

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.

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?

Est. 2000

BEET, POMEGRANATE AND GOATS CHEESE SALAD



EXCHANGE RATES MAY VARY

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AGRICULTURE

	Ⓜ	Ⓢ	Ⓛ	€	HIGH	LOW	VOLUME
STEAK, EGG & AVOCADO SALAD Shredded red & green slaw, carrot, spring onion, egg, avocado & steak.	160	9	7	8	155	155	621
BILTONG & AVOCADO Beef biltong, avocado, mozzarella & tomato salsa.	155	8	7	8	140	25	120504
① HALLOUMI & AVOCADO Fried halloumi & avocado.	130	7	6	6	135	25	119840
① BULL RUN GREEK SALAD Feta cheese & calamata olives.	115	6	5	6	125	25	13921
TANDOORI CHICKEN SALAD A vibrant and flavourful salad that combines the bold and aromatic spices of tandoori chicken with crisp, fresh vegetables and olive oil.	170	9	7	8	170	170	NEW
① SMASHED CUCUMBER, WATERMELON & FETA SALAD Sweet and juicy watermelon, cucumbers, creamy avocado, honey and feta cheese are all combined to create a refreshing taste experience.	150	8	6	7	150	150	NEW
CHILLI PRAWN AND AVOCADO SALAD Succulent chilli-marinated prawns with the creamy richness of avocado, lettuce, tomato and red onion. Perfect salad dressing and micro herbs.	195	10	8	10	195	195	NEW
① BEET, POMEGRANATE AND GOATS CHEESE SALAD Harmoniously crafted salad of earthy roasted beets, sweet-tart pomegranate seeds, creamy goat's cheese, fresh greens & Cashew nuts. Feta cheese option available.	135	7	6	7	135	135	NEW
GREEK CHICKEN ORZO SALAD Mediterranean-inspired salad that combines tender chicken, cooked orzo pasta, and a variety of fresh vegetables and herbs.	145	8	6	7	145	145	NEW

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MINI CHICKEN LIVER BUNNY CHOW



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COMMODITIES

	Ⓜ	Ⓢ	Ⓛ	Ⓝ	HIGH	LOW	VOLUME
SALMON TARTARE Elegantly presented and cut salmon served with red onion, capers, chives, sriracha and olive oil.	200	11	9	10	200	200	NEW
CHEESY GARLIC PRAWNS Smothered in cheese sauce & topped with parmesan cheese served with pita bread.	195	10	8	10	195	45	17357
(N) CARPACCIO TIMBALE Beef Fillet, celery, mushrooms, shallots, parmesan, rocket, balsamic, basil pesto.	155	8	7	8	155	55	25444
FALKLANDS CALAMARI Grilled or fried served with homemade tartar sauce.	130	7	6	6	130	35	107375
BEEF TRINCHADO Garlic, chilli & white wine sauce served with pita.	150	8	6	7	150	55	21103
(A) CREAMY GARLIC SNAILS Served in a creamy garlic sauce topped with fresh parmesan & freshly toasted bruschetta.	115	6	5	6	115	35	26526
PEACH BURRATA PARMESAN CROSTINI WITH HOT HONEY Fresh baguette baked with parmesan cheese and pepper until toasted. Topped with creamy burrata, sweet peaches, salty prosciutto, fresh basil, and hot honey.	115	6	5	6	115	115	NEW
MINI CHICKEN LIVER BUNNY CHOW Two classic South African dishes tastefully combined and known for its rich and bold flavours.	85	5	4	4	85	85	NEW
(V) RED ONION & MUSHROOM TART A delicious, aromatic tart baked to perfection that combines the earthy flavors of mushrooms with the sweet and slightly tangy notes of red onions.	100	5	4	5	100	100	NEW
(V) CHEESY SUNDRIED TOMATO & GARLIC FLATBREAD Garlic butter topped with sundried tomatoes & cheese.	90	5	4	4	90	90	199
THE BULL SNACK Bull Run style Chilli biltong.	165	9	7	8	165	150	160

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CREAMY TOMATO & BASIL PENNE



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ORGANICS

- (V) VEGETABLE CURRY**
Curry with butternut, chickpeas & coconut cream.
Served with sambals & poppadom.
- (V) ROASTED MUSHROOM HERB ORZO**
Delicate pasta-like orzo with earthy mushrooms, flavourful seasonings, and parmesan cheese.
- (V) CREAMY TOMATO & BASIL PENNE**
Topped with grated Parmesan.
- (V) VEGETABLE SKILLET LASAGNA**
A twist on traditional lasagna, prepared in a skillet featuring layers of lasagna noodles, a rich tomato sauce, creamy cheese, and a variety of flavorful vegetables.

	(R)	(S)	(£)	(€)	HIGH	LOW	VOLUME
	↓	↓	↓	↓			
	140	8	6	7	140	45	46172
	165	9	7	8	165	165	NEW
	110	6	5	5	110	110	995
	140	8	6	7	140	140	NEW

VEGAN

- (V) VEGAN BOLOGNESE**
A Beyond Meat plant-based twist on the classic Italian pasta presented with a flavourful and satisfying sauce.
- (V) VEGAN BURGER**
A Beyond Meat delicious and satisfying plant-based alternative served with vegan mayonnaise, avocado and fresh greens.

	(R)	(S)	(£)	(€)	HIGH	LOW	VOLUME
	↓	↓	↓	↓			
	185	10	8	9	185	185	NEW
	210	11	9	10	210	210	NEW

- (N)** CONTAINS NUTS
- (P)** CONTAINS PORK
- (A)** CONTAINS ALCOHOL
- (V)** VEGETARIAN

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BEEF FILLET

FROM THE BUTCHERY

All meat matured for 28 days – meat on the bone dry aged, meat off the bone wet aged.

LIVESTOCK

ALL STEAKS LIGHTLY SEASONED (PEPPER CRUST/BBQ)

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

	200g ↓	250g ↓	300g ↓	350g ↓	400g ↓	500g ↓	600g ↓
FILLET	250	-	330	-	-	-	-
RUMP	-	200	-	240	-	-	-
SIRLOIN	-	200	-	240	-	-	-
RIBEYE	-	-	-	-	-	285	-
PORK RIBS	-	-	-	-	-	-	330
BEEF RIBS	-	-	-	-	-	-	360
LAMB CUTLETS	-	-	-	340	-	-	-
VENISON	-	230	-	-	-	-	-
PORK CHOPS	-	-	-	-	185	-	-
T-BONE STEAK	-	-	-	-	-	265	-
PRIME RIB	-	-	-	-	-	300	-
OSTRICH FILLET	-	240	-	-	-	-	-

CURRENCIES

	Ⓜ ↓	Ⓝ ↓	£ ↓	€ ↓	HIGH	LOW	VOLUME
SPICE RUB: BLACK TRUFFLE	18	1	1	1	18	18	932
SPICE RUB: COFFEE AND THYME	10	1	1	1	10	10	214
SPICE RUB: OLIVE AND ROSEMARY	18	1	1	1	18	18	612
STANDARD SAUCES Peri-Peri, Monkeygland, lemon, garlic, cheese, mushroom, pepper.	35	2	1	2	35	25	13551
SPECIALISED SAUCES · Parmesan & garlic wild mushroom sauce. · Japanese Chimichurri sauce. · Honey & mustard · Jalapeño · Sweet & sour	45	2	2	2	45	35	3648

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TOMAHAWK

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TOP TRADERS

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

Ⓜ Ⓢ Ⓛ Ⓜ **HIGH** **LOW** **VOLUME**
↓ ↓ ↓ ↓

	Ⓜ	Ⓢ	Ⓛ	Ⓜ	HIGH	LOW	VOLUME
THREE PRIMAL CUTS OF BEEF Trio of fillet, rump and sirloin.	265	14	11	13	265	265	382
Ⓟ MIX GRILL BBQ basted sirloin steak, boerewors, lamb cutlets, pork chops & a whole chicken all cooked to perfection.	650	35	28	32	650	145	56824
STEAK & CHICKEN 250g rump & quarter chicken.	265	14	11	13	265	180	18706
Ⓟ STEAK & RIBS 250g sirloin steak & 300g ribs.	320	17	14	16	320	200	13341
Ⓜ OXTAIL Slowly braised in red wine & rosemary.	270	14	11	13	270	165	55576
Ⓜ LAMB SHANK Topped with a red wine gravy.	340	18	14	17	340	150	40113
STEAK & PRAWN Sirloin steak grilled to perfection topped with 3 queen prawns.	290	16	12	14	290	155	129802
TOMAHAWK Grilled to perfection with a combination of flavour, tenderness, and presentation makes this a favorite among steak enthusiasts. Pricing based on the grammage available. Perfect for sharing.	SQ	SQ	SQ	SQ	NEW	NEW	NEW

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 Ⓟ CONTAINS PORK
 Ⓜ CONTAINS ALCOHOL
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BUNLESS BURGER



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BURGERS

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

Ⓜ Ⓢ Ⓛ Ⓝ **HIGH** **LOW** **VOLUME**
 ↓ ↓ ↓ ↓

Ⓜ THE 300g BULL RUN BURGER 300g BBQ basted & topped with bacon, cheddar cheese & avocado.	255	14	11	13	255	250	1247
Ⓜ THE CHEESE BEEF BURGER 200G BBQ basted & topped with bacon, grilled mushrooms, cheese & jalapeño.	165	9	7	8	175	65	24097
Ⓜ THE CHEESE CHICKEN BURGER 200G BBQ basted & topped with bacon, grilled mushrooms, cheese & jalapeño.	160	9	7	8	190	65	13263
SALMON FISH CAKE BURGER The new modern alternative - Perfectly prepared salmon fish cake and constructed with lemon butter sauce, Peppadews™, cheese and fresh greens.	200	11	9	10	200	200	NEW
BLACK SHEEP BURGER 250g Lamb patty topped with mozzarella cheese served on a black bun.	265	14	11	13	265	260	322
Ⓜ BUNLESS BURGER A low-carb alternative perfect assembled with tomato, dill, cheese, avocado, mushroom, bacon and fresh greens.	255	14	11	13	255	255	NEW
CHICKEN PREGO Prego roll topped with chicken breast grilled in prego sauce.	160	9	7	8	165	165	77

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BAKED CRUNCHY HOT HONEY CHICKEN



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POULTRY

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

Ⓜ Ⓢ Ⓛ Ⓝ **HIGH** **LOW** **VOLUME**

	Ⓜ	Ⓢ	Ⓛ	Ⓝ	HIGH	LOW	VOLUME
PERI-PERI FULL CHICKEN Spicy whole chicken, marinated and grilled with peri-peri sauce - spicy and tangy originating from Portuguese & African.	320	17	14	16	320	120	1274
BAKED CRUNCHY HOT HONEY CHICKEN Cornflake-crusted chicken baked up on a sheet pan until crispy and delicious. Drizzled with a perfect hot honey sauce.	175	9	7	9	175	175	NEW
CHICKEN BREAST Lemon & herb, Peri-Peri or BBQ.	150	8	6	7	145	69	118092
Ⓟ Topped with mushroom, feta & Peppadew™.	175	9	7	9	165	120	468
Topped with bacon, mushroom & melted mozzarella.	175	9	7	9	165	110	673
Topped with cheese sauce & avocado.	175	9	7	9	165	120	414
CHICKEN & PRAWN CURRY Chicken & Prawn Curry with lemongrass & coconut cream. Served with sambals & poppadom.	180	10	8	9	170	125	2288
PERI-PERI CHICKEN WINGS Flame-grilled peri-peri basted chicken wings.	200	11	9	10	200	200	507

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BAKED WHOLE FISH OF THE DAY

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FISHERIES

Ⓜ Ⓢ Ⓛ Ⓝ **HIGH** **LOW** **VOLUME**

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, dumplings, pap or side salad.

SEAFOOD PLATTER

Grilled hake, fried calamari, grilled calamari, queen prawns, creamy mussels, basted with a lemon butter & garlic sauce.

395 21 17 20 398 105 33305

QUEEN PRAWNS

Grilled & seasoned drizzled with a butter garlic & lemon sauce with coriander.

335 18 14 17 335 55 121668

BAKED WHOLE FISH OF THE DAY

Perfectly whole baked fish is a masterpiece that celebrates the natural flavours of the fish while infusing it with a harmonious blend of seasonings and aromatics.

280 15 12 14 280 280 NEW

KINGKLIP

Covered with a brown butter, capers & parsley sauce.

320 17 14 16 320 260 1928

FALKLANDS CALAMARI

Grilled or fried served with a creamy lemon sauce.

220 12 9 11 220 45 129268

BEET SALMON*

Grilled salmon served with beetroot dust, beet hummus and beetroot cubes.

365 20 16 18 365 365 272

*Dish excludes a side.

FUTURES

Ⓜ Ⓢ Ⓛ Ⓝ **HIGH** **LOW** **VOLUME**

Ⓜ CHEESY JALAPEÑO FRIES

45 2 2 2 45 42 2370

Ⓜ SWEET POTATO FRIES

45 2 2 2 45 42 3915

Ⓜ CREAM SPINACH

45 2 2 2 45 15 133786

Ⓜ GRILLED VEGETABLES

35 2 1 2 35 10 126364

Ⓜ BATTERED ONION RINGS

35 2 1 2 35 10 71091

Ⓜ HONEY BAKED BUTTERNUT

35 2 1 2 35 10 1.1M

Ⓜ MASH POTATOES

35 2 1 2 35 15 36624

Ⓜ STEAMED BREAD

35 2 1 2 35 35 66

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BERRY TART

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DAIRY

	R	\$	£	€	HIGH	LOW	VOLUME
(N) CHEESE PLATTER Assorted cheese, preserves, nuts, dried fruits & biscuits.	185	10	8	9	185	28	44321
BAKED CARAMEL CHEESECAKE Topped with salted caramel popcorn.	95	5	4	5	95	35	5166
SEASONAL FRUIT SALAD Vanilla ice-cream with chocolate sauce.	70	4	3	3	70	35	1128
FERRERO ROCHER CHOCOLATE MOUSSE Served with vanilla ice-cream.	130	7	6	6	130	130	979
(N) OPERA CAKE Mango jellies, mini berry macaroons & vanilla ice cream.	130	7	6	6	125	125	603
STICKY TOFFEE PUDDING Decadent rich and moist pudding served warm and accompanied by a luscious toffee sauce.	90	5	4	4	90	90	NEW
BERRY TART Crumbly, buttery tart crust with a luscious, airy berry-flavored mousse, and a topping of fresh berries.	90	5	4	4	90	90	NEW
CAKE OF THE DAY Chef's selection of cake of the day served with ice-cream and fresh berries.	80	4	3	4	80	80	296

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FERRERO ROCHER CHOCOLATE MOUSSE