



POULTRY

	R	\$	£	€	High	Low	Vol
HALF DEBONED CHICKEN Cajun Spice, Basted with Lemon, Garlic, Paprika & Olive Oil	155	9	7	7	155	140	3381
P CHICKEN CORDON BLEU Chicken Breast filled with Prosciutto Ham & Cheese. Crumbed & Fried	120	7	5	6	120	115	5585
CHICKEN CURRY Thai Style Curry with Lemon Grass & Coconut Cream	140	8	6	7	140	125	4268
CHICKEN BREAST Cajun Spice, Basted with Lemon, Garlic, Paprika & Olive Oil	135	8	6	6	135	135	113545
A CHICKEN WINGS Grilled & Basted with a Hot & Spicy Peri Peri Sauce	125	7	5	6	125	125	*New

FISHERIES

A SEAFOOD PLATTER Grilled Kingklip, Fried Calamari, Grilled Calamari, Queen Prawns, Creamy Mussels, Cajun Spice, Basted with Lemon, Garlic, Paprika & Olive Oil	355	20	15	17	355	105	33856
KING PRAWNS Cajun Spice, Basted with Lemon, Garlic, Paprika & Olive Oil	350	20	15	17	350	285	2120
QUEEN PRAWNS Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	225	13	10	11	225	103	120147
KINGKLIP Cajun Spice, Basted with Lemon, Garlic, Paprika & Olive Oil	225	13	10	11	225	150	120308
FALKLANDS CALAMARI Cajun Spice, Basted with Lemon, Garlic, Paprika & Olive Oil, Grilled or Fried	165	9	7	8	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	65	4	3	4	65	15	122811
CHEESY JALAPEÑO FRIES	45	3	2	2	45	11	3487
SWEET POTATO FRIES	35	2	2	2	35	10	5242
CREAM SPINACH	35	2	2	2	35	15	128039
GRILLED VEGETABLES	35	2	2	2	35	10	118572
BATTERED ONION RINGS	40	2	2	2	40	10	55488
HONEY BAKED BUTTERNUT	30	2	1	1	30	10	114385
MASH POTATO	30	2	1	1	30	15	33671

* All sides available in half portions



DAIRY

	R	\$	£	€	High	Low	Vol
N CHEESE PLATTER Assorted Cheeses, Preserves, Nuts, Dried Fruit & Biscuits	160	9	7	8	160	28	39937
CHEESE CAKE Fridge style with Passion Fruit Coulis	55	3	2	3	55	25	58868
A TIRAMISU Flavoured with Kahlua & Espresso	55	3	2	3	55	28	110610
CHOCOLATE BROWNIE Vanilla Ice Cream & Chocolate Sauce	55	3	2	3	55	25	48479
A AMARULA MALVA Vanilla Ice Cream & Custard	55	3	2	3	55	25	110593
BERRY BRÛLÉE Wild Berry Baked Custard with Boudoir Biscuit	55	3	2	3	55	28	215981
ICE CREAM & CHOCOLATE SAUCE Vanilla Ice Cream with Chocolate Sauce	45	3	2	2	45	28	18500

JUNIOR TRADERS *KIDS FAVOURITES

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

FISH & CHIPS	115	9	7	8	135	125	207
RIBS & CHIPS	135	9	7	8	135	75	398
STEAK & CHIPS	110	8	6	7	110	115	215
BURGER & CHIPS	90	8	6	7	195	75	366
BOREWORS & CHIPS	75	5	4	4	115	115	*New
CHICKEN & CHIPS	75	5	4	4	105	75	244
TOMATO & CHEESE PASTA	75	5	4	4	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	8	6	6	135	125	5347
BILTONG & AVOCADO SALAD Beef Biltong, Avocado, Mozzarella & Tomato Salsa	125	7	5	6	125	25	123680
P PROSCIUTTO & FETA SALAD Prosciutto Ham, Feta Cheese, Strawberries, Radish & Broccoli	140	8	6	7	140	115	2957
CALAMARI & CRAB SALAD Grilled Calamari & Fried Crab Sticks	125	7	5	6	125	25	43384
HALOUMI & AVOCADO SALAD Fried Haloumi & Avocado	115	6	5	5	115	25	12225
TUNA & EGG SALAD Shredded Tuna, Avocado & Boiled Egg	120	7	5	6	120	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	90	5	4	4	90	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 95 Sherry Mayonnaise, Avocado & Tomato Salsa	A CREAMY MUSSELS 99 Steamed & served in a White Wine & Dill Cream with Pita Bread
CHEESEY GARLIC PRAWNS 105 Café De Paris Butter, Cheese Sauce & Cheese with Pita Bread	BLACK MUSHROOMS 85 Cream Spinach, Cheese & Napolitana
N CARPACCIO TIMBALE 105 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 95 Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil, Grilled or Fried	A CHICKEN LIVERS 65 Hot & Spicy Peri Peri Sauce with Pita Bread
A BEEF TRINCHADO 99 Garlic, Chilli & White Wine Sauce with Pita Bread	CHEESEY GARLIC BREAD 70 Baguette with Café De Paris Butter & Cheese
TRIO SNAILS 99 Garlic Butter Cream, Lemon Butter Cream & Cheese Sauce with Pita Bread	SPECIALITY SOUPS Biltong & Mushroom 70 with Truffle Oil & Sage Tomato & Basil with a 60 Parmesan Bruschetta

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LIVESTOCK

RIBEYE 550g	245	14	11	12	245	60	22216
FILLET 350g	245	14	11	12	245	50	111319
T-BONE 500g	240	13	10	11	240	60	61930
LAMB CUTLETS	225	13	10	11	225	95	110075
PORK RIBS 600g	210	12	9	10	210	65	117623
OSTRICH FILLET (SEASONAL)	205	11	9	10	205	95	46101
FILLET 250g	180	10	8	9	180	55	23943
RUMP 350g	215	12	9	10	215	55	60795
SIRLOIN 350g	215	12	9	10	215	55	55290
PORK CHOPS	165	9	7	8	165	50	61930
RUMP 250g	175	10	8	8	175	50	1783
SIRLOIN 250g	175	10	8	8	175	50	34588

* All steaks basted with olive pepper, olive herb or BBQ & sprinkled with coarse 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	30	2	1	1	30	30	38100
A PERI-PERI SAUCE	30	2	1	1	30	30	3416
A MONKEYGLAND SAUCE	30	2	1	1	30	30	95664
LEMON SAUCE	30	2	1	1	30	30	113434
GARLIC SAUCE	30	2	1	1	30	30	51670
CHEESE SAUCE	30	2	1	1	30	30	29910
A MUSHROOM SAUCE	30	22	1	1	30	30	127114
A PEPPER SAUCE	30	22	1	1	30	30	23969

BURGERS

P BULL RUN BEEF BURGER BBQ Basted & topped with Bacon, Black Mushroom, Cheese, Tomato Salsa & Jalapeños	160	9	7	8	160	65	16983
P BULL RUN CHICKEN BURGER BBQ Basted & topped with Bacon, Black Mushroom, Cheese, Tomato Salsa & Jalapeños	150	8	7	7	150	65	10943
BEEF BURGER BBQ Basted with Cheese, Mushroom or Pepper Sauce	110	6	5	5	110	45	89170
CHICKEN BURGER BBQ Basted with Cheese, Mushroom or Pepper Sauce	95	5	4	5	95	45	59424

R \$ £ € High Low Vol
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ORGANICS

VEGETABLE CURRY Thai Style Curry with Lemon Grass & Coconut Cream	110	6	5	5	110	50	12266
WILD MUSHROOM GNOCCHI Nut Brown Butter, Mushrooms, Baby Spinach, Pine Kernels & Parmesan Shavings	115	8	6	7	115	50	31715
VEGETABLE BURGER Black Mushroom, Fried Haloumi, Avocado & Fried Brinjal. Topped with Napolitana	115	5	5	5	105	89	187
CHEFS PASTA Vegetarian Pasta of the day	95	5	4	5	95	45	42008

TOP TRADERS

NORWEGIAN SALMON Lightly grilled, coated in a Lemon Butter Cream. Topped with Prawn Meat & Capers	260	14	11	12	260	345	*New
MIX GRILL BBQ Basted Sirloin Steak, Boerewors, Lamb Cutlet & Pork Chop	305	17	13	15	305	305	*New
P JALAPEÑO & FETA FILLET Stuffed with Feta, wrapped with Prosciutto, topped with Café De Paris Butter & Jalapeño	285	16	12	14	287	145	40470
A TRIO FILLET Fillet medallions topped with Café De Paris, Mushroom Sauce & Pepper Sauce	225	13	10	11	285	195	*New
PRAWN & STEAK Sirloin with Olive Pepper, Olive Herb or BBQ & Rock Salt topped with Queen Prawns	250	14	11	12	265	255	999
A OXTAIL Slowly Braised in Red Wine & Rosemary	220	12	10	10	225	220	*New
A PORTUGUESE STEAK Rump Coated in a Red Wine & Chilli Sauce with Calamata Olives & a Fried Egg	199	11	9	9	199	180	2721
P EISBIEN Slow cooked Pork Knuckle, Salted & Deep Fried	195	11	8	9	195	85	1586
BRAZILIAN RUMP Rump Strips, Char Grilled with Rock Salt & topped with Café De Paris Butter	180	10	8	9	180	155	3521

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