



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



GLENWOOD

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Starters

Edamame

R85

Seared Salmon/Tuna Salad

R130

Salmon Miso Udon Soup

R140

Miso Soup

-with tofu & wakame

R95

Calamari Tentacles

R150

Calamari Tubes & Heads

R150

Veg Spring Roll (3)

R95

Prawn Wonton (4)

R160

Maki Rolls (6)

Tuna R90

Salmon R90

Prawn R90

Dim Sum (4)

Prawn R130

Chicken R155

Sashimi (5)

Tuna R155

Salmon R160

Prawn R130

Hand Rolls (1)

Tuna, Avo & Mayo R105

Salmon, Avo & Mayo R105

Prawn, Avo & Mayo R105

Poke Bowls with Rice (1)

Salmon & Veg R130

Prawn & Veg R130

Tuna & Veg

Poke Nachos

R130

R130



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New Style Sashimi (6)

Yellowtail R135

-with jalapeno and ponzu sauce

Seared Tataki

-with saikyo su-miso & tataki sauce

Salmon R130

Tuna R130

New Style Aburi Sashimi

Salmon R135

Tuna R130

Popcorn

Prawn Popcorn

R130

Roses (4)

Salmon Roses

-sushi rice wrapped in salmon topped with mayo and caviar

R145

Roses Grenade

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

R155

Sushi

Salmon/Tuna Sakura Roll (8)

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

R230



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Vegetarian Rolls

Avocado Maki (6)

R90

Vegetable Hand Roll (1)

R85

Vegetable Poke Ball (1)

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

R140

Healthy Vegetable Roll (8)

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

R95

Sweet Girl Roll (8)

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

R120

Energy Bomb (8)

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

R130



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Fresh Fish Rolls

Spicy Tuna Roll (8)

-spiced tuna inside and togoroshi spice outside

R150

Crab California Roll (8)

-crab, avo & mayo inside

R130

Spicy Crab & Inari Roll (8)

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

R170

Tiger Roll (8)

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

R240

Rainbow Roll (8)

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

R260

Salmon Dragon (8)

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

R225



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Chef's Signature Dishes

Spicy Yellowtail Roll (8)

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

R250

Soft Shell Crab (8)

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

R220

Lobster Crunch (8)

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

R250

Rainbow Reloaded (8)

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

R250

Crunch Bomb (8)

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

R250

Hot Night Roll (8)

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

R240



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Tempura Rolls

Prawn Tempura Roll (8)

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

R200

Spicy Tuna Tempura Roll (8)

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

R180

Crazy Boy Roll (8)

-crab tempura with avo, mayo & sweet chilli

R160

Crazy Girl Roll (8)

-salmon & avo tempura roll with sweet chilli mayo

R170

Volcano Roll (6)

-deep fried prawn roll topped with crumbed spicy tuna

R200

Cheesy Roll (8)

-crispy tempura roll filled with cream cheese & yellowtail

R250



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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)

R360

Salmon Lovers

Sashimi (5)

Nigiri (4)

Salomon & Avo Rolls (4)

Roses (2)

R360

Chef's Signature

Rainbow Roll (4)

Salmon Roses (4)

Spicy Tuna Roll (4)

R300

Hot Dishes

Stir Fry

-served with noodles

Pork

R195

Chicken

R210

Vegetable

R180

Egg Fried Rice

R110



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Dessert

Decadent Chocolate Coffee Cake R85

*-topped with Caramel Treat, Fresh Cream and Peppermint
Crisp Chocolate*

Hot Beverages

Espresso Single R20

Americano/ Coffee R45

Flat White/ Latte/ Rooibos Cappuccino R50

Hot Chocolate R55

Rooibos/ Ceylon R30

Soft Drinks

Coke/ Coke Zero R40

Lemonade R38

Appletiser/ Red Grapetiser R45

Passion Fruit R55

Still / Sparkling Water

-500mL R40

-1L R50

Craft Beer

Franschhoek Beer Co. Lager (340mL) R65

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
La Roche Estate Bacchus Cap Classique	R400

White Wine

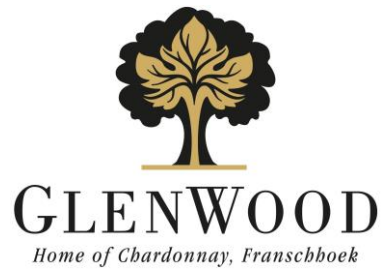
GlenWood Sauvignon Blanc 2023	R50/ 175
GlenWood (Unoaked) Chardonnay 2024	R50/ 202
Vigneron's Selection Chardonnay 2024	R85/ 378
Grand Duc Chardonnay 2023	R 203/815
Grand Duc Semillon 2020	R 815

Red Wine

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

Noble Late Harvest

Grand Duc Noblesse 2023	R455
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Thank you for visiting our Gourmet Sushi
Restaurant.

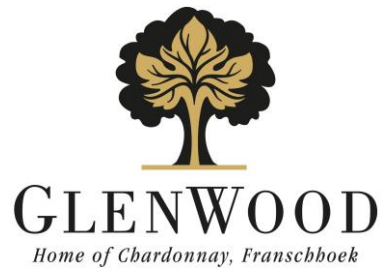
Please note that, as a token of our appreciation,
restaurant guests will receive a 10% discount on any
wine purchases of six bottles or more from our
Tasting Room.

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