
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

PARMA HAM AND HALLOUMI, STRAWBERRY & MINT SALAD



EXCHANGE RATES MAY VARY

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AGRICULTURE

	₨	\$	£	€	HIGH	LOW	VOLUME
STEAK, EGG & AVOCADO SALAD A harmony of flavours with our steak, egg, and avocado salad, enhanced with vibrant shredded red & green slaw, crisp carrot, and fresh spring onion.	160	9	7	8	160	155	1433
BILTONG & AVOCADO Featuring tender beef biltong, creamy avocado slices, fresh mozzarella, and zesty tomato salsa.	155	9	7	8	155	25	121193
V HALLOUMI & AVOCADO Golden fried halloumi paired with avocado slices, offering a deliciously satisfying combination of textures and tastes.	130	7	6	7	130	25	121096
V BULL RUN GREEK SALAD Crisp lettuce, juicy tomatoes, cucumbers, tangy Kalamata olives, and creamy feta cheese.	115	6	5	6	115	25	14400
TRADITIONAL CHICKEN & SPINACH SALAD Grilled lemon and herb chicken breast, mixed baby spinach and coriander, avocado, garlic and black pepper croutons, fresh parmesan shavings and chef's salad dressing.	170	9	7	9	170	170	74
V ROQUETTE SALAD Topped with red onion, cherry tomato and parmesan shavings with vinegarette.	95	5	4	5	95	95	NEW
N V BEET, POMEGRANATE & 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.	150	8	6	8	150	135	493
P PARMA HAM AND HALLOUMI, STRAWBERRY & MINT SALAD Baby spinach served with strawberry, mint, grilled halloumi and Parma ham.	150	8	6	8	150	125	NEW
N V SMASHED CUCUMBER, WATERMELON & FETA SALAD Sweet and juicy watermelon, cucumbers, creamy avocado, Pistachio nuts, honey and feta cheese are all combined to create a refreshing taste experience.	150	8	6	8	150	150	RETURN

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

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ROASTED TOMATO & BASIL PESTO BURRATA



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COMMODITIES

	₨	\$	£	€	HIGH	LOW	VOLUME
CHEESY GARLIC PRAWNS Smothered in cheese sauce & topped with parmesan cheese served with pita bread.	195	11	8	10	195	45	17535
FALKLANDS CALAMARI Expertly grilled or fried to perfection, and served with our signature homemade tartar sauce.	130	7	6	7	130	35	109008
V ROASTED TOMATO & BASIL PESTO BURRATA A velvety burrata, bursting with rich creaminess, and topped with juicy rosa tomatoes, drizzled with fragrant basil pesto and olive oil, served with ciabatta. Ideal for a light yet satisfying meal or snack.	105	6	4	5	105	105	NEW
SALMON TARTARE Elegantly presented and cut salmon served with red onion, capers, chives, Sriracha and olive oil.	200	11	9	10	200	185	RETURN
OLD FASHIONED PRAWN COCKTAIL Succulent, chilled prawns are delicately coated in a zesty lime and basil aioli, creating a perfect balance of tangy and fresh herbal flavours. Served on a bed of crisp lettuce with a garnish of finely sliced cucumber and a touch of vibrant microgreens.	155	9	7	8	155	155	NEW
V BLACK MUSHROOM Baked mushroom stuffed with a cream spinach topped with white cheddar cheese.	98	5	4	5	98	98	NEW
BEEF CARPACCIO Thin sliced fillet of beef served with wild arugula, balsamic reduction and tomato salsa.	110	6	5	6	110	110	548
V BAKED CAMEMBERT CHEESE Wrapped with phyllo pastry, served with cranberry sauce topped with pomegranate.	99	6	4	5	99	99	NEW
A BEEF TRINCHADO Succulent beef cooked in a tantalizing blend of garlic, chilli, and white wine sauce, served alongside pita bread, offering a delightful fusion of savoury spices and tender meat that will leave you craving another bite.	150	8	6	8	150	55	21789

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SLOW BRAISED PORK BELLY WITH APPLE & GARLIC PUREE



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COMMODITIES

CONTINUED FROM PREVIOUS PAGE

	Ⓜ	Ⓢ	Ⓟ	Ⓢ	HIGH	LOW	VOLUME
CREAMY GARLIC SNAILS Luxuriating in a rich garlic-infused sauce, adorned with freshly grated Parmesan cheese, and accompanied by crisp, freshly toasted bruschetta.	115	6	5	6	115	35	27820
Ⓟ PEACH BURRATA PARMESAN CROSTINI WITH HOT HONEY Fresh baguette baked with parmesan cheese and pepper until toasted. Topped with creamy burrata, sweet peaches, salty Parma ham, fresh basil, and hot honey.	115	6	5	6	115	115	352
Ⓟ PANCETTA WRAPPED HALLOUMI FRIES Possibly the ultimate crowd-pleasing nibble, these pancetta-wrapped halloumi fries are served with a smoky tomato relish.	95	5	4	5	95	95	NEW
Ⓥ CHEESY SUNDRIED TOMATO & GARLIC FLATBREAD Garlic-infused butter topped generously with tangy sundried tomatoes and melted cheese.	90	5	4	5	90	90	1069
THE BULL SNACK Bull Run style chilli biltong.	170	9	7	9	165	150	782
CHICKEN LIVERS Classic South African dish - hot & spicy Peri-Peri sauce served with pita bread.	85	5	4	4	85	45	51300
Ⓟ SLOW BRAISED PORK BELLY WITH APPLE & GARLIC PUREE Salty pork belly is married with sweet apple, creamy garlic puree.	135	8	6	7	135	135	NEW
Ⓟ OMG IT'S THE LOADED BAKED POTATO Mouthwatering Baked Potato creation, generously topped with velvety cheese sauce, a decadent blend of grated cheese, crispy bacon bits, and fiery Jalapeños.	85	5	4	4	85	85	98

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STEAK – OUR GAME!

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, steamed bread, pap or side salad.

	200g	250g	300g	350g	400g	500g	600g
	↓	↓	↓	↓	↓	↓	↓
FILLET	230	-	320	-	-	-	-
RUMP	-	195	-	240	-	-	-
SIRLOIN	-	195	-	240	-	-	-
RIBEYE	-	-	-	-	-	285	-
PORK RIBS	-	-	-	-	-	-	330
BEEF RIBS	-	-	-	-	-	-	360
LAMB CUTLETS	-	-	-	340	-	-	-
VENISON	-	230	-	-	-	-	-
PORK CHOPS	-	-	-	-	185	-	-
T-BONE STEAK	-	-	-	-	-	265	-
PRIME RIB	-	-	-	-	-	295	-
OSTRICH FILLET	-	240	-	-	-	-	-

CURRENCIES

	₨	\$	£	€	HIGH	LOW	VOLUME
SPICE RUB: BLACK TRUFFLE	18	1	1	1	18	18	1949
SPICE RUB: COFFEE AND THYME	10	1	0	1	10	10	355
SPICE RUB: OLIVE AND ROSEMARY	18	1	1	1	18	18	1120
STANDARD SAUCES Peri-Peri, Monkeygland, Red Wine Jus, garlic, creamy black pepper, double cheese, roasted tomato & red pepper, lemon butter, mushroom cream.	40	2	2	2	35	40	20208

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PULLED OXTAIL GNOCCHI

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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.

Ⓜ Ⓢ £ € **HIGH** **LOW** **VOLUME**

	Ⓜ	Ⓢ	£	€	HIGH	LOW	VOLUME
THREE PRIMAL CUTS OF BEEF Ultimate beef experience - a trio of succulent fillet, robust rump, and flavourful sirloin, each cut offers a unique texture and taste.	265	15	11	13	265	265	1461
P MIX GRILL BBQ basted sirloin steak, boerewors, lamb cutlets, pork chops & a whole chicken all cooked to perfection.	650	36	28	33	650	145	57215
STEAK & CHICKEN Indulge in a tender 250g rump steak paired perfectly with a succulent quarter chicken offering a delicious duo of flavours.	275	15	12	14	275	180	19661
P STEAK & RIBS Our Steak and Ribs duo - 250g sirloin steak alongside tender 300g ribs, perfectly grilled to perfection.	340	19	14	17	340	200	14955
A OXTAIL Traditional South African classic meticulously slow-braised in a tantalizing blend of red wine and rosemary.	270	15	12	14	270	165	57229
A LAMB SHANK Full of rich, savoury goodness prepared with a luscious red wine gravy.	340	19	14	17	340	150	40710
PULLED OXTAIL GNOCCHI Tender herb-infused gnocchi meets the rich flavours of slow-braised oxtail, accompanied by vibrant baby vegetables and drizzled with a luscious roasted tomato jus.	240	13	10	12	240	240	298

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BULL RUN PLATTER

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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.

Ⓜ Ⓢ Ⓛ Ⓝ **HIGH** **LOW** **VOLUME**

	Ⓜ	Ⓢ	Ⓛ	Ⓝ	HIGH	LOW	VOLUME
TOMAHAWK Grilled to perfection with a combination of flavour, tenderness, and presentation makes this a favourite among steak enthusiasts. Pricing based on the grammage available. Perfect for sharing.	SQ	SQ	SQ	SQ	SQ	SQ	300
P BULL RUN PLATTER 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 and zesty chakalaka.	695	39	30	35	695	695	201
DURBAN STYLE LAMB CURRY Lamb cubes cooked in a mild succulent curry sauce accompanied with basmati rice, poppadum, and carrot salad.	350	19	15	18	350	350	152
BRAISED SHORT RIB Perfectly slow cooked beef short rib infused with a hint of oregano served with creamy samp.	200	11	9	10	200	200	333
STEAK & PRAWN Sirloin steak grilled to perfection topped with 3 queen prawns.	320	18	14	16	320	155	130589

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THE CHEESE BEEF 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**
 ↓ ↓ ↓ ↓

Ⓜ THE 300g BULL RUN BURGER 300g BBQ basted & topped with bacon, cheddar cheese & avocado.	255	14	11	13	255	250	2614
THE CHEESE BEEF BURGER A juicy 200g BBQ basted beef patty with melted cheese, topped with lettuce, tomato and red onion.	145	8	7	6	165	145	27062
Ⓜ THE CHEESE CHICKEN BURGER 200g BBQ basted & topped with bacon, grilled mushrooms, cheese & Jalapeño.	160	9	7	8	160	65	14033
Ⓜ BUNLESS BURGER A low-carb alternative perfect assembled with tomato, dill, cheese, avocado, mushroom, bacon and fresh greens.	255	14	11	13	255	255	764
CHICKEN PREGO Prego roll topped with chicken breast grilled in prego sauce.	160	9	7	8	160	160	309
PULLED SHORT RIB BAGEL Slow cooked beef short rib infused with a hint of oregano, topped with red cabbage and Peppadew™.	170	9	7	9	170	170	98
FRIED CHICKEN BURGERS Southern fried Cajun chicken breast with a choice of:							
Ⓜ • BACON AND FETA red onion jam, crumbled feta, bacon bits, lettuce, and tomato.	170	9	7	9	170	170	154
• JALAPENO MAYO shredded red cabbage, jalapeño mayo, tomato, and rocket.	165	9	7	8	165	165	123

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CHICKEN AND MUSHROOM SKILLET



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POULTRY

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	R	\$	£	€	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	18	14	16	320	120	1550
BAKED CRUNCHY HOT HONEY CHICKEN Cornflake-crust chicken baked on a sheet pan until crispy and delicious. Drizzled with a perfect hot honey sauce.	175	10	7	9	175	175	765
CHICKEN BREAST Lemon & herb, Peri-Peri or BBQ.	150	8	6	8	150	69	118845
P Topped with mushroom, feta & Peppadew™.	175	10	7	9	175	120	637
Topped with bacon, mushroom & melted mozzarella.	175	10	7	9	175	110	903
Topped with cheese sauce & avocado.	175	10	7	9	175	120	578
CHICKEN CURRY Infused with aromatic lemongrass and creamy coconut, creating a harmonious blend of savoury goodness. Served with vibrant sambals and crispy poppadom.	170	9	7	9	170	125	RETURN
PERI-PERI CHICKEN WINGS Flame-grilled to perfection and basted with our signature Peri-Peri sauce.	200	11	9	10	200	200	1813
CHICKEN AND MUSHROOM SKILLET Chicken breast prepared in a skillet featuring a creamy and rich mushroom sauce topped with black and white sesame seeds and balsamic reduction.	180	10	8	9	180	180	257

STOCK OPTIONS

	R	\$	£	€	HIGH	LOW	VOLUME
V AVOCADO	35	2	1	2	35	35	497
V EDAMAME BEANS	85	5	4	4	85	85	211
V HALLOUMI	65	42	3	3	65	65	84
V FETA CHEESE	35	2	1	2	35	35	52
P BACON	35	2	1	2	35	35	2
P CHICKEN STRIPS	65	4	3	3	65	65	NEW

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CREAMY TOMATO & BASIL PENNE



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ORGANICS

	₨	\$	£	€	HIGH	LOW	VOLUME
✓ POTATO AND LENTIL CURRY Potato and lentils cooked in a mild succulent curry sauce accompanied with basmati rice, poppadum, and carrot salad.	150	8	6	8	150	150	151
✓ ROASTED MUSHROOM HERB ORZO Delicate pasta-like orzo with earthy mushrooms, flavourful seasonings, and parmesan cheese.	165	9	7	8	165	165	356
✓ CREAMY TOMATO & BASIL PENNE Topped with grated Parmesan.	110	6	5	6	110	110	2348
✓ ROASTED TOMATO AND BELL PEPPER SOUP Oven roasted tomatoes blended with peppers, served with garlic croutons and a basil pesto ice cream.	90	5	4	5	90	90	121

VEGAN

	₨	\$	£	€	HIGH	LOW	VOLUME
✓ VEGAN SHEPHERD'S PIE Crafted with Beyond Meat plant-based goodness featuring a medley of hearty vegetables and savoury plant-based protein, topped with creamy mashed potatoes.	185	10	8	9	185	185	84
✓ VEGAN BURGER A Beyond Meat delicious and satisfying plant-based alternative served with vegan mayonnaise, avocado and fresh greens.	210	12	9	11	210	210	393

✓ FUTURES

	₨	\$	£	€	HIGH	LOW	VOLUME
CHEESY JALAPEÑO FRIES	45	3	2	2	45	42	2912
SWEET POTATO FRIES	45	3	2	2	45	42	5364
CREAM SPINACH	45	2	2	2	45	15	1336372
GRILLED VEGETABLES	35	2	1	2	35	10	134936
BATTERED ONION RINGS	35	2	1	2	35	10	71527
HONEY BAKED BUTTERNUT	35	2	1	2	35	10	1101029
MASH POTATOES	35	2	1	2	35	15	39834
STEAMED BREAD	35	2	1	2	35	35	509
FRIES	35	2	1	2	35	35	13353
STEAMED WHITE RICE	35	2	1	2	35	35	2914
PAP	35	2	1	2	35	35	551
SIDE SALAD	35	2	1	2	35	35	2888
CHAKALAKA	35	2	1	2	35	35	203



TERIYAKI SALMON SERVED WITH WASABI MASH AND EDAMAME BEANS

EXCHANGE RATES MAY VARY

*Foreign currency only accepted by prior arrangement

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, steamed bread, pap or side salad.

SEAFOOD PLATTER

An ocean feast featuring succulent grilled hake, crispy fried calamari, tender grilled calamari, plump queen prawns, and creamy mussels, all basted with a tantalizing lemon butter & garlic sauce.

395 22 17 20 395 105 33904

QUEEN PRAWNS

Expertly grilled and seasoned to perfection. Drizzled with a luscious butter garlic and lemon sauce, and garnished with fragrant coriander.

335 19 14 17 335 55 122039

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.

SQ SQ SQ SQ SQ SQ 732

PAN FRIED SOLE

Served with lemon butter.

320 18 14 16 320 320 NEW

FALKLANDS CALAMARI

Expertly grilled or fried to perfection, and served with our signature homemade tartar sauce.

220 12 9 11 220 45 129828

TERIYAKI SALMON SERVED WITH WASABI MASH AND EDAMAME BEANS

Teriyaki grilled salmon topped with black and white sesame seeds served with a wasabi mash and Edamame beans.

365 20 16 18 365 365 NEW

SEAFOOD LINGUINE PASTA

Grilled prawns, mussels, and calamari in a roasted creamy tomato base topped with chilli flakes.

255 14 11 13 255 255 132

Ⓝ CONTAINS NUTS Ⓟ CONTAINS PORK ⓐ CONTAINS ALCOHOL Ⓥ VEGETARIAN

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



PINA COLADA PANNA COTTA

EXCHANGE RATES MAY VARY

*Foreign currency only accepted by prior arrangement

DAIRY

- (N) CHEESE PLATTER**
Delightful assortment of cheeses, perfectly paired with an array of preserves, nuts, dried fruits, and biscuits.
- BAKED CARAMEL CHEESECAKE**
Chef's Secret Recipe Cheesecake crafted to perfection and adorned with decadent salted caramel popcorn.
- SEASONAL FRUIT SALAD**
Freshness of the season served alongside creamy vanilla ice cream and drizzled with decadent chocolate sauce.
- MALVA PUDDING**
A South African rich and moist delight served alongside creamy vanilla ice cream and luscious custard.
- CAKE OF THE DAY**
Chef's selection of cake of the day served with ice-cream and fresh berries.
- CHOCOLATE BROWNIE**
Baked to perfection, served alongside velvety vanilla ice cream and adorned with a decadent cascade of chocolate sauce.
- (A) PINA COLADA PANNA COTTA**
This exotic combination of rum, coconut milk, lime and fresh pineapples turned into a Pina Colada Panna Cotta dessert.

	(R)	(S)	(£)	(€)	HIGH	LOW	VOLUME
(N) CHEESE PLATTER	185	10	8	9	185	28	44535
BAKED CARAMEL CHEESECAKE	95	5	4	5	95	35	6588
SEASONAL FRUIT SALAD	70	4	3	3	70	35	1466
MALVA PUDDING	70	4	3	4	70	25	113012
CAKE OF THE DAY	80	4	3	4	80	80	1129
CHOCOLATE BROWNIE	70	4	3	4	70	70	47233
(A) PINA COLADA PANNA COTTA	90	5	4	5	90	90	NEW

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

Please note that while every effort is made to use fresh ingredients in the preparation of food and beverages served on these premises, food and beverages including dairy products, ice cream, frozen desserts, proprietary sauces, juices, preserves, jams and preserved meats, served may contain permitted artificial colourants, flavourants and preservatives. Non-Halal and non-kosher foods are also prepared and served on the premises. In addition, certain foodstuffs have been packaged and prepared on premises in which nuts and other food allergens may be present. If you have any concerns regarding food allergies, please alert your server prior to ordering.

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BAKED CARAMEL CHEESECAKE