



# GLENWOOD

*Home of Chardonnay, 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



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## **Starters**

Edamame  
R75

Seared Tuna Salad  
R115

Salmon Miso Udon Soup  
R115

Veg Spring Roll (3)  
R90

Seared Salmon Salad  
R120

Miso Soup  
*-with tofu & wakame*  
R75

Calamari Tubes & Heads  
R130

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

Tuna R90

Salmon R90

Prawn R90

### **Inari (3) NEW!!!!!!**

Tuna R120

Salmon R120

Prawn R120

### **Sashimi (5)**

Tuna R145

Salmon R150

Prawn R125

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

Tuna, Avo & Mayo R95

Salmon, Avo & Mayo R95

Prawn, Avo & Mayo R95

### **Poke Bowls with Rice (1) NEW!!!!!!**

Salmon & Veg R130

Prawn & Veg R130

Tuna & Veg

R130



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

Yellowtail R125 NEW!!!!

*-with jalapeno and ponzu sauce*

Seared Tataki

*-with saikyo su-miso & tataki sauce*

Salmon R125

Tuna

R120

New Style Aburi Sashimi

Salmon R125

Tuna

R120

## **Roses (4)**

Salmon Roses

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

R130

Roses Grenade

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

R135

## **Sushi**

Salmon/Tuna Sakura Roll (8) NEW!!!!

*-spicy salmon/tuna & avo inside topped with salmon/tuna, chef signature sauce & sweet soya*

R230



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**Vegetarian Rolls**

Avocado Maki (6)

R80

Vegetable Hand Roll (1)

R75

Vegetable Poke Ball (1) NEW!!!!!!

*-tofu, avo, pickled radish, inari, rice edamame beans, mayo  
and teriyaki sauce*

R130

Healthy Vegetable Roll (8)

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

R85

Sweet Girl Roll (8)

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

R110

Energy Bomb (8)

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

R115



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**Fresh Fish Rolls**

**Spicy Tuna Roll (8)**

*-spiced tuna inside and togoroshi spice outside*

**R140**

**Crab California Roll (8)**

*-crab, avo & mayo inside*

**R115**

**Spicy Crab & Inari Roll (8) NEW!!!!!!**

*-crab & avo inside, topped with inari, drizzled with a mild  
Sriracha sauce*

**R160**

**Tiger Roll (8)**

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

**R200**

**Rainbow Roll (8) NEW!!!!!!**

*-salmon & avo inside with salmon, yellowtail & avo on top*

**R250**

**Salmon Dragon (8)**

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

**R205**



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## **Chef's Signature Dishes**

**Spicy Yellowtail Roll (8) NEW!!!!**

*-deep fried jalapeno roll topped with yellowtail, teriyaki sauce & chefs signature sauce*

**R240**

**Soft Shell Crab (8)**

*-soft shell crab & avo inside topped with prawn sweet soya & mayo*

**R210**

**Lobster Crunch (8)**

*-steamed lobster & cucumber inside topped with avo, sweet soy sauce & spicy mayo*

**R240**

**Rainbow Reloaded (8)**

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

**R240**

**Crunch Bomb (8)**

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

**R240**

**Hot Night Roll (8)**

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

**R230**



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## **Tempura Rolls**

### Prawn Tempura Roll

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

R175

### Spicy Tuna Tempura Roll (8)

*-spicy tuna, avo, sweet soy sauce, sesame oil & spring onion*

R160

### Crazy Boy Roll (8)

*-crab tempura with avo, mayo & sweet chilli*

R140

### Crazy Girl Roll (8)

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

R165

### Volcano Roll (6)

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

R200

## **4x4 Combo**

Combo A

R235

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Hot Night Roll (4)

Rainbow Reloaded (4)



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## **Platters**

### **Salmon & Tuna**

Sashimi – Salmon (3) & Tuna (3)

Nigiri – Salmon (2) & Tuna (2)

Salmon & Avo Rolls (2)

Spiced Tuna & Avo Rolls (2)

**R330**

### **Salmon Lovers**

Sashimi (5)

Nigiri (4)

Salomon & Avo Rolls (4)

Roses (2)

**R350**

### **Chef's Signature NEW!!!!**

Rainbow Roll (4)

Salmon Roses (4)

Spicy Tuna Roll (4)

**R250**

## **Hot Dishes**

**Stir Fry**

*-served with noodles*

Pork  
R185

Chicken  
R195

Vegetable  
R160





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## **Dessert**

Ice cream

*Please ask your waiter what flavours are available*

3 Scoops

R75

## **Hot Beverages**

Espresso Single	R20
Americano/ Coffee	R40
Flat White/ Latte/ Rooibos Cappuccino	R45
Hot Chocolate	R45
Rooibos/ Ceylon	R30

## **Soft Drinks**

Coke/ Coke Zero	R38
Lemonade	R38
Appletiser/ Red Grapetiser	R45
Passion Fruit	R55
Still / Sparkling Water	
-500mL	R40
-1L	R45

## **Craft Beer**

Franschhoek Beer Co. Lager (340mL)	R65
Loxtonia – Stone Fruit Flavour	R55
Castle Lite	R40



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**Wine List**

**Corkage (per 750mL) R120**

**Cap Classique**

Pierre Jourdan Belle Rose	R415
Colmant Brut Reserve MCC	R650
FHK Pass Morena Brut MCC	R320

**White Wine**

GlenWood Sauvignon Blanc 2023	R50/ 175
GlenWood (Unoaked) Chardonnay 2023	R50/ 202
Vigneron's Selection Chardonnay 2023	R85/ 378
Grand Duc Chardonnay 2022	R 203/815
Grand Duc Semillon 2020	R 815

**Red Wine**

GlenWood Merlot 2023	R60/ 230
Vigneron's Selection Shiraz 2022	R65/ 275
Grand Duc Syrah 2022	R225/900

**Noble Late Harvest (SOLD OUT)**

Grand Duc Noblesse NV	R455
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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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**Please like and follow us on social media to stay updated on all Fine Wine and Gourmet Sushi offers.**



**Thank you**