

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



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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

<b>STEAK &amp; CAMEMBERT SALAD</b> Beef Steak, Fried Camembert, Mushrooms, Garlic Cloves & Avocado	<b>125</b>	9	7	8	125	125	3058
<b>BILTONG &amp; AVOCADO SALAD</b> Beef Biltong, Avocado, Mozzarella & Tomato Salsa	<b>115</b>	8	6	7	115	25	121448
<b>P PROSCIUTTO &amp; FETA SALAD</b> Prosciutto Ham, Feta Cheese, Strawberries, Radish & Broccoli	<b>115</b>	8	6	7	115	115	1525
<b>CALAMARI &amp; CRAB SALAD</b> Grilled Calamari & Fried Crab Sticks	<b>105</b>	7	6	6	105	25	41776
<b>HALOUMI &amp; AVOCADO SALAD</b> Fried Haloumi & Avocado	<b>105</b>	7	6	6	105	25	119421
<b>TUNA &amp; EGG SALAD</b> Shredded Tuna, Avocado & Boiled Egg	<b>105</b>	7	6	6	105	105	<b>*New</b>
<b>CHICKEN &amp; PARMESAN SALAD</b> Fried Chicken, Avocado, Mushroom, Parmesan & Sundried Tomato	<b>95</b>	7	5	6	95	25	46370
<b>GREEK SALAD</b> Feta Cheese & Calamata Olives	<b>95</b>	7	5	6	95	25	15450

\* 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

<b>A PRAWN RITZ</b> ..... <b>135</b> Sherry Mayonnaise, Avocado & Tomato Salsa	<b>A CREAMY MUSSELS</b> ..... <b>95</b> Steamed & served in a White Wine & Dill Cream with Pita Bread
<b>CHEESEY GARLIC PRAWNS</b> ..... <b>135</b> Café de Paris Butter, Cheese Sauce & grated Cheese with Pita Bread	<b>BLACK MUSHROOMS</b> ..... <b>85</b> Cream Spinach Cheese & Napolitana
<b>N CARPACCIO TIMBALE</b> ..... <b>125</b> Beef Fillet, Celery, Mushroom, Shallots, Parmesan, Rocket, Balsamic, Basil Pesto & Truffle Oil	<b>A SPICY CHOURICO</b> ..... <b>85</b> <b>P</b> Flambéed with Brandy, accompanied with Pap, Napolitana, Chakalaka & Pickles
<b>FALKLANDS CALAMARI</b> ..... <b>115</b> Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil or Fried	<b>A CHICKEN LIVERS</b> ..... <b>75</b> Hot & Spicy Peri-Peri Sauce with Pita Bread
<b>A BEEF TRINCHADO</b> ..... <b>105</b> Garlic, Chilli & White Wine Sauce with Pita Bread	<b>CHEESEY GARLIC BREAD</b> ..... <b>65</b> Baguette with Café de Paris Butter & Cheese
<b>TRIO SNAILS</b> ..... <b>100</b> Garlic Butter Cream, Lemon Butter Cream & Cheese Sauce with Pita Bread	<b>SPECIALITY SOUPS</b> ..... <b>60</b> Tomato & Basil with a Parmesan Bruschetta Biltong & Mushroom with Truffle Oil & Sage
<b>GARLIC SNAILS</b> ..... <b>95</b> Café de Paris Butter & Cheese with Pita Bread	



R \$ £ € High Low Vol  
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## LIVESTOCK

<b>RIBEYE 500g</b>	<b>270</b>	19	14	16	270	60	115110
<b>FILLET 350g</b>	<b>270</b>	19	14	16	270	50	68050
<b>T-BONE 500g</b>	<b>255</b>	17	14	15	255	60	122168
<b>PORK RIBS 600g</b>	<b>235</b>	16	13	14	235	65	113668
<b>VENISON LOIN (SEASONAL)</b>	<b>210</b>	14	11	12	205	95	47868
<b>FILLET 250g</b>	<b>205</b>	14	11	13	210	95	24657
<b>OSTRICH FILLET (SEASONAL)</b>	<b>205</b>	14	11	12	205	55	72270
<b>RUMP 350g</b>	<b>190</b>	13	10	11	190	55	63360
<b>SIRLOIN 350g</b>	<b>190</b>	13	10	11	190	55	57915
<b>PORK CHOPS</b>	<b>165</b>	11	9	10	165	50	36519
<b>RUMP 250g</b>	<b>150</b>	10	8	9	150	50	64569
<b>SIRLOIN 250g</b>	<b>150</b>	10	8	9	150	50	58875

- \* 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)
- \* Visit our in-house butchery

## CURRENCIES

<b>HOLLANDAISE SAUCE</b>	<b>30</b>	2	2	2	30	30	332
<b>(A) PERI-PERI SAUCE</b>	<b>30</b>	2	2	2	30	9	5444
<b>(A) MONKEYGLAND SAUCE</b>	<b>30</b>	2	2	2	30	30	434
<b>LEMON BUTTER SAUCE</b>	<b>30</b>	2	2	2	30	9	24491
<b>GARLIC BUTTER SAUCE</b>	<b>30</b>	2	2	2	30	9	32302
<b>CHEESE SAUCE</b>	<b>30</b>	2	2	2	30	9	40505
<b>MUSHROOM SAUCE</b>	<b>30</b>	2	2	2	30	9	120311
<b>PEPPER SAUCE</b>	<b>30</b>	2	2	2	30	27	104015

## BURGERS

<b>(P) BULL RUN BEEF BURGER</b>	<b>155</b>	11	8	9	155	65	22660
BBQ Basted & topped with Bacon, Black Mushroom, Cheese, Tomato Salsa & Jalapeño's							
<b>(P) BULL RUN CHICKEN BURGER</b>	<b>145</b>	10	8	9	145	65	13256
BBQ Basted & topped with Bacon, Black Mushroom, Cheese, Tomato Salsa & Jalapeño's							
<b>BEEF BURGER</b>	<b>135</b>	9	7	8	135	135	<b>*New</b>
BBQ Basted with Cheese, Mushroom or Pepper Sauce							
<b>CHICKEN BURGER</b>	<b>125</b>	9	7	8	125	125	<b>*New</b>
BBQ Basted with Cheese, Mushroom or Pepper Sauce							



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## ORGANICS

<b>VEGETABLE CURRY</b> Thai Style Curry with Lemon Grass & Coconut Cream	<b>105</b>	7	6	6	105	89	2138
<b>WILD MUSHROOM GNOCCHI</b> Nut Brown Butter, Mushrooms, Baby Spinach, Pine Kernels & Parmesan Shavings	<b>105</b>	7	6	6	105	89	2601
<b>VEGETABLE BURGER</b> Black Mushroom, Fried Haloumi, Avocado & Fried Brinjal. Topped with Napolitana	<b>95</b>	7	5	6	95	90	309
<b>CHEFS PASTA</b> Vegetarian Pasta of the day	<b>95</b>	7	5	6	95	50	13481

## TOP TRADERS

<b>P</b> <b>JALAPEÑO &amp; FETA FILLET</b> Beef Steak, Fried Camembert, Stuffed with Feta, wrapped with Prosciutto, topped with Café de Paris Butter & Jalapeño	<b>265</b>	18	14	16	265	145	38817
<b>PRAWN &amp; STEAK</b> Sirloin with Olive Pepper, Olive Herb or BBQ & Rock Salt topped with Queen Prawns	<b>255</b>	17	14	15	255	255	<b>*New</b>
<b>P</b> <b>RIB &amp; RUMP</b> BBQ Basted Rump Steak & Pork Ribs Combo	<b>255</b>	17	14	15	255	255	<b>*New</b>
<b>LAMB CUTLETS</b> Gratinated with a Rosemary, Black Pepper, Garlic & Mustard Crust	<b>235</b>	16	13	14	235	195	24501
<b>A</b> <b>BEEF BRISKET</b> Slowly Braised in Red Wine and flavoured with Truffle & Port	<b>195</b>	13	10	12	195	190	310
<b>P</b> <b>EISBEIN</b> Slow cooked pork knuckle, Salted & Deep Fried	<b>185</b>	13	10	11	185	185	<b>*New</b>
<b>A</b> <b>PORTUGUESE STEAK</b> Rump Coated in a Red Wine & Chilli Sauce with Calamata Olives & a Fried Egg	<b>185</b>	13	10	11	185	180	562
<b>BRAZILIAN RUMP</b> Strips, Char Grilled with Rock Salt & topped with Café de Paris Butter	<b>155</b>	11	8	9	155	155	1862

\* Specialty dishes subject to availability

All main courses (Excluding Chef's Specialities & Organics) are served with a choice of Grilled Vegetables, Potato Wedges, Rice, Baked Potato, Mash Potato, Chips or Pap.

**N** Contains Nuts

**P** Contains Pork

**A** Contains Alcohol



# POULTRY

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<b>P</b> <b>CORDON BLEU</b> Chicken Breast filled with Prosciutto Ham & Cheese. Crumbed & Fried	<b>145</b>	10	8	9	145	115	3986
<b>HALF CHICKEN</b> Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	<b>145</b>	10	8	9	145	140	817
<b>CHICKEN CURRY</b> Thai Style Curry with Lemon Grass & Coconut Cream	<b>135</b>	9	7	8	135	125	2537
<b>CHICKEN KEBAB</b> Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	<b>125</b>	9	7	8	125	115	1811
<b>CHICKEN BREAST</b> Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	<b>115</b>	8	6	7	115	69	111776

# FISHERIES

<b>A</b> <b>SEAFOOD PLATTER</b> Grilled Kingklip, Fried Calamari, Grilled Calamari, Queen Prawns, Creamy Mussels Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	<b>305</b>	21	16	18	305	105	32266
<b>KING PRAWNS</b> Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	<b>295</b>	20	16	18	295	285	442
<b>QUEEN PRAWNS</b> Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	<b>255</b>	17	14	15	255	103	119301
<b>KINGKLIP</b> Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil	<b>235</b>	16	13	14	235	150	117523
<b>FALKLANDS CALAMARI</b> Cajun Spice, Basted with a Lemon, Garlic, Paprika & Olive Oil or Fried	<b>155</b>	11	8	9	155	45	110039

\* All seafood available as a plain option

# FUTURES

<b>GARLIC MUSHROOMS</b>	<b>55</b>	4	3	3	55	15	121040
<b>CHEESY JALAPEÑO FRIES</b>	<b>55</b>	4	3	3	55	42	2483
<b>CREAM SPINACH</b>	<b>55</b>	4	3	3	55	15	122442
<b>GRILLED VEGETABLES</b>	<b>55</b>	4	3	3	55	10	115810
<b>BATTERED ONION RINGS</b>	<b>50</b>	3	3	3	50	10	53785
<b>HONEY BAKED BUTTERNUT</b>	<b>50</b>	3	3	3	50	10	112708
<b>MASH POTATO</b>	<b>50</b>	3	3	3	50	15	33153
<b>SWEET POTATO FRIES</b>	<b>50</b>	3	3	3	50	42	3936

\* All side dishes available in half portions



## DAIRY

R \$ £ € **High** **Low** **Vol**  
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<b>CHEESE PLATTER</b> Assorted Cheeses, Preserves, Nuts, Dried Fruit & Biscuits	<b>120</b>	8	6	7	120	28	39514
<b>CHOCOLATE ICE CREAM</b> Wafer Basket with Chocolate Ice Cream, Flake & Chocolate Sauce	<b>75</b>	5	4	5	75	25	26179
<b>CHEESE CAKE</b> Fridge style with Passion Fruit Coullis, Granadilla Coullis	<b>65</b>	4	3	4	65	25	57148
<b>TRIO SORBETS</b> Lemon, Strawberry & Granadilla Sorbet with Fruit Coulis	<b>55</b>	4	3	3	55	28	23586
<b>(A) TIRAMISU</b> Flavoured with Kahlua & Espresso	<b>55</b>	4	3	3	55	28	108697
<b>CHOCOLATE BROWNIES</b> Vanilla Ice Cream & Chocolate Sauce	<b>55</b>	4	3	3	55	25	46547
<b>(A) AMARULA MALVA</b> Vanilla Ice Cream & Custard	<b>55</b>	4	3	3	55	25	107817
<b>BERRY BRÛLÉE</b> Wild Berry Baked Custard with Boudoir Biscuit	<b>55</b>	4	3	3	55	28	214654
<b>ICE CREAM &amp; CHOCOLATE SAUCE</b> Vanilla Ice Cream with Chocolate Sauce	<b>50</b>	3	3	3	50	28	17382

## JUNIOR TRADERS

\*KIDS FAVOURITES

\* Kiddies meals include a sauce and a milkshake or ice-cream/chocolate sauce

<b>FISH &amp; CHIPS</b>	<b>125</b>	9	7	8	125	125	69
<b>RIBS &amp; CHIPS</b>	<b>125</b>	9	7	8	125	75	205
<b>STEAK &amp; CHIPS</b>	<b>115</b>	8	6	7	115	115	85
<b>BURGER &amp; CHIPS</b>	<b>105</b>	7	6	6	105	75	181
<b>CHICKEN &amp; CHIPS</b>	<b>95</b>	7	5	6	95	75	142
<b>TOMATO &amp; CHEESE PASTA</b>	<b>85</b>	6	5	5	85	75	136

\* All kiddies meals incl a sauce & a milkshake or ice cream/ chocolate sauce

\* Kiddies chips can be substituted for grilled vegetables or salad

\* Kiddies corner 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-halaal and non-kosher foods are also prepared and served on the premises.

**(N)** Contains Nuts

**(P)** Contains Pork

**(A)** Contains Alcohol