



POULTRY

	R	\$	£	€	High	Low	Vol
HALF DEBONED CHICKEN Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	165	11	8	10	165	140	3381
CHICKEN CORDON BLEU Chicken Breast filled with Prosciutto Ham & Cheese. Crumbed & Fried	155	10	8	9	155	115	5585
CHICKEN CURRY Thai Style Curry with Lemon Grass & Coconut Cream	145	10	7	9	145	125	4268
CHICKEN BREAST Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	135	9	7	8	135	135	113545
CHICKEN WINGS Grilled & Basted with a Hot & Spicy Peri Peri Sauce	125	8	6	7	125	125	*New

FISHERIES

SEAFOOD PLATTER Grilled Kingklip, Fried Calamari, Grilled Calamari, Queen Prawns, Creamy Mussels Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	355	24	18	21	355	105	33856
KING PRAWNS Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	345	23	18	21	345	285	2120
QUEEN PRAWNS Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	275	18	14	16	275	103	120147
KINGKLIP Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	255	17	13	15	255	150	120308
FALKLANDS CALAMARI Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil, Grilled or Fried	165	11	8	10	165	45	112000

* All seafood available as a plain option

* All mains (excluding top traders) are served with a choice of the following grilled vegetables, potato wedges, rice, baked potato, mash potato, chips or pap

FUTURES

GARLIC MUSHROOMS	75	5	4	4	75	15	122811
CHEESY JALAPENO FRIES	65	4	3	4	65	42	3487
SWEET POTATO FRIES	65	4	3	4	65	42	5242
CREAM SPINACH	55	4	3	3	55	15	128039
GRILLED VEGETABLES	55	4	3	3	55	10	118572
BATTERED ONION RINGS	50	3	3	3	50	10	55488
HONEY BAKED BUTTERNUT	50	3	3	3	50	10	114385
MASH POTATO	50	3	3	3	50	15	33671

* All sides available in half portions



DAIRY

	R	\$	£	€	High	Low	Vol
CHEESE PLATTER Assorted Cheeses, Preserves, Nuts, Dried Fruit & Biscuits	145	10	7	9	145	28	39937
CHOCOLATE ICE CREAM Wafer Basket with Chocolate Ice Cream, Flake & Chocolate Sauce	85	6	4	5	85	25	26732
CHEESE CAKE Fridge style with Passion Fruit Coulis	75	5	4	4	75	25	58868
TRIO SORBET Lemon, Strawberry & Granadilla Sorbet with Fruit Coulis	65	4	3	4	65	28	24379
TIRAMISU Flavoured with Kahlua & Espresso	65	4	3	4	65	28	110610
CHOCOLATE BROWNIE Vanilla Ice Cream & Chocolate Sauce	65	4	3	4	65	25	48479
AMARULA MALVA Vanilla Ice Cream & Custard	65	4	3	4	65	25	110593
BERRY BRÛLÉE Wild Berry Baked Custard with Boudoir Biscuit	65	4	3	4	65	28	215981
ICE CREAM & CHOCOLATE SAUCE Vanilla Ice Cream with Chocolate Sauce	55	4	3	3	55	28	18500

JUNIOR TRADERS *KIDS FAVOURITES

* All kiddies meals include a sauce and a milkshake or ice-cream/chocolate sauce

FISH & CHIPS	135	9	7	8	135	125	207
RIBS & CHIPS	135	9	7	8	135	75	398
STEAK & CHIPS	125	8	6	7	125	115	215
BURGER & CHIPS	115	8	6	7	115	75	366
BOEREWORS & CHIPS	115	8	7	7	115	115	*New
CHICKEN & CHIPS	105	7	5	6	105	75	244
TOMATO & CHEESE PASTA	105	7	5	6	105	75	237

* Kiddies chips can be substituted for grilled vegetables or salad

* Kiddies under 12yrs only

The Protea Hotel® by Marriott Johannesburg Balalaika Sandton is in the heart of Sandton and within easy, central reach of all business and entertainment centres. It is a popular conference and function venue – from intimate gatherings to gala events for 150 to 300 people. The hotel's charming colonial theme is accentuated with wooden elements and delicate floral accents. Each of the 330 classically-styled rooms make GUESTS feel as though they never left home.

Please note that while every effort is made to use fresh ingredients in the preparation of food and beverages served on the premises, food and beverages served may contain permitted artificial colourants, flavourants and preservatives, including dairy products, ice-cream, frozen desserts, proprietary sauces, juices, preserves, jams and preserved meats. In addition, certain foodstuffs have been packaged and prepared on premises in which nuts may be present. Non-halal and non-kosher foods are also prepared and served on the premises.

N Contains Nuts **P** Contains Pork **A** Contains Alcohol

THEBULLRUN.CO.ZA

MAUDE STR, SANDTON

+27 11 884 1400

A bull market is a financial market in which prices are rising or expected to rise. 'Bull market' and 'bull run' are most often used in reference to the stock market. However, the terms can be applied to anything that is traded, such as bonds, currencies and commodities.

(MON - SUN) 11H00 - 22H30

THE BULL RUN

A WEALTH OF GOOD TASTE

Est. 2000



Est. 2000

The design of the menu is based on the stock exchange, whereby different product values and volumes are depicted from high to low, indicating the growth since 'entering the market'.

Products are also 'traded' in different currencies, ie: Rand, Dollar, Pound & Euro's.

Menu items are priced in South African Rands.

EXCHANGE RATES MAY VARY
*Foreign currency only accepted by prior arrangement

R \$ £ € High Low Vol
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AGRICULTURE

STEAK & CAMEMBERT SALAD Beef Steak, Fried Camembert, Mushrooms, Garlic Cloves & Avocado	135	9	7	8	135	125	5347
BILTONG & AVOCADO SALAD Beef Biltong, Avocado, Mozzarella & Tomato Salsa	125	8	6	7	125	25	123680
P PROSCIUTTO & FETA SALAD Prosciutto Ham, Feta Cheese, Strawberries, Radish & Broccoli	120	8	6	7	120	115	2957
CALAMARI & CRAB SALAD Grilled Calamari & Fried Crab Sticks	115	8	6	7	115	25	43384
HALOUMI & AVOCADO SALAD Fried Haloumi & Avocado	115	8	6	7	115	25	12225
TUNA & EGG SALAD Shredded Tuna, Avocado & Boiled Egg	110	7	6	7	110	105	644
CHICKEN & PARMESAN SALAD Fried Chicken, Avocado, Mushroom, Parmesan & Sundried Tomato	110	7	6	7	110	25	73510
BULL RUN GREEK SALAD Feta Cheese & Calamata Olives	100	7	5	6	100	25	261747

* All salad bases consist of salad greens, cherry tomatoes, cucumber, red onion,
croutons, micro herbs, **N** basil pesto & citrus/ dijon mustard vinaigrette
* All salads available in half portions

COMMODITIES

A PRAWN RITZ 140 Sherry Mayonnaise, Avocado & Tomato Salsa	A CREAMY MUSSELS 95 Steamed & served in a White Wine & Dill Cream with Pita Bread
CHEESEY GARLIC PRAWNS 135 Café De Paris Butter, Cheese Sauce & Cheese with Pita Bread	BLACK MUSHROOMS 95 Cream Spinach Cheese & Napolitana
N CARPACCIO TIMBALE 125 Beef Fillet, Celery, Mushroom, Shallots, Parmesan, Rocket, Balsamic, Basil Pesto & Truffle Oil	A SPICY CHOURICO 85 P Flambéed with Brandy, accompanied with Pap, Napolitana, Chakalaka & Pickles
FALKLANDS CALAMARI 115 Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil, Grilled or Fried	A CHICKEN LIVERS 75 Hot & Spicy Peri Peri Sauce with Pita Bread
A BEEF TRINCHADO 105 Garlic, Chilli & White Wine Sauce with Pita Bread	CHEESEY GARLIC BREAD 75 Baguette with Café De Paris Butter & Cheese
TRIO SNAILS 105 Garlic Butter Cream, Lemon Butter Cream & Cheese Sauce with Pita Bread	SPECIALITY SOUPS Biltong & Mushroom 65 with Truffle Oil & Sage Tomato & Basil with a 60 Parmesan Bruschetta

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LIVESTOCK

RIBEYE 550g	290	19	15	17	290	60	120201
FILLET 350g	275	18	14	16	275	50	72997
T-BONE 500g	265	18	13	16	265	60	125790
LAMB CUTLETS	255	17	13	15	255	95	694511
PORK RIBS 600g	255	17	13	15	255	65	116967
OSTRICH FILLET (SEASONAL)	225	15	11	13	225	95	49862
FILLET 250g	215	14	11	13	215	55	81991
RUMP 350g	215	14	11	13	215	55	66715
SIRLOIN 350g	215	14	11	13	215	55	60295
PORK CHOPS	175	12	9	10	175	50	35197
RUMP 250g	175	12	9	10	175	50	68482
SIRLOIN 250g	175	12	9	10	175	50	62344

* All steaks basted with olive pepper, olive herb or BBQ & sprinkled with course sea salt
* All meat matured for 28 days. meat on the bone dry aged. meat off the bone wet aged
* All steaks available in any size to suit your requirements (excluding Ribeye, T-bone & Ostrich)
* Please visit our in-house butchery

CURRENCIES

HOLLANDAISE SAUCE	33	2	2	2	33	30	2038
A PERI-PERI SAUCE	33	2	2	2	33	9	57230
A MONKEYGLAND SAUCE	33	2	2	2	33	30	1441
LEMON SAUCE	33	2	2	2	33	9	25030
GARLIC SAUCE	33	2	2	2	33	9	34739
CHEESE SAUCE	33	2	2	2	33	9	41869
A MUSHROOM SAUCE	33	2	2	2	33	9	127114
A PEPPER SAUCE	33	2	2	2	33	9	111959

BURGERS

P BULL RUN BEEF BURGER BBQ Basted & topped with Bacon, Black Mushroom, Cheese, Tomato Salsa & Jalapeños	160	11	8	10	160	65	137191
P BULL RUN CHICKEN BURGER BBQ Basted & topped with Bacon, Black Mushroom, Cheese, Tomato Salsa & Jalapeños	150	10	8	9	150	65	14315
BEEF BURGER BBQ Basted with Cheese, Mushroom or Pepper Sauce	140	9	7	8	140	135	1164
CHICKEN BURGER BBQ Basted with Cheese, Mushroom or Pepper Sauce	130	9	7	8	130	125	505

R \$ £ € High Low Vol
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ORGANICS

VEGETABLE CURRY Thai Style Curry with Lemon Grass & Coconut Cream	125	8	6	7	125	89	3269
WILD MUSHROOM GNOCCHI Nut Brown Butter, Mushrooms, Baby Spinach, Pine Kernels & Parmesan Shavings	115	8	6	7	115	89	3858
VEGETABLE BURGER Black Mushroom, Fried Haloumi, Avocado & Fried Brinjal. Topped with Napolitana	105	7	5	6	105	90	1112
CHEFS PASTA Vegetarian Pasta of the day	95	6	5	6	95	50	14398

TOP TRADERS

NORWEGIAN SALMON Lightly grilled, coated in a Lemon Butter Cream. Topped with Prawn Meat & Capers	345	23	18	21	345	345	*New
MIX GRILL BBQ Basted Sirloin Steak, Boerewors, Lamb Cutlet, Pork Chop	305	20	16	18	305	305	*New
P JALAPEÑO & FETA FILLET Stuffed with Feta, wrapped with Prosciutto, topped with Café De Paris Butter & Jalapeño	285	19	14	17	287	145	40470
A TRIO FILLET Fillet medallions topped with Café De Paris, Mushroom Sauce & Pepper Sauce	285	19	14	17	285	285	*New
PRAWN & STEAK Sirloin with Olive Pepper, Olive Herb or BBQ & Rock Salt topped with Queen Prawns	265	18	13	16	265	255	999
A OXTAIL Slowly Braised in Red Wine & Rosemary	225	15	11	13	225	225	*New
A PORTUGUESE STEAK Rump Coated in a Red Wine & Chilli Sauce with Calamata Olives & a Fried Egg	210	14	11	13	210	180	2721
P EISBIEN Slow cooked pork knuckle, Salted & Deep Fried	195	13	10	12	195	185	1586
BRAZILIAN RUMP Strips, Char Grilled with Rock Salt & topped with Café De Paris Butter	180	12	9	11	180	155	3521

* All top traders are served with grilled vegetables & starch
* Top traders subject to availability