



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 Salmon/Tuna Salad
R120

Salmon Miso Udon Soup
R120

Miso Soup
-with tofu & wakame
R75

Calamari Tentacles
R130

Calamari Tubes & Heads
R130

Veg Spring Roll (3)
R90

Prawn Wanton (4)
R160

Maki Rolls (6)

Tuna R90
Salmon R90
Prawn R90

Inari (3)

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)

Salmon & Veg R130
Prawn & Veg R130

Tuna & Veg R130



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New Style Sashimi (6)

Yellowtail R125

-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

Popcorn

Prawn Popcorn

R130

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

R140

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)

R80

Vegetable Hand Roll (1)

R75

Vegetable Poke Ball (1)

*-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*

R120



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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

R120

Spicy Crab & Inari Roll (8)

-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

R230

Rainbow Roll (8)

-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)

-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 (8)

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

R180

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

R170

Volcano Roll (6)

-deep fried prawn roll topped with crumbed spicy tuna

R200

4x4 Combo

Combo A

R240

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)

R350

Salmon Lovers

Sashimi (5)

Nigiri (4)

Salomon & Avo Rolls (4)

Roses (2)

R350

Chef's Signature

Rainbow Roll (4)

Salmon Roses (4)

Spicy Tuna Roll (4)

R280

Hot Dishes

Stir Fry

-served with noodles

Pork

R185

Chicken

R195

Vegetable

R160

Egg Fried Rice

R105



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Dessert

Decadent Chocolate Coffee Cake R75

-topped with Caramel Treat, Fresh Cream and Peppermint

Crisp Chocolate

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

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 2024	R50/ 175
GlenWood (Unoaked) Chardonnay 2024	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

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