



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
R85

Calamari Tentacles
R150

Veg Spring Roll (3)
R95

Jalapeno Poppers
*-panko deep fried jalapeno
stuffed with spiced tuna*
R100

Seared Salmon/Tuna Salad
R130

Calamari Tubes & Heads
R185

Prawn Wanton (4)
R160

Maki Rolls (6)

Tuna	R90
Salmon	R90
Prawn	R90

Dim Sum (4)

Prawn	R165
Chicken	R155

Sashimi (5)

Tuna	R155
Salmon	R180
Yellowtail	R150

Hand Rolls (1)

Tuna, Avo & Mayo	R115
Salmon, Avo & Mayo	R130
Prawn, Avo & Mayo	R110



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New Style Sashimi (6)

Yellowtail R135

-with jalapeno and ponzu sauce

Seared Tataki

-with saikyo su-miso & tataki sauce

Salmon	R170	Tuna	R130
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New Style Aburi Sashimi

Salmon	R160	Tuna	R130
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Yellowtail R125

Popcorn

Prawn Popcorn

R150

Roses (4)

Salmon Roses

-sushi rice wrapped in salmon topped with mayo and caviar

R160

Roses Grenade

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

R165

Sushi

Salmon/Tuna Sakura Roll (8)

-salmon/tuna & avo inside topped with salmon/tuna, black bean mayo & spring onion

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)

R135

Sweet Girl Roll (8)

*-Crazy Girl Roll's healthier 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*

R140



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Fresh Fish Rolls

Spicy Tuna Roll (8)

-spiced tuna inside

R150

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

R230

Salmon Dragon (8)

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

R220

4x4 Combos

Combo A

-rainbow reloaded (4) / hot night roll (4)

R248

Combo B Aburi

-salmon aburi roll (4) / salmon aburi roses (2) / nigiri (2)

R250

Combo C

-rainbow reloaded (4) / prawn tempura roll (4)

R240



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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

Tropical Roll (8)

-panco prawn & cucumber inside topped with salmon, sweet soya, spider sauce, hot sriracha & diced cucumber

R250

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

R250



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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

R200

Crazy Girl Roll (8)

-salmon & avo tempura roll with sweet chilli mayo

R170

Cheesy Roll (8)

-crispy tempura roll filled with cream cheese & yellowtail

R250

Volcano Roll (6)

-deep fried prawn roll topped with crumbed spicy tuna

R210



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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)

R370

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

R205

Chicken

R210

Vegetable

R180

Egg Fried Rice

R160



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Dessert

Decadent Chocolate Coffee Cake R115

-topped with Caramel Treat, Fresh Cream and Peppermint

Crisp Chocolate

Hot Beverages

Espresso Single R40

Americano/ Coffee R45

Flat White/ Latte/ Rooibos Cappuccino R50

Hot Chocolate R68

Rooibos/ Ceylon R30

Soft Drinks

Coke/ Coke Zero R45

Lemonade R40

Appletiser/ Red Grapetiser R45

Passion Fruit R55

Still / Sparkling Water

-500mL R40

-1L R50

Craft Beer

Franschhoek Beer Co. Lager (340mL) R65

Castle Lite R60



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Wine List

Corkage (per 750mL) R150

Cap Classique

Pierre Jourdan Belle Rose	R520
Colmant Brut Reserve MCC	R880
La Roche Estate Bacchus Cap Classique	R805

White Wine

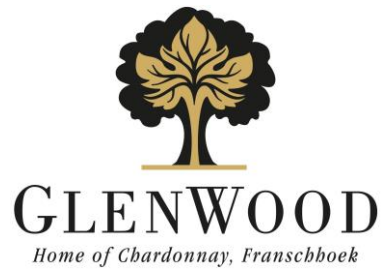
GlenWood Sauvignon Blanc 2026	R65/ 260
GlenWood (Unoaked) Chardonnay 2026	R65/ 260
Vigneron's Selection Chardonnay 2025	R112/ 442
Grand Duc Chardonnay 2024	R 195/770
Grand Duc Semillon 2023	R /615

Red Wine

GlenWood Merlot 2025	R85/ 340
Vigneron's Selection Shiraz 2024	R95/ 380
Grand Duc Syrah 2024	R190/755

Shiraz Rosé

GlenWood Shiraz Rosé 2026	R65/260
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Thank you for visiting our Gourmet Sushi
Restaurant.

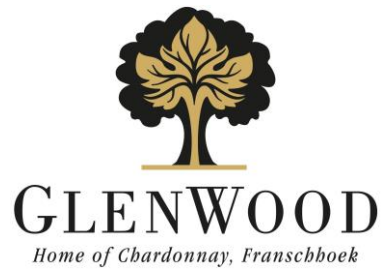
Please note that, as a token of our appreciation,
restaurant guests will receive a 10% discount on any
wine purchases of six bottles or more from our
Tasting Room.

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