



GLENWOOD

Home of Chardonnay, Franschhoek

Nature is our Home

Our right to live in a magnificent biodiversity hotspot comes with an obligation to improve it, **leaving the land better than we found it.**

These are the six credos which we use to measure ourselves, and which WWF and Carbon Heroes used to award Glenwood as Conservation Champion for its environmental **and sustainability** progress.

1. We only farm 45% of our land, the rest is set aside as a conservation area
2. Water is a shared resource before it is a farming input.
3. What we build, we build to leave a lighter mark.
4. Every part of the estate answers to the same standard – wine, Sakura at GlenWood and fynbos cut-flower cultivation.
5. Our Conservation Champion status is not something we wear, it is something we do under WWF's ongoing criteria for habitat, water, energy and climate adaptation.
6. What we protect, we also continuously prove, as demanded by Carbon Heroes – ecological restoration ratio, water efficiency usage and open disclosure of practices, rather than just the outcome.



WWF
Conservation
Champion





GLENWOOD

Home of Chardonnay, Franschhoek

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 Wonton (4)
R160

Queen Prawns (4)
R155

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



GLENWOOD

Home of Chardonnay, Franschhoek

New Style Sashimi (6)

Yellowtail R135

-with jalapeno, garlic and ponzu sauce

Seared Tataki

-with saikyo su-miso & tataki sauce

Salmon	R170	Tuna	R130
--------	------	------	------

New Style Aburi Sashimi

Salmon	R160	Tuna	R130
--------	------	------	------

Yellowtail R125

Popcorn

Prawn Popcorn

R150

Shrimp Toast

*-triangles of bread, coated with a paste made from
minced shrimp & deep fried*

R105

Fashion Sandwich

Prawn Sandwich

-sushi rice, prawns, avocado & mayo

R140

Salmon Sandwich

-sushi rice, salmon, avocado & mayo

R145



GLENWOOD

Home of Chardonnay, Franschhoek

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



GLENWOOD

Home of Chardonnay, Franschhoek

Fresh Fish Rolls

Salmon Roses (4)

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

R160

Spicy Tuna Roll (8)

-spiced tuna inside

R150

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

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

R240

Combo C Aburi

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

R250



GLENWOOD

Home of Chardonnay, Franschhoek

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



GLENWOOD

Home of Chardonnay, Franschhoek

Chef's Selection

Roses Grenade (4)

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

R165

Salmon/Tuna Sakura Roll (8)

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

R230

Philadelphia Roll (8)

-cream cheese & avo inside topped with smoked salmon

R200

Rainbow Reloaded (8)

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

R250

Tiger Roll (8)

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

R240

Salmon Aburi Roll (8)

*-salmon & avo inside topped with salmon on top, flamed
torched with sesame oil & soy sauce*

R250



GLENWOOD

Home of Chardonnay, Franschhoek

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

Sakura Tower (6)

-deep fried futomaki with salmon with our signature sauces

R240

Volcano Roll (6)

-deep fried prawn roll topped with crumbed spicy tuna

R210



GLENWOOD

Home of Chardonnay, Franschhoek

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

Sakura Platter

Salmon Sakura (4)

Tuna Sakura (4)

Roses Grenade (2)

R290



GLENWOOD

Home of Chardonnay, Franschhoek

Hot Dishes

Stir Fry

-served with noodles

Pork

R205

Chicken

R210

Vegetable

R180

Egg Fried Rice

R160

Seafood Deluxe

-udon noodles served with blue nose fish, grilled prawns & mussels with a curry paste sauce

R250

Fries - R70

Calamari & Fries

R220

Dessert

Decadent Chocolate Coffee Cake

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

R115

SMELT

-brownie with a special filling dipped in belgium chocolate

R115



GLENWOOD

Home of Chardonnay, Franschhoek

Hot Beverages

Espresso Single	R40
Americano/ Coffee	R45
Flat White/ Latte/ Rooibos Cappuccino	R50
Hot Chocolate	R68
Rooibos Tea	R30
Ceylon Tea	R30

Soft Drinks

Coke/ Coke Zero	R45
Lemonade	R40
Appletiser/ Red Grapetiser	R45
Passion Fruit	R55
Still / Sparkling Water	R50
-1L	

Craft Beer

Franschhoek Beer Co. Lager (340mL)	R70
Castle Lite	R60
Heineken 0%	R60



GLENWOOD

Home of Chardonnay, Franschhoek

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

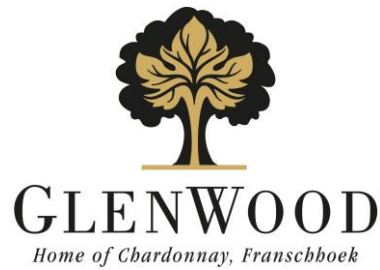
GlenWood Sauvignon Blanc 2026	R65/ 260
GlenWood (Unoaked) Chardonnay 2026	R65/ 260
Vigneron's Selection Chardonnay 2025	R112/ 442
Grand Duc Chardonnay 2024	R 195/770

Red Wine

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

Shiraz Rosé

GlenWood Shiraz Rosé 2026	R65/260
---------------------------	---------



Thank you for visiting our Gourmet Sushi
Restaurant.

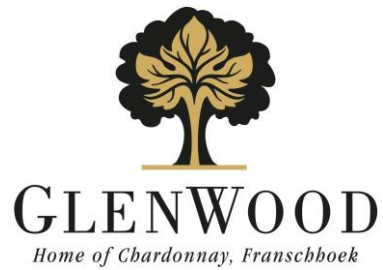
Please note that, as a token of our appreciation,
restaurant guests will receive a 10% discount on any
wine purchases of six bottles or more from our
Tasting Room.

We would appreciate you taking the time to rate us
on TripAdvisor.

www.glenwoodvineyards.co.za

info@glenwoodvineyards.co.za

+27 21 876 2044



Please like and follow us on social media to stay updated on all Fine Wine and Gourmet Sushi offers.



Thank you