



**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

Please note that, as a token of our  
appreciation, restaurant guests will receive a  
10% discount on any wine purchases of six  
bottles or more from our Tasting Room



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

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

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## **Starters**

Edamame  
R55

Seared Salmon Salad  
R85

Ikageso Age  
*calamari Tentacles*  
R70

Miso Soup  
*with tofu & wakame*  
R80

Seared Tuna Salad  
R85

Salmon Miso Udon Soup  
R90

## **Sushi**

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

Tuna & Avo  
R75

Salmon & Avo  
R75

Prawn, Avo, Cucumber & Mayo  
R75

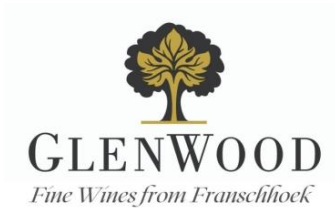
### **Roses (4)**

Salmon Roses

*-sushi rice wrapped in salmon topped with mayo and caviar*  
R110

Roses Grenade

*-salmon roses with sweet soy, sauce, spiced mayo, tempura  
crumbs and caviar*  
R115



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

Tuna	R80
Salmon	R80
Prawn	R80

### **Inari (2)**

Spicy Tuna	R60
Spicy Salmon	R60
Spicy Prawn	R60

### **Sashimi (5)**

Tuna	R100
Salmon	R100
Prawn	R100

### **Nigiri (2)**

Tuna	R70
Salmon	R70
Prawn	R70

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

Seared Tataki

*-with saikyo su-miso & tataki sauce*

Tuna R110

Salmon R110

New Style Aburi Sashimi

Tuna R110

Salmon R110



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## **Vegetarian Rolls**

Avocado Maki (6)

R70

Vegetable Hand Roll (1)

R65

Healthy Vegetable Roll (8)

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

R75

Sweet Girl Roll (8)

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

R90

Energy Bomb (8)

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

R95



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

Spicy Tuna Roll  
*-spiced tuna inside*

R110

Spicy Salmon Roll  
*-spiced salmon inside*

R110

Salmon & Avo Rolls  
*-salmon & avo inside*

R110

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

R175

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

R180



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

### Volcano Roll (6)

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

R180

### Rainbow Reloaded

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

R190

### Aburi Toro Salmon Roll

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

R190

### Crunch Bomb

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

R190

### Hot Night Roll

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

R200

## **Tempura Rolls (8)**

Prawn Tempura Roll

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

R140

Spicy Tuna Tempura Roll

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

R125

Crazy Girl Roll

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

R140

## **4x4 Combos**

Combo A R200

Hot Night Roll (4)  
Rainbow Reloaded (4)

Combo B R185

Rainbow Reloaded (4)  
Prawn Tempura (4)

Combo C R190

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)

R285

### **Salmon lovers**

Sashimi (5)

Nigiri (4)

Salmon & Avo Rolls (4) Roses (2)

R300

## **Mains**

Stir Fry

*Served with noodles*

Vegetable

R160

Chicken

R180

Pork

R200

## **Dessert**

Please ask you waiter what flavours are available

*2 Scoops*

R60

## **Coffee & Tea**

Americano, Cappuccino, Espresso	R25
Rooibos, Ceylon Tea, Jasmine Green Tea	R18

## **Soft Drinks**

Coke, Coke Zero	R22
Appletiser, Red Grapetiser	R24
750ml water – Still or Sparkling	R26

## **Craft Beer**

CBC Lager	R36
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## **Cap Classique**

Pierre Jourdan Belle Rose	R260
Le Lude Brut MCC	R500

<b>Corkage</b>	R100
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## **White Wine**

Sauvignon Blanc/Semillon 2021	R45/170
Unoaked Chardonnay 2021	R50/180
Vigneron's Selection Chardonnay 2020	R85/336
GD1 Project Semillon 2020	R180
Grand Duc Semillon Sauvignon Blanc 2017	R550

## **Red Wine**

Merlot 2020	R50/190
Vigneron's Selection Shiraz 2019	R60/230
Grand Duc Syrah 2018	R755

## **Save Our Rhinos**

Save Our Rhinos Rose 2020	R35/120
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## **Noble Late Harvest**

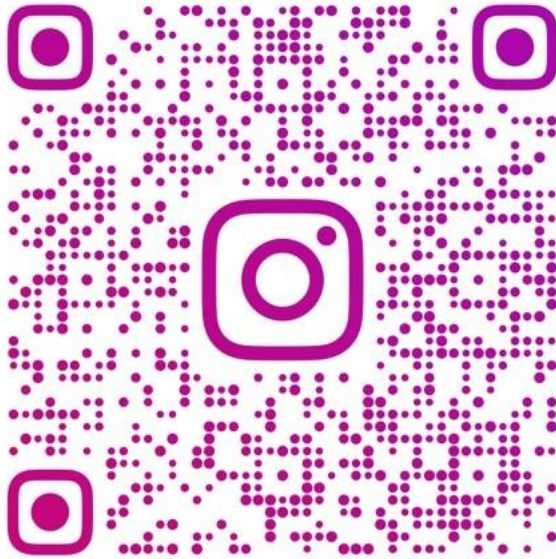
Grand Duc Noblesse 2017	R385
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*Please note for tables larger than five people 15% service charge is automatically added to the bill*



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