, guar gum, sodium alginate, agar). **Chocolate sauce:** Chocolate fudge topping [sugars (corn syrup, sugar/glucose-fructose, condensed skim milk [contains lactose]), water, cocoa, modified tapioca starch, hydrogenated palm kernel oil (contains soy lecithin), salt, sodium benzoate, artificial flavour], Water, White crème de cacao liqueur.

**Contains:** Egg, Milk, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Crème Brûlée

**SIZE/WEIGHT:** 239 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGDESS-005

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (239 g) pour (239 g)	
<b>Calories</b>	750
	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b>	65 g
Saturated / saturés	35 g
+ Trans / trans	2 g
	87 %
	185 %
<b>Carbohydrate / Glucides</b>	17 g
Fibre / Fibres	0 g
Sugars / Sucres	14 g
	0 %
	14 %
<b>Protein / Protéines</b>	13 g
<b>Cholesterol / Cholestérol</b>	870 mg
<b>Sodium</b>	570 mg
	25 %
<b>Potassium</b>	100 mg
	3 %
<b>Calcium</b>	175 mg
	13 %
<b>Iron / Fer</b>	1.75 mg
	10 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Crème brûlée: Whipping cream (cream, milk, Carrageenan, mono-and diglycerides, cellulose gum, polysorbate 80, sodium citrate), Creme brulee base (sugar, liquid egg yolk), Vanilla extract (vanilla bean extractives in water and alcohol).

Orange. Sugar. Fresh mint.

**Contains:** Egg, Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Mini Crème Brûlée

**SIZE/WEIGHT:** 107 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGDESS-006

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (107 g) pour (107 g)	
<b>Calories</b>	310 % Daily Value*
<b>Fat / Lipides</b>	27 g % valeur quotidienne*
Saturated / saturés	14 g 75 %
+ Trans / trans	1 g
<b>Carbohydrate / Glucides</b>	6 g
Fibre / Fibres	0 g 0 %
Sugars / Sucres	6 g 6 %
<b>Protein / Protéines</b>	5 g
<b>Cholesterol / Cholestérol</b>	360 mg
<b>Sodium</b>	240 mg 10 %
<b>Potassium</b>	50 mg 1 %
<b>Calcium</b>	75 mg 6 %
<b>Iron / Fer</b>	0.75 mg 4 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Crème brûlée: Whipping cream (cream, milk, Carrageenan, mono-and diglycerides, cellulose gum, polysorbate 80, sodium citrate), Creme brulee base (sugar, liquid egg yolk), Vanilla extract (vanilla bean extractives in water and alcohol).

**Orange. Sugar. Fresh mint.**

**Contains:** Egg, Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Lemon Tart

**SIZE/WEIGHT:** 107 g

**ISSUED:** Aug 21, 2023

**ITEM ID:** KGDESS-008

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (107 g) pour (107 g)	
<b>Calories</b>	<b>440</b>
	% Daily Value*
Fat / Lipides	21 g
Saturated / saturés	11 g
+ Trans / trans	0.5 g
	28 %
	58 %
<b>Carbohydrate / Glucides</b>	<b>56 g</b>
Fibre / Fibres	1 g
Sugars / Sucres	36 g
	4 %
	36 %
<b>Protein / Protéines</b>	<b>6 g</b>
<b>Cholesterol / Cholestérol</b>	<b>120 mg</b>
<b>Sodium</b>	<b>190 mg</b>
	8 %
Potassium	100 mg
	3 %
Calcium	10 mg
	1 %
Iron / Fer	1.75 mg
	10 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Lemon tart: Sugars (sugar, invert sugar), Whole egg (cage free), Butter (cream, salt), Enriched wheat flour, Unbleached wheat flour, Lemon juice (filtered water, natural lemon juice concentrate, sodium metabisulfite, lemon oil), Vegetable shortening (liquid canola oil, modified palm, palm kernel oil), Liquid whole egg, Lemon zest (lemon peel zest, cane sugar, lemon oil), Modified tapioca starch, Modified corn starch, Xanthan gum, Citric acid. **May contain fish, mustard, sesame seeds, soy.** Meringue topping: Liquid egg white, Sugar, Meringue powder mix [dextrose, sugar, powdered egg whites (egg whites, baker's yeast, triethyl citrate), xanthan gum, cream of tartar. May contain soy.], Vanilla extract (vanilla bean extractives in water and alcohol), Cream of tartar, Sea salt. **Fresh mint.**

**Contains:** Egg, Milk, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY.

ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Billy Miner Pie with Baileys

**SIZE/WEIGHT:** 332 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGDESS-009

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (332 g) pour (332 g)	
<b>Calories</b>	1130 % Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b>	58 g 77 %
Saturated / saturés	34 g 170 %
+ Trans / trans	0 g
<b>Carbohydrate / Glucides</b>	139 g
Fibre / Fibres	4 g 14 %
Sugars / Sucres	98 g 98 %
<b>Protein / Protéines</b>	12 g
<b>Cholesterol / Cholestérol</b>	125 mg
<b>Sodium</b>	820 mg 36 %
Potassium	150 mg 4 %
Calcium	300 mg 23 %
Iron / Fer	8 mg 44 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Billy Miner pie:** Ice cream: Fresh milk, Cream, Sugar, Lindt chocolate [sugar, cocoa butter, whole milk powder, unsweetened chocolate, lactose (from milk), skim milk powder, anhydrous milk fat, soy lecithin (emulsifier), barley malt extract, artificial flavour (vanillin), coffee]. Vegetable stabilizer (carob bean gum, mono- and diglycerides, guar gum, sodium alginate, agar), Sea salt. Chocolate cookie crust: Wheat flour, Sugar/glucose-fructose, Modified palm oil, Canola oil, Cocoa, Salt, Caramel, Baking soda, Soy lecithin, Butter, Sugar, Sea salt. **May contain mustard, sesame.** **Caramel topping:** Sugar/glucose-fructose, Sweetened condensed whole milk, Water, Butter, Salt, Pectin, Disodium phosphate, Citric acid, Artificial flavour. **Chocolate Sauce:** Sugar/glucose-fructose, water, hydrogenated coconut oil, milk ingredients, cocoa powder, modified corn starch, salt, disodium phosphate, potassium sorbate, artificial flavour. **Baileys Irish cream liqueur. Almonds.**

**Contains:** Barley, Milk, Soy, Tree Nuts, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KIDS



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Mini Keg Burger

**SIZE/WEIGHT:** 147 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGKIDS-001

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (147 g) pour (147 g)	
<b>Calories</b>	420 % Daily Value*
Fat / Lipides	30 g % valeur quotidienne*
Saturated / saturés	14 g 75 %
+ Trans / trans	1 g
<b>Carbohydrate / Glucides</b>	15 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	5 g 5 %
<b>Protein / Protéines</b>	22 g
<b>Cholesterol / Cholestérol</b>	100 mg
<b>Sodium</b>	700 mg 30 %
Potassium	225 mg 7 %
Calcium	175 mg 13 %
Iron / Fer	2.25 mg 13 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Beef burger: Beef chuck, Beef brisket, Beef sirloin. Slider bun: Unbleached wheat flour, Water, Liquid egg yolks, Liquid whole eggs, Soybean oil, Cane sugar, Salt, Yeast, Malted barley flour, Ascorbic acid, Rice flour (for dusting). Cheddar cheese: Milk, Modified milk ingredients, Bacterial culture, Calcium chloride, Microbial enzymes, Annatto. Ketchup: Tomato paste (made from fresh ripe tomatoes), Liquid sugar, White vinegar, Salt, Onion powder, Spices. Butter: Cream, Salt. Salt. Black pepper.

**Contains:** Barley, Egg, Milk, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Chicken Strips

**SIZE/WEIGHT:** 171 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGKIDS-002

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (171 g) pour (171 g)	
<b>Calories</b>	340 % Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b>	12 g 16 %
Saturated / saturés	1 g 5 %
+ Trans / trans	0 g
<b>Carbohydrate / Glucides</b>	40 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	15 g 15 %
<b>Protein / Protéines</b>	18 g
<b>Cholesterol / Cholestérol</b>	45 mg
<b>Sodium</b>	940 mg 41 %
Potassium	250 mg 7 %
Calcium	20 mg 2 %
Iron / Fer	1.5 mg 8 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Breaded seasoned chicken strips:** Chicken breast portions (boneless, skinless), Water, Soy protein isolate, Salt. In a batter and breading of: Water, Toasted wheat crumbs, Yellow corn flour, Wheat flour, Canola oil, Sugars (dextrose), Spices, Onion powder, Garlic powder, Corn starch, Salt, Guar gum, Soy protein isolate, Extractives of turmeric (colour). **Plum sauce:** Glucose-fructose, Water, Pumpkin, Plum, Modified corn starch, Distilled vinegar, Salt, Lemon juice concentrate, Citric acid, Sodium citrate, Garlic, Sodium benzoate (to ensure freshness). **Canola oil. Sea salt.**

**Contains:** Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Cheesy Noodles

**SIZE/WEIGHT:** 262 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGKIDS-003

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (262 g) pour (262 g)	% Daily Value* % valeur quotidienne*
<b>Calories 410</b>	
Fat / Lipides 16 g	21 %
Saturated / saturés 8 g	42 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 50 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 35 mg	
Sodium 1480 mg	64 %
Potassium 225 mg	7 %
Calcium 300 mg	23 %
Iron / Fer 2 mg	11 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Cooked pasta: Cooked pasta (durum wheat semolina), Water, Salt, Vegetable oil (canola oil, extra virgin olive oil).

**Mac & Cheese sauce:** Partly skimmed milk, White cheddar cheese (pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme), Gruyere cheese (non-pasteurized milk, bacterial culture, salt, rennet), Enriched wheat flour, Butter (cream, salt), Parmesan cheese (pasteurized milk, salt, calcium chloride, microbial enzyme, bacterial culture, lipase, cellulose, natamycin), Salt, Black pepper.

**Contains:** Milk, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Sirloin - 6 oz

**SIZE/WEIGHT:** 128 g

**ISSUED:** Sep 13, 2023

**ITEM ID:** KGKIDS-004

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (128 g) pour (128 g)	
<b>Calories</b>	230 % Daily Value*
Fat / Lipides	8 g 11 %
Saturated / saturés	2.5 g 15 %
+ Trans / trans	0.4 g
Carbohydrate / Glucides	1 g
Fibre / Fibres	0 g 0 %
Sugars / Sucres	0 g 0 %
Protein / Protéines	38 g
Cholesterol / Cholestérol	100 mg
Sodium	850 mg 37 %
Potassium	500 mg 15 %
Calcium	10 mg 1 %
Iron / Fer	3.5 mg 19 %

\*5% or less is a **little**, 15% or more is a **lot**

\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

**Ingredients:** Top sirloin beef. **Keg steak spice blend:** Coarse ground salt, Dehydrated onion and garlic, Selected spices (including black pepper, red pepper, dill seed), Canola oil. **Canola oil.**

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG  
**RECIPE NAME:** Kids Plate  
**SIZE/WEIGHT:** 104 g  
**ISSUED:** Sep 13, 2023  
**ITEM ID:** KGKIDS-006

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (104 g) pour (104 g)	
<b>Calories</b>	90 % Daily Value* % valeur quotidienne*
Fat / Lipides	4 g 5 %
Saturated / saturés	2 g 11 %
+ Trans / trans	0.1 g
Carbohydrate / Glucides	11 g
Fibre / Fibres	1 g 4 %
Sugars / Sucres	4 g 4 %
Protein / Protéines	2 g
Cholesterol / Cholestérol	10 mg
Sodium	360 mg 16 %
Potassium	175 mg 5 %
Calcium	50 mg 4 %
Iron / Fer	0.5 mg 3 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Dill ranch dressing: Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Buttermilk (milk ingredients, salt, bacterial culture), White vinegar, Celery, Onion, Dill, Garlic, Sea salt, Black pepper. Orange. Carrot sticks. Celery. Saltine crackers: Wheat flour, Vegetable oil, Salt, Corn syrup, Baking soda, Amylase, Protease, Soy lecithin.

**Contains:** Milk, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Sides - Fries

**SIZE/WEIGHT:** 264 g

**ISSUED:** Oct 4, 2023

**ITEM ID:** KGKIDS-007

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (264 g) pour (264 g)	
<b>Calories</b>	<b>350</b>
	% Daily Value*
Fat / Lipides	10 g
Saturated / saturés	2 g
+ Trans / trans	0.2 g
	13 %
	11 %
<b>Carbohydrate / Glucides</b>	<b>61 g</b>
Fibre / Fibres	6 g
Sugars / Sucres	10 g
	21 %
	10 %
<b>Protein / Protéines</b>	<b>6 g</b>
<b>Cholesterol / Cholestérol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>1620 mg</b>
	70 %
Potassium	1000 mg
	29 %
Calcium	50 mg
	4 %
Iron / Fer	1 mg
	6 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** French fries: Potatoes, Vegetable oil (contains one or more of the following: soybean, canola, palm, sunflower), Salt, Disodium dihydrogen pyrophosphate (to promote color retention), Sugar (dextrose). **Ketchup:** Tomato paste (made from fresh ripe tomatoes), Liquid sugar, White vinegar, Salt, Onion powder, Spices. **Canola oil. Sea salt.**

**Contains:** N/A.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Sautéed Vegetables

**SIZE/WEIGHT:** 288 g

**ISSUED:** Oct 4, 2023

**ITEM ID:** KGKIDS-008

### NUTRITION:

Nutrition Facts Valeur nutritive	
Per (288 g) pour (288 g)	
<b>Calories</b>	<b>320</b>
	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b>	<b>28 g</b>
Saturated / saturés	6 g
+ Trans / trans	0.2 g
	37 %
	31 %
<b>Carbohydrate / Glucides</b>	<b>13 g</b>
Fibre / Fibres	4 g
Sugars / Sucres	7 g
	14 %
	7 %
<b>Protein / Protéines</b>	<b>5 g</b>
<b>Cholesterol / Cholestérol</b>	<b>15 mg</b>
<b>Sodium</b>	<b>1560 mg</b>
	68 %
<b>Potassium</b>	<b>750 mg</b>
	22 %
<b>Calcium</b>	<b>40 mg</b>
	3 %
<b>Iron / Fer</b>	<b>1.75 mg</b>
	10 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients:** Zucchini. Cherry tomato. Button mushrooms. Crimini mushrooms. Asparagus. Yellow bell pepper. Red bell pepper. **Vegetable oil:** Canola oil, Extra virgin olive oil. **Butter:** Cream, Salt. **Canola oil.** Salt. Black pepper.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Caesar Salad

**SIZE/WEIGHT:** 105 g

**ISSUED:** Sep 15, 2023

**ITEM ID:** KGKIDS-009

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (105 g) pour (105 g)	
<b>Calories</b>	180
	% Daily Value*
Fat / Lipides	14 g
Saturated / saturés	2.5 g
+ Trans / trans	0.2 g
	19 %
	14 %
<b>Carbohydrate / Glucides</b>	10 g
Fibre / Fibres	1 g
Sugars / Sucres	2 g
	4 %
	2 %
<b>Protein / Protéines</b>	4 g
<b>Cholesterol / Cholestérol</b>	20 mg
<b>Sodium</b>	260 mg
	11 %
Potassium	75 mg
	2 %
Calcium	125 mg
	10 %
Iron / Fer	1.25 mg
	7 %

\* 5% or less is a little, 15% or more is a lot

\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Romaine lettuce. **Caesar dressing:** Canola oil, Water, Garlic (garlic, water), Frozen egg yolk mix (contains egg, salt), Parmesan and romano cheeses made from cow's milk (partly skimmed milk, salt, bacterial culture, lipase and microbial enzyme), Concentrated lemon juice, Soy oil, Spices and spice extractives (contains soy lecithin) and seasoning (contains soy), Salt, Citric acid, Xanthan gum, Dried garlic, Anchovy paste (contains fish), Sodium benzoate (a preservative), Potassium sorbate (a preservative), Natural flavour, Calcium disodium EDTA (to protect flavour), Onion powder. **Lemon wedge.** **Parmesan cheese:** Pasteurized milk, Salt, Calcium chloride, Microbial enzyme, Bacterial culture, Lipase, Cellulose, Natamycin. **Seasoned Croutons:** Wheat flour, Canola oil, Rice flour, Sugar, Salt, Lactose, Yeast, Sunflower oil, Garlic powder, Herbs, Yeast extract, Natural flavour (contains milk), Tricalcium phosphate, Silica, Ascorbic acid. **May contain soy and sesame seeds.**

**Contains:** Egg, Fish, Milk, Soy, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Ice Cream - Vanilla with Chocolate Ripple

**SIZE/WEIGHT:** 57 g

**ISSUED:** Oct 12, 2022

**ITEM ID:** KGKIDS-011

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (57 g)	% Daily Value*
pour (57 g)	% valeur quotidienne*
<b>Calories 120</b>	
Fat / Lipides 6 g	8 %
Saturated / saturés 3 g	16 %
+ Trans / trans 0.1 g	
<b>Carbohydrate / Glucides 16 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 12 g	12 %
<b>Protein / Protéines 1 g</b>	
<b>Cholesterol / Cholestérol 20 mg</b>	
<b>Sodium 40 mg</b>	2 %
Potassium 100 mg	2 %
Calcium 30 mg	2 %
Iron / Fer 0.1 mg	1 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Vanilla ice cream with chocolate ripple: Cream, Sugars (sugar, glucose), Chocolate variegated [high fructose corn syrup, corn syrup, water, cocoa, sugar, modified corn starch, corn starch, cocoa processed with alkali, salt, carrageenan, potassium sorbate (preservative), natural flavour, guar gum], Modified milk ingredients, Ice cream stabilizer (mono and diglycerides, guar gum, cellulose gum, polysorbate 80, locust bean gum, carrageenan, silicon dioxide), Artificial flavour, Caramel colour. **May contain eggs, peanuts, soy, tree nuts, wheat.**

**Contains:** Milk, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Ice Cream - Vanilla with Chocolate Ripple & Caramel Sauce

**SIZE/WEIGHT:** 77 g

**ISSUED:** Oct 12, 2022

**ITEM ID:** KGKIDS-012

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (77 g) pour (77 g)	
<b>Calories</b>	<b>190</b>
	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides</b>	7 g
Saturated / saturés	4 g
+ Trans / trans	0.1 g
	21 %
<b>Carbohydrate / Glucides</b>	29 g
Fibre / Fibres	0 g
Sugars / Sucres	19 g
	19 %
<b>Protein / Protéines</b>	2 g
<b>Cholesterol / Cholestérol</b>	25 mg
<b>Sodium</b>	85 mg
	4 %
Potassium	100 mg
	2 %
Calcium	40 mg
	3 %
Iron / Fer	0.1 mg
	1 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Vanilla ice cream with chocolate ripple: Cream, Sugars (sugar, glucose), Chocolate variegated [high fructose corn syrup, corn syrup, water, cocoa, sugar, modified corn starch, corn starch, cocoa processed with alkali, salt, carrageenan, potassium sorbate (preservative), natural flavour, guar gum], Modified milk ingredients, Ice cream stabilizer (mono and diglycerides, guar gum, cellulose gum, polysorbate 80, locust bean gum, carrageenan, silicon dioxide), Artificial flavour, Caramel colour. **May contain eggs, peanuts, soy, tree nuts, wheat.** **Caramel topping:** Sugar/glucose-fructose, Sweetened condensed whole milk, Water, Butter, Salt, Pectin, Disodium phosphate, Citric acid, Artificial flavour.

**Contains:** Milk, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Ice Cream - Vanilla with Chocolate Ripple & Chocolate Sauce

**SIZE/WEIGHT:** 75 g

**ISSUED:** Oct 12, 2022

**ITEM ID:** KGKIDS-013

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (75 g)	% Daily Value*
pour (75 g)	% valeur quotidienne*
<b>Calories 210</b>	
Fat / Lipides 9 g	12 %
Saturated / saturés 6 g	31 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 29 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 23 g	23 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 20 mg	
Sodium 85 mg	4 %
Potassium 100 mg	2 %
Calcium 50 mg	4 %
Iron / Fer 2.25 mg	13 %

\* 5% or less is a little, 15% or more is a lot  
\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Vanilla ice cream with chocolate ripple: Cream, Sugars (sugar, glucose), Chocolate variegated [high fructose corn syrup, corn syrup, water, cocoa, sugar, modified corn starch, corn starch, cocoa processed with alkali, salt, carrageenan, potassium sorbate (preservative), natural flavour, guar gum], Modified milk ingredients, Ice cream stabilizer (mono and diglycerides, guar gum, cellulose gum, polysorbate 80, locust bean gum, carrageenan, silicon dioxide), Artificial flavour, Caramel colour. **May contain eggs, peanuts, soy, tree nuts, wheat.** **Chocolate sauce:** Sugar/glucose-fructose, water, Hydrogenated coconut oil, Milk ingredients, Cocoa powder, Modified corn starch, Salt, Disodium phosphate, Potassium sorbate, Artificial flavour.

**Contains:** Milk, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Smoothie Burst of Berry

**SIZE/WEIGHT:** 227 g

**ISSUED:** Oct 4, 2023

**ITEM ID:** KGKIDS-013

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (227 g) pour (227 g)	
<b>Calories</b>	<b>290</b>
	% Daily Value*
Fat / Lipides	7 g
	9 %
Saturated / saturés	4.5 g
+ Trans / trans	0 g
	23 %
<b>Carbohydrate / Glucides</b>	<b>56 g</b>
Fibre / Fibres	1 g
	4 %
Sugars / Sucres	55 g
	55 %
<b>Protein / Protéines</b>	<b>1 g</b>
<b>Cholesterol / Cholestérol</b>	<b>25 mg</b>
<b>Sodium</b>	<b>30 mg</b>
	1 %
Potassium	150 mg
	4 %
Calcium	75 mg
	6 %
Iron / Fer	0.3 mg
	2 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** **Strawberry daiquiri mix:** Strawberry puree, Sugar, Water, Fruit extract (colour), Natural flavour, Lemon juice concentrate, Lime juice concentrate, Citric acid, Ascorbic acid. **Cocktail ice cream mix:** Milk, Cream, Sugar, Whey, Guar gum, Locust bean gum, Carrageenan, Natural flavor. **Apple juice:** Apple juice not made from concentrate, Vitamin C.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



## TECHNICAL DATA SHEET

**BRAND:** THE KEG

**RECIPE NAME:** Kids Smoothie Just Peachy

**SIZE/WEIGHT:** 227 g

**ISSUED:** Oct 4, 2023

**ITEM ID:** KGKIDS-015

### NUTRITION:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per (227 g) pour (227 g)	
<b>Calories</b>	<b>580</b>
	% Daily Value*
Fat / Lipides	7 g
	9 %
Saturated / saturés	4.5 g
+ Trans / trans	0 g
	23 %
Carbohydrate / Glucides	128 g
Fibre / Fibres	0 g
	0 %
Sugars / Sucres	125 g
	125 %
<b>Protein / Protéines</b>	<b>1 g</b>
<b>Cholesterol / Cholestérol</b>	<b>25 mg</b>
<b>Sodium</b>	<b>30 mg</b>
	1 %
Potassium	1450 mg
	43 %
Calcium	50 mg
	4 %
Iron / Fer	0.4 mg
	2 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Peach beverage mix: Peach puree, Water, Sugar, Natural flavour, Citric acid, Ascorbic acid (Vitamin C). **Ice cream mix:** Milk, Cream, Sugar, Whey, Guar gum, Locust bean gum, Carrageenan, Natural flavor. **Peach nectar:** Water, Sugars (peach puree, sugar/glucose-fructose), Citric acid, Vitamin C.

**Contains:** Milk.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.