



**GLENWOOD**

*Fine Wines from Franschoek*

Welcome to GlenWood's Gourmet Sushi Restaurant

We are passionate about making the very best wines from our own grapes and serving you the finest sushi in town

GlenWood is 50ha in size, has about 120000 vines, receives about 1500mm/year rainfall, produces 90000 bottles per year, of which the majority is exported, and we pride ourselves on our naturally beautiful surroundings, our top quality wines, gourmet sushi and guest service

Thank you for visiting our Gourmet  
Sushi Restaurant

We would appreciate you taking the time  
to rate us on TripAdvisor.

[www.glenwoodvineyards.co.za](http://www.glenwoodvineyards.co.za)

[restaurant@glenwoodvineyards.co.za](mailto:restaurant@glenwoodvineyards.co.za)

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## **Starters**

Edamame  
R55

Seared Tuna Salad  
R60

Seared Salmon Salad  
R65

Ikageso Age  
*-Calamari Tentacles*  
R70

## **Sushi** **Hand Rolls (1)**

Tuna & Avo  
R65

Salmon & Avo  
R70

Prawn, Avo, Cucumber & Mayo  
R70

### **Maki Rolls (6)**

Tuna	R65
Salmon	R68
Prawn	R68

### **Inari (2)**

Spicy Tuna	R53
Spicy Salmon	R55
Spicy Prawn	R55

### **Sashimi (5)**

Tuna	R95
Salmon	R95
Prawn	R95

### **Nigiri (2)**

Tuna	R55
Salmon	R55
Prawn	R55

### **Roses (4)**

Salmon Roses

*-sushi rice wrapped in salmon topped with mayo and caviar*

R95

Roses Grenade

*-salmon roses with sweet soy, sauce, spiced mayo, tempura crumbs and caviar*

R105

## **Vegetarian Rolls**

Avocado Maki (6)

R50

Vegetable Hand Roll (1)

R60

Healthy Vegetable Roll (8)

*-pickled radish, carrot, cucumber & avo (no mayo)*

R70

Sweet Girl Roll (8)

*-Crazy Girl Roll's healthy sister: healthy vegetable roll tempura with sweet chilli mayo*

R88

Energy Bomb (8)

*-broccoli, green beans & carrot tempura topped with avo, sweet soy sauce & mayo*

R90

## **Fresh Fish Rolls (8)**

Spicy Tuna Roll  
*-spiced tuna inside*  
R90

Spicy Salmon Roll  
*-spiced salmon inside*  
R90

Salmon & Avo Rolls  
*-salmon & avo inside*  
R95

Rainbow Roll  
*-salmon & avo inside with salmon & tuna on top*  
R154

Salmon Dragon  
*-salmon & cucumber inside with avo, spicy mayo  
& caviar on top*  
R140

## **Chef's Signature Dishes (8)**

### Volcano Roll

*-deep fried prawn roll topped with crumbed spicy  
tuna  
R155*

### Hot Night Roll

*-spicy tuna and avo inside with panko shrimp  
topped with sweet chilli mayo  
R165*

### Crunch Bomb

*-prawn tempura, avo, cucumber & seared tuna  
topped with sweet soy sauce & mayo  
R170*

### Rainbow Reloaded

*-with caviar, mayo, sweet soy sauce, sesame oil &  
seven spice  
R168*

### Aburi Toro Salmon Roll

*-salmon & avo inside with grilled salmon, spring  
onion & spicy mayo on top  
R165*

## **Tempura Rolls (8)**

Prawn Tempura Roll

*-prawn tempura with avo, cucumber, mayo and sweet soy sauce*

R115

Spicy Tuna Tempura Roll

*-sweet soy sauce, sesame oil & spring onion*

R120

Crazy Girl Roll

*-salmon & avo roll tempura with sweet chilli mayo*

R120

## **New Style Sushi (6)**

Seared Tataki

*-with saikyo su-miso & tataki sauce*

Tuna R98

Salmon R98

New Style Aburi Sashimi

Tuna R98

Salmon R98



## **4x4 Combos**

Combo A R172

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Hot Night Roll (4)  
Rainbow Reloaded (4)

Combo B R168

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Rainbow Reloaded (4)  
Prawn Tempura (4)

Combo C R170

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Spicy Tuna Tataki Roll (4)  
Salmon Aburi Roll (4)

## **Platters**

### **Salmon and Tuna**

Sashimi - Salmon (3) Tuna (3)

Nigiri - Salmon (2) Tuna (2)

Salmon & Avo Rolls (2) Spiced Tuna & Avo Rolls (2)

R242

### **Salmon lovers**

Sashimi (5)

Nigiri (4)

Salmon & Avo Rolls (4) Roses (2)

R250

## **Drinks**

### **Coffee & Tea**

Americano, Cappuccino, Espresso	R20
Rooibos, Ceylon Tea	R18

### **Soft Drinks**

Coke, Coke Zero	R22
Appletiser, Grapetiser Red	R24
Water – Still or Sparkling	R12
Corkage	R100

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