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The design of this menu is based on the stock exchange, whereby different product values & 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 & Euros. Menu items are priced in South African Rands.

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# THE BULL RUN

A WEALTH OF GOOD TASTE

Est. 2000

## IT WAS THE NEW MILLENNIUM & WE HAD SURVIVED Y2K

Markets hadn't collapsed, & computers didn't think it was the year 1900. The Johannesburg Stock Exchange had just moved their offices to Sandton & deals were ready to be made. Intrepid businessmen & women, poised to take on the global economy, needed a good place to eat steak.

The Bull Run opened its doors on 28 October 2000 to a welcoming crowd of South Africans & visitors from around the world. Situated in the ever-growing & bustling financial district, The Bull Run sits at the base of the Protea Hotel by Marriott® Johannesburg Balalaika Sandton, a treasured destination for travelers.

Since the beginning, quality meat has been an integral part of The Bull Run's identity. Patiently matured & given the respect it deserves; each cut is prepared to customers' exacting standards.

*"We wanted a restaurant that would cater to the demand of our foreign & international guests, serving top quality meat at a fraction of the cost they would pay at home."*

The intent was to consistently produce excellent, affordable cuisine with impeccable service. A restaurant where a patron from any part of the

world feels looked after & experiences an immediate return on their culinary investment.

In July 2018 The Bull Run reopened its doors after an extensive refurbishment. Award-winning interior designer Tristan Du Plessis of Studio A masterfully designed an experience that is both warm & welcoming, with a clever nod to the New York Stock Exchange & the classic NY grill house. Custom light fittings, plush furniture & handmade wall tiles contribute to the comfortable & evocative space.

To further state our claim on the landscape The Bull Run commissioned sculptor Michael Canadas – of Mpumalanga's respected The Loop Art Foundry – to sculpt an enormous 3.2 by 2.2-meter bronze bull to stand just outside our doors.

The Bull Run takes its name from the financial term, referring to a period when prices rise on the financial market & any investment is a winning one. Our story continues, in honour of good food, great steaks, welcome travelers, & the growth & success of a market in one of the most beautiful, diverse & progressive countries in the world.

NOW. WOULD YOU LIKE SOMETHING TO DRINK?

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Est. 2000



MEDITERRANEAN CHICKPEA SALAD

**EXCHANGE RATES MAY VARY**

\*Foreign currency only accepted by prior arrangement

# AGRICULTURE

	₨	\$	£	€	HIGH	LOW	VOLUME
<b>(V) MEDITERRANEAN CHICKPEA SALAD</b> A perfect medley of chickpeas, cucumber, tomato & red onions tossed with feta, parsley & olive oil lemon dressing. OPTION TO ADD CHICKEN - R65	120	7	5	6	120	120	NEW
<b>(V) ROASTED BEET SALAD</b> Earthy roasted beets paired with tricolour carrots, sweet blueberries, & tangy goji berries. Finished with savoury granola, fresh kale, & a mixed berry vinaigrette.	135	8	6	7	135	115	234
<b>(V) ROASTED STRAWBERRY SALAD</b> Sweet roasted strawberries, creamy whipped feta & Greek yogurt, enriched with cream cheese, drizzled with honey & olive oil, finished with fresh mint.	115	6	5	6	115	115	202
<b>STEAK, EGG &amp; AVOCADO SALAD</b> A harmony of flavours with our steak, egg, & avocado salad, enhanced with vibrant shredded red & green slaw, crisp carrot, & fresh spring onion.	170	9	7	9	170	155	2567
<b>BILTONG &amp; AVOCADO</b> Featuring tender beef biltong, creamy avocado slices, fresh mozzarella, & zesty tomato salsa.	155	9	7	8	155	25	121924
<b>(V) HALLOUMI &amp; AVOCADO</b> Golden fried halloumi paired with avocado slices, offering a deliciously satisfying combination of textures & tastes.	130	7	6	7	130	25	122855
<b>(V) BULL RUN GREEK SALAD</b> Crisp lettuce, juicy tomatoes, cucumbers, tangy Kalamata olives, & creamy feta cheese.	115	6	5	6	115	25	15295
<b>(V) ULTIMATE 100% GREEN SALAD</b> Packed with a refreshing mix of crisp cucumber, avocado, protein-rich edamame beans, broccoli, fresh spinach & zingy spring onion. Finished off with a light, tangy salad dressing.	140	8	6	7	140	140	607



CONTAINS NUTS



CONTAINS PORK



CONTAINS ALCOHOL



VEGETARIAN

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CRISPY PORK BELLY BITES

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# COMMODITIES

	Ⓜ	Ⓢ	Ⓟ	Ⓢ	HIGH	LOW	VOLUME
<b>CREAMY GARLIC SNAILS</b> Luxuriating in a rich garlic-infused sauce, adorned with freshly grated Parmesan cheese, & accompanied by crisp, freshly toasted bruschetta.	115	6	5	6	115	35	28683
<b>FALKLANDS CALAMARI</b> Expertly grilled or fried to perfection & served with our signature creamy lemon butter.	130	7	6	7	130	35	110847
<b>CHEESY GARLIC PRAWNS</b> Smothered in cheese sauce & topped with Parmesan cheese served with pita bread.	195	11	8	10	195	45	18326
<b>(A) SHRIMP SCAMPI</b> Sweet crab meat & shrimp sautéed in garlic & white wine butter, finished with a fresh splash of lemon.	150	8	7	8	150	150	541
<b>(P) STREAKY BACON-WRAPPED HALLOUMI FRIES</b> Possibly the ultimate crowd-pleasing nibble, these streaky bacon-wrapped halloumi fries are served with a smoky tomato relish.	115	6	5	6	115	95	922
<b>(P) CRISPY PORK BELLY BITES</b> Twice-cooked pork belly glazed in maple-chilli caramel, served with pickled apple slaw.	130	6	5	6	130	130	NEW
<b>THE BULL SNACK</b> Bull Run style chilli biltong.	175	10	8	9	175	150	1628
<b>(A) BEEF TRINCHADO</b> Succulent beef cooked in a tantalizing blend of garlic, chilli, & white wine sauce, served alongside pita bread, offering a delightful fusion of savoury spices & tender meat that will leave you craving another bite.	150	8	7	8	150	55	23015
<b>BEEF CARPACCIO</b> Thinly Sliced fillet of beef with wild arugula, balsamic reduction, tomato salsa & Parmesan shavings.	120	7	5	6	120	110	1739
<b>SPRINGBOK CARPACCIO</b> Delicate slices of springbok, drizzled with rooibos balsamic reduction, topped with Gruyère shavings, fresh rocket, rosa tomatoes, & crisp bruschetta.	190	11	8	10	190	190	332



CONTAINS NUTS



CONTAINS PORK



CONTAINS ALCOHOL



VEGETARIAN

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CAST IRON PEPPERCORN CABBAGE



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# COMMODITIES

CONTINUED FROM PREVIOUS PAGE

	Ⓜ	Ⓢ	£	€	HIGH	LOW	VOLUME
<b>BONE MARROW TARTARE</b> Prime beef fillet mixed with rich roasted bone marrow, capers, anchovies, & garlic aioli. Finished with cured egg yolk & microgreens, served alongside chipotle beer mayonnaise & toasted baguette.	195	11	8	10	195	165	281
<b>BULL RUN NACHOS</b> Crispy nachos loaded with chicken or ground beef, smothered in truffle nacho cheese, olives, scallions, & jalapeños. Finished with lime crema & fresh Pico de Gallo.	125	7	5	6	125	110	324
<b>BEEF CROQUETTES</b> Crispy croquettes of braised brisket beef with truffle aioli & chive oil.	115	6	5	6	115	115	330
<b>(N) (V) GRILLED HABANERO BRUSSELS SPROUTS</b> Fire-roasted Brussels sprouts glazed with spicy-sweet habanero honey, finished with crunchy smoked almonds.	55	3	2	3	55	55	295
<b>(P) CAST IRON PEPPERCORN CABBAGE</b> Charred cabbage steak served sizzling in a fragrant green peppercorn cream, finished with crisp smoked bacon rashers.	125	7	5	6	125	125	NEW
<b>CHICKEN LIVERS</b> Classic South African dish - hot & spicy Peri-Peri sauce served with pita bread.	85	5	4	4	85	45	53032
<b>CHICKEN LOLLIPOPS</b> Three golden & crispy panko-covered chicken drumsticks lollipops, served with a trio of bold dipping sauces—rich blue cheese, fiery Buffalo, & sweet chilli.	140	8	6	7	140	140	637
<b>(V) CHARRED CORN RIBS</b> Sweet corn ribs grilled & brushed with smoked paprika butter & lime crema.	55	3	2	3	55	55	278



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FRENCH ONION SOUP



ROASTED CAULIFLOWER & WHITE CHOCOLATE VELOUTÉ



CHARRED SWEETCORN & COCONUT SOUP



CREAMY CHICKEN & MUSHROOM SOUP



ROASTED TOMATO & BELL PEPPER SOUP



LEEK & POTATO VICHYSOISE



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## SOUP

	₹	\$	£	€	HIGH	LOW	VOLUME
<b>(V)</b> <b>ROASTED CAULIFLOWER &amp; WHITE CHOCOLATE VELOUTÉ</b> Silky roasted cauliflower velouté delicately enriched with white chocolate, finished with toasted cauliflower florets & chive oil.	150	8	7	8	150	150	NEW
<b>(V)</b> <b>FRENCH ONION SOUP</b> Deeply caramelised onion broth topped with toasted baguette & bubbling melted mozzarella.	120	7	5	6	120	120	NEW
<b>(V)</b> <b>CHARRED SWEETCORN &amp; COCONUT SOUP</b> Fire-roasted sweetcorn blended with coconut milk & ginger, finished with aromatic chilli oil.	115	6	5	6	115	115	NEW
<b>CREAMY CHICKEN &amp; MUSHROOM SOUP</b> Tender chicken breast & sautéed mushrooms in a velvety herb-infused cream broth with thyme & roasted garlic.	110	6	5	6	110	110	NEW
<b>(V)</b> <b>LEEK &amp; POTATO VICHYSOISE</b> Classic French velvety soup of slow-simmered leeks, potatoes & cream.	105	6	5	5	105	105	NEW
<b>(N)(V)</b> <b>ROASTED TOMATO &amp; BELL PEPPER SOUP</b> Oven roasted tomatoes blended with peppers, served with garlic croutons & basil pesto ice cream.	90	5	4	4	90	90	660

## STOCK OPTIONS

	₹	\$	£	€	HIGH	LOW	VOLUME
<b>(V)</b> <b>AVOCADO</b>	35	2	2	2	35	35	1639
<b>(V)</b> <b>EDAMAME BEANS</b>	85	5	4	4	85	85	308
<b>(V)</b> <b>HALLOUMI</b>	65	4	3	3	65	65	260
<b>(V)</b> <b>FETA CHEESE</b>	35	2	2	2	35	35	163
<b>(P)</b> <b>BACON</b>	35	2	2	2	35	35	103
<b>CHICKEN STRIPS</b>	65	4	3	3	65	65	167

**(N)** CONTAINS NUTS

**(P)** CONTAINS PORK

**(A)** CONTAINS ALCOHOL

**(V)** VEGETARIAN

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T-BONE STEAK



# FROM THE BUTCHERY

All our meat is matured through wet aging for 28 days.

## LIVESTOCK

ALL STEAKS LIGHTLY SEASONED  
(PEPPER CRUST/BBQ)

All mains served with a choice of chips, baked potato, potato wedges, rice, mash, grilled vegetables, steamed bread, pap or side salad.

	200g	250g	300g	350g	400g	500g	600g	1kg
FILLET	↓	↓	↓	↓	↓	↓	↓	↓
RUMP	-	335	-	375	-	-	-	-
SIRLOIN	-	205	-	265	-	-	-	-
RIBEYE	-	215	-	280	-	-	-	-
Ⓟ PORK RIBS	-	-	215	-	-	385	-	-
BEEF RIBS	-	-	-	-	-	-	330	-
LAMB CUTLETS	-	-	-	340	-	-	-	-
VENISON	-	245	-	-	-	-	-	-
Ⓟ PORK CHOPS	-	-	-	-	205	-	-	-
T-BONE STEAK	-	-	-	-	-	385	450	-
PRIME RIB	-	-	-	-	-	415	-	-
OSTRICH FILLET	-	240	-	-	-	-	-	-
PICANHA	-	-	285	-	-	-	-	-
WAGYU SIRLOIN	-	-	SQ	-	-	-	-	-
SPRINGBOK LOIN	320	-	-	-	-	-	-	-

## CURRENCIES

### STANDARD SAUCES

Peri-Peri, monkey-gland, Red Wine Jus, garlic, creamy black pepper, double cheese, roasted tomato & red pepper, lemon butter, mushroom cream.

	Ⓡ	Ⓢ	£	€	HIGH	LOW	VOLUME
	↓	↓	↓	↓			
	40	2	2	2	40	35	37006



CONTAINS NUTS



CONTAINS PORK



CONTAINS ALCOHOL



VEGETARIAN

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BULL RUN SEAFOOD BURGER



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# BURGERS

All mains served with a choice of chips, baked potato, potato wedges, rice, mash, grilled vegetables, steamed bread, pap or side salad.

	Ⓜ	Ⓢ	£	€	HIGH	LOW	VOLUME
<b>BULL RUN SEAFOOD BURGER</b> Crispy fish fillet topped with avocado, pickles & wasabi-soy mayonnaise.	265	15	12	13	265	265	NEW
<b>P PULLED PORK BUN</b> Slow-braised pork shoulder with soy, five-spice & star anise, served in a toasted bun with Japanese mayonnaise & fresh cucumber.	195	11	8	10	195	195	NEW
<b>P THE 300G BULL RUN BURGER</b> 300g BBQ basted & topped with bacon, cheddar cheese & avocado.	255	14	11	12	255	250	4747
<b>THE CHEESE BEEF BURGER</b> A juicy 200g BBQ basted beef patty with melted cheese, topped with lettuce, tomato & red onion.	165	9	7	8	165	65	30420
<b>P THE CHEESE CHICKEN BURGER</b> 200g BBQ basted & topped with bacon, grilled mushrooms, cheese & jalapeño.	160	9	7	8	160	65	15148
<b>P BUNLESS BURGER</b> A low-carb alternative perfectly assembled with tomato, dill, cheese, avocado, mushroom, bacon & fresh greens.	255	14	11	12	255	255	1250
<b>V VEGAN BURGER</b> A Beyond Meat delicious & satisfying plant-based alternative served with vegan mayonnaise, avocado & fresh greens.	210	12	9	10	210	210	855
<b>SPICY CHIPOTLE CHICKEN BURRITO</b> Features tender chicken breast marinated in a smoky chipotle sauce, fresh red onions, juicy tomatoes, & creamy mayonnaise - All wrapped in a warm tortilla.	125	7	5	6	125	125	525



CONTAINS NUTS



CONTAINS PORK



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KAROO LAMB POTJIE



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# TOP TRADERS



HIGH

LOW

VOLUME

All mains served with a choice of chips, baked potato, potato wedges, rice, mash, grilled vegetables, steamed bread, pap or side salad.

	R	\$	£	€	HIGH	LOW	VOLUME
<b>A BEEF OSSO BUCO</b> Slow-braised beef shank in red wine, herbs & vegetables, served over creamy risotto. Served with a set side—no substitutions.	280	16	12	14	280	280	NEW
<b>GARLIC BUTTER STEAK BITES</b> Seared prime steak cuts tossed in garlic butter, served with golden fries. Served with a set side—no substitutions.	220	12	10	11	220	220	NEW
<b>A OXTAIL</b> Traditional South African classic meticulously slow braised in a tantalizing blend of red wine & rosemary.	270	15	12	14	270	165	59226
<b>KAROO LAMB POTJIE</b> Slow-braised Karoo lamb with rosemary, tomato & roasted root vegetables, served with sweet potato mash, crispy onions & gremolata. Served with a set side—no substitutions.	250	14	11	13	250	250	NEW
<b>P SPICY PORK RAMEN</b> Tender pork shoulder in a rich soy-gochujang broth with ramen noodles, soft-boiled egg, spinach, carrot, & spring onion, finished with toasted sesame.	155	9	7	8	155	130	305
<b>A SMOKED BEEF BRISKET</b> 250g Brisket slow cooked with bourbon BBQ glaze & slaw.	230	13	10	12	230	230	577
<b>LOBSTER MAC &amp; CHEESE</b> Butter-poached lobster chunks folded into creamy aged cheddar & Gruyère béchamel, tossed with al dente macaroni & finished with golden herb breadcrumbs.	395	22	17	20	395	260	319
<b>THREE PRIMAL CUTS OF BEEF</b> Ultimate beef experience - a trio of succulent fillet, robust rump, & flavourful sirloin, each cut offers a unique texture & taste.	275	15	12	14	275	265	3384
<b>STEAK &amp; CHICKEN</b> Indulge in a choice of tender 250g sirloin or rump steak paired perfectly with a succulent quarter chicken offering a delicious duo of flavours.	275	15	12	14	275	180	20950



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PEPPER STEAK PIE

EXCHANGE RATES MAY VARY

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## TOP TRADERS

All mains served with a choice of chips, baked potato, potato wedges, rice, mash, grilled vegetables, steamed bread, pap or side salad.

	R	\$	£	€	HIGH	LOW	VOLUME
<b>(P)</b> <b>STEAK &amp; PORK RIBS</b> Our Steak & Ribs duo - choice of tender 250g sirloin or rump steak alongside tender 300g pork ribs, perfectly grilled to perfection.	330	18	14	17	330	200	16611
<b>STEAK &amp; BEEF RIBS</b> Our Steak & Ribs duo - choice of tender 250g sirloin or rump steak alongside tender 300g beef ribs, perfectly grilled to perfection.	395	22	17	20	395	395	330
<b>(A)</b> <b>PEPPER STEAK PIE</b> Tender beef cubes simmered in a rich peppercorn gravy encased in golden puff pastry.	240	13	10	12	240	240	NEW
<b>(A)</b> <b>LAMB SHANK</b> Full of rich, savoury goodness prepared with a luscious red wine gravy.	340	19	15	17	340	150	41819
<b>STEAK &amp; PRAWN</b> Your choice of tender 250g sirloin or rump steak grilled to perfection topped with 3 queen prawns.	300	17	13	15	300	155	131595
<b>(P)</b> <b>BULL RUN PLATTER - PORK RIBS</b> Carnivorous feast featuring 400g of tender sliced sirloin, 500g of mouthwatering BBQ pork ribs, succulent BBQ chicken wings, flavourful chicken bites, complemented by crispy onion rings & zesty chakalaka.	705	39	31	35	705	695	1148
<b>BULL RUN PLATTER - BEEF RIBS</b> Carnivorous feast featuring 400g of tender sliced sirloin, 500g of mouthwatering BBQ beef ribs, succulent BBQ chicken wings, flavourful chicken bites, complemented by crispy onion rings & zesty chakalaka.	835	46	36	42	835	835	62
<b>DURBAN STYLE LAMB CURRY</b> Lamb cubes cooked in a mild succulent curry sauce accompanied with basmati rice, poppadom, & carrot salad. Served with a set side—no substitutions.	280	16	12	14	350	280	1163



CONTAINS NUTS



CONTAINS PORK



CONTAINS ALCOHOL



VEGETARIAN

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MISO-GLAZED CHICKEN SUPREME



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

# POULTRY

All mains served with a choice of chips, baked potato, potato wedges, rice, mash, grilled vegetables, steamed bread, pap or side salad.

<b>R</b>	<b>\$</b>	<b>£</b>	<b>€</b>	<b>HIGH</b>	<b>LOW</b>	<b>VOLUME</b>
↓	↓	↓	↓			

**CHICKEN POT PIE**

Roasted chicken & seasonal vegetables in a creamy herb sauce beneath a golden flaky pastry crust.

200	11	9	10	200	200	NEW
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**MISO-GLAZED CHICKEN SUPREME**

Roasted chicken breast brushed with sweet miso glaze, served with sesame greens & steamed rice. Served with a set side—no substitutions.

165	10	8	9	165	165	NEW
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**CHICKEN PARMESAN PASTA**

Breaded chicken breast topped with marinara & melted mozzarella, served on spaghetti.

180	10	8	9	180	180	NEW
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**BAKED CRUNCHY HOT HONEY CHICKEN**

Cornflake-crusted chicken baked on a sheet pan until crispy & delicious. Drizzled with a perfect hot honey sauce.

175	10	8	9	175	175	2167
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**CHICKEN BREAST**

Lemon & herb, Peri-Peri or BBQ.

150	8	7	8	150	69	119818
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**CHICKEN CURRY**

Infused with aromatic lemongrass & creamy coconut, creating a harmonious blend of savoury goodness. Served with vibrant sambals & crispy poppadom.

180	10	8	9	180	125	1153
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**PERI-PERI CHICKEN WINGS**

Flame-grilled to perfection & basted with our signature Peri-Peri sauce.

200	11	9	10	200	200	3977
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**CHICKEN & MUSHROOM SKILLET**

Chicken breast prepared in a skillet featuring a creamy & rich mushroom sauce topped with black & white sesame seeds & balsamic reduction.

180	10	8	9	180	180	1446
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**CONTAINS NUTS****CONTAINS PORK****CONTAINS ALCOHOL****VEGETARIAN**Please note that while every effort is made to use fresh ingredients in the preparation of food & beverages served on these premises, food & beverages including dairy products, ice cream, frozen desserts, proprietary sauces, juices, preserves, jams & preserved meats, served may contain permitted artificial colourants, flavourants & preservatives. Non-Halaal & non-kosher foods are also prepared & served on the premises. In addition, certain foodstuffs have been packaged & prepared on premises in which nuts & other food allergens may be present. If you have any concerns regarding food allergies, please alert your server prior to ordering.Guests may consult with a chef or special diets trained Cast Member before placing an order. We use reasonable efforts in our sourcing, preparation & handling procedures to avoid the introduction of the named allergens into these menu choices. While we take steps to prevent cross-contact, we do not have separate allergy-friendly kitchens & are unable to guarantee that a menu item is completely free of allergens. Allergy-friendly offerings are reliant on supplier ingredient labels. We cannot guarantee the accuracy of the contents of each food item. Allergen advisory statements (e.g., "may contain") are not regulated & therefore not taken into consideration when developing allergy-friendly meals. It is ultimately our Guests' discretion to make an informed choice based upon their individual dietary needs.**ALL PRICES ARE INCLUSIVE OF VAT**

CORN QUESADILLA



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# ORGANICS

	Ⓜ	Ⓢ	Ⓛ	€	HIGH	LOW	VOLUME
<b>Ⓜ CORN QUESADILLA</b> Toasted corn tortilla filled with sun-dried tomato, sweetcorn & mozzarella, served with Pico de Gallo & lime crema.	150	8	7	8	150	150	NEW
<b>Ⓜ TRUFFLE WILD MUSHROOM RISOTTO</b> Creamy porcini risotto with truffle oil & Parmesan crisp.	130	7	6	7	130	130	263
<b>Ⓜ BUTTERNUT &amp; SAGE RAVIOLI</b> Handmade ravioli with roasted butternut, tossed in brown butter sage sauce, topped with shaved Parmesan.	125	7	5	6	125	125	257
<b>Ⓜ CREAMY TOMATO &amp; BASIL PENNE</b> Topped with grated Parmesan.	110	6	5	6	110	110	3287
<b>Ⓜ POTATO &amp; LENTIL CURRY</b> Potato & lentils cooked in a mild succulent curry sauce accompanied with basmati rice, poppadom, & carrot salad. Served with a set side—no substitutions.	150	8	7	8	150	150	721

# Ⓜ FUTURES

	Ⓜ	Ⓢ	Ⓛ	€	HIGH	LOW	VOLUME
FRIES	35	2	2	2	35	35	26192
STEAMED WHITE RICE	35	2	2	2	35	35	4561
PAP	35	2	2	2	35	35	1285
SIDE SALAD	35	2	2	2	35	35	3964
CHAKALAKA	35	2	2	2	35	35	451
SWEET POTATO FRIES	45	3	2	2	45	42	7059
CREAMED SPINACH	45	3	2	2	45	15	135996
GRILLED VEGETABLES	35	2	2	2	35	10	140441
BATTERED ONION RINGS	35	2	2	2	35	10	72366
HONEY BAKED BUTTERNUT	35	2	2	2	35	10	1.1M
MASH POTATOES	35	2	2	2	35	15	42481

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CAJUN BLACKENED SALMON

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# FISHERIES

SEAFOOD SEASONED WITH A LIGHT BULL RUN SPICE MIX & SMOTHERED IN A GARLIC, LEMON BUTTER SAUCE.

All mains served with a choice of chips, baked potato, potato wedges, rice, mash, grilled vegetables, steamed bread, pap or side salad.

Ⓜ Ⓢ Ⓛ Ⓢ **HIGH** **LOW** **VOLUME**

	Ⓜ	Ⓢ	Ⓛ	Ⓢ	HIGH	LOW	VOLUME
<b>Ⓜ CREAMY SEAFOOD LINGUINE</b> Prawns, calamari & fish tossed in garlic, chilli, cream, white wine & fresh herbs.	265	15	12	13	265	265	NEW
<b>CAJUN BLACKENED SALMON</b> Cajun-spiced salmon with smoked butter, sweetcorn purée & seared green beans.	345	19	15	17	345	345	NEW
<b>SEARED KINGKLIP FILLET</b> Accompanied by beurre noisette, fennel salad, and citrus. Served with a set side - No substitutions.	250	14	11	13	250	250	306
<b>OLD FASHIONED FISH &amp; CHIPS</b> Crispy battered or perfectly grilled hake, served with golden chips & a side of tangy tartar sauce. Served with a set side—no substitutions.	165	9	7	8	165	165	1170
<b>SEAFOOD PLATTER</b> An ocean feast featuring succulent grilled hake, crispy fried calamari, tender grilled calamari, plump queen prawns, & creamy mussels, all basted with a tantalizing lemon butter & garlic sauce.	395	22	17	20	395	105	34600
<b>QUEEN PRAWNS</b> Expertly grilled & seasoned to perfection. Drizzled with a luscious butter garlic & lemon sauce & garnished with fragrant coriander.	280	16	12	14	280	55	122829
<b>PAN FRIED SOLE</b> Delicately pan-fried sole, finished with a silky lemon butter sauce.	320	18	14	16	320	320	968
<b>FALKLANDS CALAMARI</b> Expertly grilled or fried to perfection & served with our signature homemade creamy lemon butter.	220	12	10	11	220	45	130906
<b>TERIYAKI SALMON SERVED WITH WASABI MASH &amp; EDAMAME BEANS</b> Teriyaki grilled salmon topped with black & white sesame seeds served with wasabi mash & edamame beans. Served with set side—no substitutions.	365	20	16	18	365	365	1378

Ⓝ CONTAINS NUTS   
 Ⓟ CONTAINS PORK   
 Ⓜ CONTAINS ALCOHOL   
 Ⓥ VEGETARIAN

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CHOCOLATE LAVA CAKE



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**DAIRY**

	Ⓜ	Ⓢ	Ⓛ	€	HIGH	LOW	VOLUME
<b>CHOCOLATE LAVA CAKE</b> Warm chocolate fondant with molten centre, served with vanilla bean ice cream.	125	7	5	6	125	125	NEW
<b>BISCOFF PUMPKIN PIE</b> Spiced pumpkin custard baked in a buttery biscoff shell.	125	7	5	6	125	100	NEW
<b>PAVLOVA SUMMER CRUSH</b> Meringue nest with whipped cream, berries, & passion fruit coulis.	90	5	4	5	90	90	646
<b>A</b> <b>TRIPLE SEC CRÈME BRÛLÉE</b> Triple sec-infused custard with caramelized sugar crust.	85	5	4	4	85	85	676
<b>BAKED CARAMEL CHEESECAKE</b> Chef's Secret Recipe Cheesecake crafted to perfection & adorned with decadent salted caramel popcorn.	95	5	4	5	95	35	8760
<b>SEASONAL FRUIT SALAD</b> Freshness of the season served alongside creamy vanilla ice cream & drizzled with decadent chocolate sauce.	70	4	3	4	70	35	1955
<b>MALVA PUDDING</b> A South African rich & moist delight served alongside creamy vanilla ice cream & luscious custard.	70	4	3	4	70	25	115458
<b>CHOCOLATE BROWNIE</b> Baked to perfection, served alongside velvety vanilla ice cream & adorned with a decadent cascade of chocolate sauce.	70	4	3	4	70	70	49101
<b>CAKE OF THE DAY</b> Chef's selection of cake of the day served with ice cream & fresh berries.	80	4	3	4	80	80	2566

**N** CONTAINS NUTS**P** CONTAINS PORK**A** CONTAINS ALCOHOL**V** VEGETARIAN

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BISCOFF PUMPKIN PIE

# ELEVATE YOUR PORTFOLIO & INCREASE YOUR MARKET CAP

## THE BULL RUN PUFFER JACKET | 750

TAKE YOUR STYLE INVESTMENT TO THE NEXT LEVEL  
WITH OUR NEW BULL-BRANDED PUFFER JACKETS.

Our puffer jacket is a strategic investment in comfort, featuring a full zip with a chin protector, front panels equipped with welt pockets, & a stylish curved back hem.



## THE BULL RUN PEAK CAP | 179

TAKE YOUR STYLE INVESTMENT TO THE NEXT LEVEL  
WITH OUR NEW BULL-BRANDED CAPS.

This peak cap is a solid addition to your wardrobe, crafted from 100% heavy brushed cotton its hypoallergenic & breathable natural fabric.

Featuring a 6-panel structured design & a self-fabric Velcro closure, it offers exceptional durability & comfort



# HOW IS MY STEAK PREPARED?

**BLUE**

100% RED CENTER  
INTERNAL TEMPERATURE: 10 - 29°C



**RARE**

75% RED CENTER  
INTERNAL TEMPERATURE: 30 - 51°C



**MEDIUM RARE**

50% RED CENTER  
INTERNAL TEMPERATURE: 57 - 63°C



**MEDIUM**

25% RED CENTER  
INTERNAL TEMPERATURE: 63 - 68°C



**MEDIUM WELL**

SLIGHT HINT OF PINK  
INTERNAL TEMPERATURE: 72 - 77°C



**WELL DONE**

100% BROWN THROUGHOUT  
INTERNAL TEMPERATURE: +77°C

