



**GLENWOOD**

*Fine Wines from Franschhoek*

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.

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## **Starters**

Edamame  
R55

Seared Salmon Salad  
R90

Seared Tuna Salad  
R85

Miso Soup  
*-with tofu & wakame*  
R80

Salmon Miso Udon Soup  
R90

## **New Style Sashimi(6)**

Seared Tataki  
*-with saikyo su-miso & tataki sauce*  
Tuna R110      Salmon R115

New Style Aburi Sashimi  
Tuna R110      Salmon R115

## **Roses**

Salmon Roses(4)  
*-sushi rice wrapped in salmon topped with mayo and caviar*  
R110

Roses Grenade(4)  
*-salmon roses with sweet soy, sauce, spiced mayo, tempura crumbs and caviar*  
R115



## **Maki Rolls (6)**

Tuna	R80
Salmon	R80
Prawn	R80

## **Nigiri(2)**

Tuna	R70
Salmon	R70
Prawn	R70

## **Sashimi (5)**

Tuna	R100
Salmon	R115
Prawn	R100

## **Hand Rolls(1)**

Tuna & Avo	R75
Salmon & Avo	R75
Prawn , Avo & Mayo	R75

## **West Coast Lobster Tail(5)**

*-nigiri style lobster tail steak with a drizzle of creamy mayo segmented by lemon slices*

R145

## **Sushi**

### **Seared Salmon Roll(8)**

*-cooked salmon & avo inside topped with salmon, avo & sweet soya*

R120

### **Aburi Toro Salmon Roll (8)**

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

R190



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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**

Rock & Roll (6)

*-rice free prawn, tuna & salmon wrapped in seaweed & cucumber served with ponzu sauce*

R105

Spicy Tuna Roll (8)

*-spiced tuna inside*

R110

Salmon & Avo Rolls (8)

*-salmon & avo inside*

R110

Tiger Roll (8)

*-tempura prawn, avo, cucumber inside, topped with steamed prawn & avo*

R130

Rainbow Roll (8)

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

R175

Salmon Dragon(8)

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

R180



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## **Chef's Signature Dishes**

Volcano Roll(6)

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

R180

Rainbow Reloaded (8)

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

R190

Crunch Bomb (8)

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

R200

Hot Night Roll (8)

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

R200

Lobster Crunch(8)

*-lobster, avo, cucumber inside topped with avo,  
sweet soya, spicy mayo & tempura crumbs*

R205

## **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

## **Dessert**

Please ask your waiter what flavours are available

*2 Scoops*

R60

## **Coffee & Tea**

Espresso	R25
Americano	R28
Cappuccino	R30
Rooibos, Ceylon Tea, Jasmine Green Tea	R20

## **Soft Drinks**

Coke, Coke Zero	R26
Appletiser, Red Grapetiser	R28
750ml water – Still or Sparkling	R34

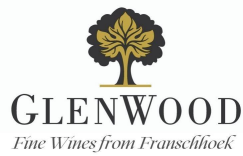
## **Craft Beer**

CBC Lager(340ml)	R38
Franschhoek Beer Co. 'Weiss	R38

## **Cap Classique**

Pierre Jourdan Belle Rose	R260
Colmant Brut MCC	R470

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

Sauvignon Blanc/Semillon 2021	R45/170
Unoaked Chardonnay 2021	<b>SOLD OUT</b>
Vigneron's Selection Chardonnay 2021	R85/336
Grand Duc Semillon Sauvignon Blanc 2018	R550
Grand Duc Chardonnay 2020	R720

## **Red Wine**

Merlot 2021	R50/190
Vigneron's Selection Shiraz 2020	R60/230
Grand Duc Syrah 2020	R755

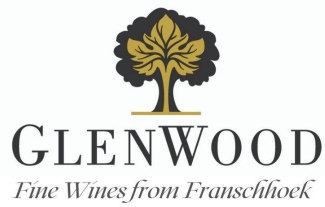
## **Save Our Rhinos**

Save Our Rhinos Rose 2021	R35/120
Save Our Rhinos Shiraz 2020	R40/130

## **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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and Gourmet Sushi offers