



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.

www.glenwoodvineyards.co.za
info@glenwoodvineyards.co.za

+27 21 876 2044



GLENWOOD
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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

Calamari Tentacles
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



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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

-spicy tuna, avo, 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

Hot Dishes

Stir fry

Served with noodles

Pork

R180

Chicken

R 180

Vegetable

R160

Ramen

Served with a broth base,infused with ramen noodles,mushrooms,spring onions,baby corn,mange tout,carrots topped up with a boiled egg

Tonkotsu(Pork)

R160

Shoyu (Chicken)

R160

Miso(V)

R150

Dessert

Sorbetiere Ice cream

Please ask your waiter what flavours are available

2 Scoops

R60

Coffee & Tea

Espresso	R25
Americano	R28
Cappuccino	R32
Rooibos, Ceylon Tea, Jasmine Green Tea	R24

Soft Drinks

Coke, Coke Zero	R26
Appletiser, Red Grapetiser	R28
750ml water – Still or Sparkling	R38

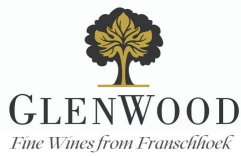
Craft Beer

CBC Lager(340ml)	R40
Franschhoek Beer Co. 'Weiss(340ml)	R40

Cap Classique

Pierre Jourdan Belle Rose	R360
Colmant Brut MCC	R550

Corkage	R100
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White Wine

Unoaked Chardonnay 2022	R50/ R 180
Vigneron's Selection Chardonnay 2021	R85/336
Grand Duc Semillon Sauvignon Blanc 2018	R550

Red Wine

Merlot 2021	R50/190
Grand Duc Syrah 2020	R755

Save Our Rhinos

Save Our Rhinos Rose 2021	R35/120
Save Our Rhinos Sauvignon Blanc 2022	R35/120
Save Our Rhinos Shiraz/Merlot 2021	R40/130

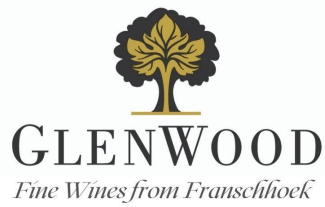
Cellarmaster's Private Cellar

Grand Duc Syrah 2014	R995
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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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and Gourmet Sushi offers