



THE TUG

RESTAURANT

SWAKOPMUND · NAMIBIA

# ALA CARTE MENU

[www.the-tug.com](http://www.the-tug.com)



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# A LA CARTE MENU

## *The Tug Team leaders are:*

Brett Southworth	Owner
Chef Immanuel	Executive Chef
Jacob Fredericks	Manager
Clinton Fisch	Assistant Manager

And should you require assistance at any time during service, please do not hesitate to call on them;

It is our aim to deliver the freshest products available. Should these not meet Chef Immanuel's standards, and also due to preparation of limited quantities, certain menu items may be temporarily unavailable without notice. Thank you for understanding;

This entire restaurant facility, **including** the outside terrace, is a non-smoking establishment. We thank you for your co-operation;

Most of our products such as vegetables, herbs, meats, and fish are sourced locally or within Namibia as far as possible. All seafood except oysters are wild caught and not cultivated; All seafood except prawns are caught in Namibian waters and acquired from Companies with vessels and processing facilities which are EU approved;

s/a=subject to availability as this product, or part thereof, may be seasonal or temporarily unavailable;

Half portions on certain items are available upon request. Please enquire with your server.

## **Wine and Food Pairing**

We list a suggested wine pairing below each of our dishes, please look for the stylised text e.g;

*Iona Chardonnay*

*[www.the-tug.com](http://www.the-tug.com)*



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## STARTERS - WARM

### ***Atlantic Seafood Soup***

Seafood medley with Fish, Mussels, Calamari & a Prawn  
*Constantia Uitsig Chardonnay*

**N\$95**

### ***Baked Camembert, Fig & Pistachio***

A half portion of this renowned French style Cheese toasted in Sugar Caramel, green Fig, served with a Melba Toast  
*Beyerskloof Pinotage*

**N\$105**

### ***Tug King Mussels (s/a)***

Mussels deep fried and served on a Beetroot bed with Horseradish  
*Iona Chardonnay*

**N\$55**

### ***Calamari***

Grilled, dusted or deep fried, served with Tartare Sauce  
*Terra Del Capo Pinot Grigio*

**N\$75**

### ***John Dory Goujons***

Succulent crumbed strips of this Namibian deep sea delicacy, served with Tartare Sauce  
*Meerlust Pinot Noir*

**N\$65**

### ***Garlic Snails***

½ dozen Snails, served with White Bread fingers sizzling in Herb & Garlic Butter  
*Terra Del Capo Sangiovese*

**N\$95**



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## STARTERS - COLD

### ***Fresh Walvis Bay Oysters (s/a)***

6 fresh Atlantic Oysters on crushed Ice, served with fresh Lemon, Black Pepper & Tabasco on the side  
*L'Ormarins MCC Brut Classique A. Rupert*

**N\$125**

Per additional Oyster

N\$21

### ***Smoked Salmon tartare***

Pineapple, Melon, Cucumber, Strawberry (s/a), and a Prawn tail, served with Cranberry sauce and Feta  
*Kleine Zalze Family Reserve Chenin Blanc*

**N\$120**

### ***Sole and Salmon wheels***

Rolled fillet of Sole and smoked Salmon with fresh Dill served on a Beetroot smear  
*Constantia Uitsig Semillon*

**N\$105**

### ***Beef Carpaccio***

Thinly sliced Beef Fillet served with Capers, Rocket, Red Onion, and Parmesan shavings, drizzled with Balsamic Vinegar, Black Pepper and Olive Oil  
*Diemersdal Chardonnay*

**N\$85**

### ***Smoked Snoek Pâté***

Homemade Pâté Muscadel infused, and served with Melba Toast  
*Iona Chardonnay*

**N\$65**

# SALADS



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	<i>Small</i>	<i>Large</i>
<b><i>Garden</i></b> Crispy Lettuce, Rocket, Tomato, Pepper, Cucumber and Onions <i>De Grendel Koetshuis Sauvignon Blanc</i>	<b><i>N\$70</i></b>	<b><i>N\$130</i></b>
<b><i>Greek</i></b> A healthy toss of Rocket, Tomatoes, Cucumbers, Onion Rings, Olives, Feta Cheese, and Crispy Lettuce <i>De Grendel Sauvignon Blanc</i>	<b><i>N\$85</i></b>	<b><i>N\$140</i></b>
<b><i>Seafood</i></b> A garden Salad topped with a medley of Seafood and Prawns <i>Diemersdal Chardonnay</i>	<b><i>N\$110</i></b>	<b><i>N\$150</i></b>
<b><i>Sweet Marula Salad</i></b> Rocket, Marula nuts, Pumpkin seeds, Croutons, Roasted Almonds, Lemon zest and Honey <i>Cape Point Vineyards Chardonnay</i>	<b><i>N\$65</i></b>	<b><i>N\$130</i></b>

# VEGETARIAN



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## ***Beetroot Carpaccio***

**N\$85**

Thinly sliced Beetroot topped with Dutch Goat's Cheese, Pine kernels, Rocket (s/a) and Parmesan. Served with a drizzle of Goat's Cheese dressing

*Meerlust Pinot Noir*

## ***Asian Vegetable Stir Fry***

**N\$155**

Crunchy seasonal Vegetables thinly sliced, stir fried with Honey & Soy sauce, served on Almond Rice

*Constantia Uitsig Sauvignon Blanc*

## ***Spanakopita***

**N\$105**

A Greek style Feta & Spinach pie, served in a Phyllo basket, accompanied by Pecorino shavings

*Durbanville Hills Chardonnay*

## ***Tug Bruschetta Trio (Cold)***

**N\$115**

3 crispy Bruschetta's topped with:

- Zucchini ribbon & Dill Cream Cheese
- Tomato Onion & Olive Tapenade
- Honey-roasted Butternut, Feta, and Pumpkin Seeds,

And served with a garnish salad

*Diemersdal Chardonnay*

# PASTA



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*Penne / Spaghetti / Linguine / Gnocchi Nyoki*

## **Beef Mince**

In a creamy garlic sauce  
*Terra Del Capo Sangiovese*

**N\$115**

## **Calamari Biryani**

A mix of Calamari, Turmeric, Coriander, Ginger, Bay Leaves, Star Anise, Cinnamon, Cardamon, Tomato, plain  
Yoghurt  
*Cederberg Chenin Blanc*

**N\$140**

## **Peri- Peri Kabeljou (Hot Cob)**

With roasted Tomato sauce, fresh Chili, Vegetables.  
*Delaire Sauvignon Blanc*

**N\$165**

*Pasta served with a side of Parmesan shavings*



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# NAMIBIAN WILD CAUGHT FISH

*Grilled or Baked*

***Price is for cuts only and sides and sauces charged additionally***

Sides and Sauces can be selected on page 8

## ***Grilled Whole John Dory***

*Terra Del Capo Pinot Grigio*

**N\$125**

## ***Catch of the Day - Kabeljou (Cob)***

*Terra Del Capo Pinot Grigio*

**N\$145**

## ***Seared Kingklip***

*Terra Del Capo Pinot Grigio*

**N\$165**

## ***Baked Sole***

*Constantia Uitsig Sauvignon Blanc*

**N\$175**

## ***Angel topped with leek and cheddar cheese***

*Terra Del Capo Pinot Grigio*

**N\$140**

## ***Blackened / Cajun Monk***

*La Motte Shiraz*

**N\$165**





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## SIDES

### VEGETABLES & STARCH

<i>Portion Vegetables</i>	<b>N\$65</b>
<i>Vegetable Rice</i>	<b>N\$35</b>
<i>Basmati Rice</i>	<b>N\$45</b>
<i>French Fries</i>	<b>N\$35</b>
<i>Baby Potato (s/a)</i>	<b>N\$35</b>
<i>Mashed Potato</i>	<b>N\$35</b>
<i>Deep Fried Potato wedges</i>	<b>N\$35</b>
<i>Garlic Bread</i>	<b>N\$35</b>

### SAUCES

<i>Tartare</i>	<b>N\$25</b>
<i>Cheese</i>	<b>N\$25</b>
<i>Pepper corn</i>	<b>N\$25</b>
<i>Creamy Mushroom</i>	<b>N\$25</b>
<i>Lemon Butter</i>	<b>N\$25</b>
<i>Garlic Butter</i>	<b>N\$25</b>
<i>Garlic Cream</i>	<b>N\$25</b>
<i>Peri Peri</i>	<b>N\$35</b>

# FISH & SEAFOOD



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**Sauces and sides for the following Seafood Dishes cannot be substituted except for a choice of either baby potatoes (s/a), French fries, potato wedges or vegetable rice. We will with certain dishes gladly exclude any item should you so wish. Please inform your server when ordering**

## **Kabeljou 'Danie Hugo'**

**N\$225**

Grilled Kabeljou dusted in Flour, topped with Calamari and a Prawn, served with Baby Potatoes (s/a) and a Cheese Sauce on the side

*Terra Del Capo Pinot Grigio*

## **Tug Fish Curry**

**N\$215**

Assorted Seafood in a Cream Curry Sauce, served with a poppadum and Basmati Rice

*Waterford Pecan Stream Chenin Blanc*

## **Grilled Kingklip**

**N\$210**

Kingklip Fillet, dusted in Flour, and served with Potato gratin

*Terra Del Capo Pinot Grigio*

## **Coconut Kabeljou**

**N\$205**

Asian style Kabeljou encased in Phyllo Pastry, Served with Lentils, and a Mild Spicy Coconut Sauce

*Constantia Uitsig Sauvignon Blanc*

## **Hake dusted with fine beef biltong**

**N\$235**

Served on Green Pea, Mint and Potato mash, Parmesan and a Dukkah cream sauce

*Fairview Mourvèdre*

## **Calamari**

**N\$130**

Grilled / dusted / deep fried served with Vegetable Rice or

Deep fried potato wedges & Tartare Sauce

*Terra Del Capo Pinot Grigio*



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# FISH & SEAFOOD

## *Continued*

### ***The Captain's Prawns***

**N\$350**

A generous serving of Prawns (8 depending on size) (de-shelled upon request) and served with vegetable rice, Garlic or Lemon butter

*Paul Cluver Chardonnay*

Per additional Prawn

N\$44

### ***Fish and Chips a la Tug***

**N\$160**

Hake fillet in a crispy Beer Batter served with Chips, Garnished Salad & Tartare Sauce

*Waterford Pecan Stream Chenin Blanc*

### ***The Tug Seafood Extravaganza***

**N\$545**

4 Prawns, Calamari, 2 grilled Patagonian Squid, Kabeljou (100g), Kingklip (100g), 6 John Dory Goujons served with Lemon and Garlic Butter Served with your choice of Vegetable Rice, deep fried Potatoes wedges or French Fries.

Serves two persons. Allow a minimum of 35 min for preparation

*Paul Cluver Chardonnay*

Per additional half Lobster (s/a)

N\$125

Per additional whole Lobster (s/a)

N\$250

### ***West Coast Rock Lobster (600g)***

**N\$630**

(Subject to seasonal availability)

Grilled, served with Vegetable Rice and a sauce of your choice on page 8

Serves one person

*Paul Cluver Chardonnay*

Per additional half Lobster (s/a)

N\$125

Per additional whole Lobster (s/a)

N\$250



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# TUG GOURMET BURGERS

## ***Famous Tug Gourmet Burger***

**N\$155**

100% homemade Beef Patty, Tomato & Red Onion Relish, Mature Cheddar Cheese, Gherkins, Wholegrain Mustard Mayonnaise, French Fries and a Garnished Salad  
*Blaauwklippen Zinfandel*

## ***Chicken Burger***

**N\$145**

Succulent Chicken Breast, Mature Cheddar Cheese, Garlic Mayonnaise, Rocket, Tomato Comfit served with French Fries  
*Cape Point Vineyards Chardonnay*

## ***Angel Fish Burger***

**N\$145**

Angel Fish coated with fragrant North African Spices, Red Onion Relish served with French Fries  
(NON-spicy option available on request)  
*Fairview Mourvèdre*



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# MEAT

- *Price is for cuts only and sides and sauces charged additionally*
- *Raw weight minimum of 250g and sizes may vary due to the cut*
- *Our beef cuts have been dry-aged for minimum 21 days*

Sides and Sauces can be selected on page 8

## **Beef Club steak**

(suggested medium)

Bone-in steak cut from the smaller end of the short loin nearest the rib

Blaauwklippen Malbec

**N\$170**

## **Beef Rump**

(suggested medium rare)

Steenberg Shiraz

**N\$145**

## **Beef Sirloin**

(suggested medium rare)

Steenberg Shiraz

**N\$155**

## **Beef Fillet**

(suggested medium rare)

La Motte Cabernet Sauvignon

**N\$185**

*Beef cooked beyond medium, particularly fillet, tends to dry out quickly because Namibian/South African Beef is leaner in natural fat (12%) than beef from Europe (24%) and USA (34%). We recommend that your meat cuts are prepared medium, medium/rare and we cannot accept responsibility for the quality of steaks cooked beyond medium*

## **Harissa Half Chicken**

(slow cooked and grilled)

Beyerskloof Pinotage

**N\$135**

## **Oryx**

(suggested medium rare)

Diemersdal Pinotage

**N\$150**

## **Ostrich Fillet**

(suggested medium rare)

La Motte Cabernet Sauvignon

**N\$175**



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# MEAT

## *Continued*

*Ingredients, sauces, and sides of the following Meat Dishes cannot be substituted except for a choice of either baby potatoes (s/a), French fries, potato wedges or vegetable rice. We will with certain dishes gladly exclude any item should you so wish. Please inform your server when ordering*

### ***O' Kapana-Authentic traditional Namibian Dish***

**N\$220**

250g Grilled Beef Rump sliced and served with garlic bread, tomato/Onion salsa and a kapana spice served separately

*De Grendel Shiraz*

### ***Marinated Pork Loin Chops (250g)***

**N\$145**

Grilled Pork chops, dusted in a homemade spice served with Tzatziki, Cucumber and a Tomato and Onion Mini Salad and sided with Mustard Mash

*La Motte Cabernet Sauvignon*

### ***Beef, Prawn, Squid Kebab (250g) (Surf & Turf) (s/a)***

**N\$ 230**

Beef Sirloin, Queen Prawn & Patagonian Baby Squid, served with French Fries

*Delheim Pinotage*

### ***Springbok Medallions (250g)***

**N\$ 225**

Accompanied by parmesan mash, swakopmund asparagus (s/a) and a tomato pesto and rocket purée

*Steenberg Shiraz*

# TUGGIES



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## ***Catch of the day deep fried***

Tomato ketchup and French Fries

**N\$90**

## ***Chicken Nuggets***

Crumbed Chicken Breast, served with French Fries

**N\$65**

## ***Spaghetti or Penne with white Sauce***

Served with grated Gouda Cheese and a white sauce

**N\$70**



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# DESSERTS

*All our desserts are home-made*

## **Chili & Onion Mousse**

**N\$65**

A delicious sweet blend of onion and fresh chili. Something exceptional  
*KWV 15-Year-Old Brandy*

## **Namaklava**

**N\$95**

A Namibian twist to the famous Baklava with Marula nuts, pistachio, almond. Served with Greek yogurt and a shot of amarula liqueur  
*KWV Muscadell*

## **Ebony & Ivory Chocolate Mousse**

**N\$75**

A duo of White & Dark Mousse  
*KWV Muscadell*

## **Crème Brûlée**

**N\$60**

A rich baked Egg Custard with a Crisp Caramel Crust  
*Constantia Uitsig Muscat & Alexander*

## **Traditional Malva Pudding**

**N\$60**

A warm home-made sticky Pudding of Cape Dutch origin, served with either, Cream, Ice-Cream, or Custard  
*KWV Muscadell*

## **Marula Nuts with cream cheese**

**N\$55**

Cream cheese, pineapple essence, unsalted butter, served with Pistachio ice cream  
*KWV Muscadell*

## **Chocolate Fondant**

**N\$80**

A Tug best seller. This Decadent Chocolate Fondant Pudding with a surprise molten Lindt core, is served with Cream or Ice Cream (Allow a minimum of 20 minutes)  
*KWV Muscadell*

## **Home Made Ice Cream(per ball)**

**N\$25**

Amarula, Chocolate, Hazelnut, Kiwi, Lime, Pistachio, Raspberry Yoghurt, Salted Peanut, Torrone (Honey and Almonds), Vanilla, Greek Yoghurt  
*Graham Beck Brut Nv*

*Our ice-cream selections are home-made especially for the Tug by Ice and Spice Café*





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# BEVERAGES

## ***Dom Pedro***

Whiskey, Amarula, Kahlúa, Mint

**N\$55**

## ***Milkshakes***

Chocolate, Vanilla or Strawberry

***Small***

**N\$35**

***Large***

**N\$45**

## ***Hot Chocolate, Milo***

**N\$35**

## **COFFEE**

***Coffee***

**N\$20**

***Decaf Coffee***

**N\$20**

***Espresso***

**N\$20**

***Espresso Double***

**N\$35**

***Cappuccino***

**N\$25**

***Flat White***

**N\$25**

***Americano***

**N\$20**

***Latté***

**N\$30**

***Irish Coffee***

**N\$60**

***Brandy Coffee***

**N\$60**

***Kahlúa Coffee***

**N\$60**

## **TEAS**

***Rooibos***

**N\$20**

***Five Roses***

**N\$20**

***Earl Grey***

**N\$20**

***Chamomile***

**N\$20**

***Green Tea***

**N\$20**



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# BEVERAGES

## SOFT DRINKS

<i>Fruit Tree Guava</i>	<b>N\$27</b>	<i>Coca Cola</i>	<b>N\$23</b>
<i>Appletizer</i>	<b>N\$33</b>	<i>Fanta Grape</i>	<b>N\$23</b>
<i>Fruit Juice Pineapple</i>	<b>N\$16</b>	<i>Coke Lite</i>	<b>N\$23</b>
<i>Grapetizer</i>	<b>N\$33</b>	<i>Lemonade</i>	<b>N\$19</b>
<i>Fruit Juice Mango (Ceres)</i>	<b>N\$16</b>	<i>Coke Zero</i>	<b>N\$23</b>
<i>Ginger Ale</i>	<b>N\$19</b>	<i>Soda Water</i>	<b>N\$19</b>
<i>Fruit Juice Cranberry</i>	<b>N\$22</b>	<i>Tab</i>	<b>N\$23</b>
<i>Bitter Lemon</i>	<b>N\$19</b>	<i>Red Bull</i>	<b>N\$52</b>
<i>Fruit Juice Orange (Ceres)</i>	<b>N\$16</b>	<i>Sprite</i>	<b>N\$23</b>
<i>Tonic</i>	<b>N\$19</b>	<i>Cream Soda</i>	<b>N\$23</b>
<i>Tomato Juice</i>	<b>N\$27</b>	<i>Sprite Zero</i>	<b>N\$23</b>
<i>Fanta</i>	<b>N\$23</b>		

## VIVREAU WATER

	<b>500ml</b>	<b>1000ml</b>
<i>Still</i>	<b>N\$20</b>	<b>N\$30</b>
<i>Sparkling</i>	<b>N\$22</b>	<b>N\$35</b>

Please do not remove our reusable glass bottles - Bottles are available for purchase at N\$100 per bottle

Vivreau are renowned for being the innovators of the industry and are the original designers of the entire concept of the Table Water Bottling System..

Vivreau is the industry standard for all hospitality and catering environments from corporate headquarters and leading hotels to Michelin starred restaurants, and now services the needs of the world's leading companies including approximately 75% of the top 100 UK companies and many Fortune 500 companies.

Vivreau's purified and filtered drinking water provides an environmentally positive alternative to plastic pre-bottled mineral waters, a fact which has become a key driver in recent years for clients who have become increasingly concerned about their environmental impact. The water is of the highest quality and is NOT reverse osmosis. We utilise machinery that ensures the water is purified and filtered yet retains all the essential minerals.



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# ORYX DESERT SALT

*Salt and Pepper are available for purchase*

**SALT 55G**

**N\$75**

**SMOKED SALT 55G**

**N\$75**

**PEPPER 30G**

**N\$95**

## **100% PURE, CRYSTAL-WHITE, NATURAL DESERT SALT**

Just as it existed when traded ounce for ounce for gold eight thousand years ago. Nothing is added and nothing is taken away.

## **SUNDRIED, UNREFINED, NO ADDITIVES**

As nature intended – no additives, no anti-clumping agents, no preservatives. Dried by the hot African desert sun. Unrefined and unprocessed. The underground brine lake is 100% saturated, so it takes only 4 weeks for the salt to crystallise in the main harvest season in summer when the temperatures reach up to 47o.

## **FROM AN ANCIENT & PRISTINE SOURCE**

The ancient Dwyka rock formations, through which the underground streams flow, are geo-scientifically tested to be 250-300 million years old. The 50km<sup>2</sup> salt pan is situated in the Kalahari Desert of 900,000km<sup>2</sup>, inside the Kalahari Basin which spans an area of 2.5 million km<sup>2</sup>. 50km's south of Botswana and +-250km north of Upington in South Africa. A remote, pristine and beautiful area. The name KALAHARI is derived from the Tswana word Kgalagadi, meaning 'the great thirst'.

## **CONTAINS VITAL MINERALS & TRACE ELEMENTS**

Oryx Desert Salt has all the essential minerals and trace elements that exist naturally in salt, including magnesium, zinc and potassium. It provides your body with the correct balance of these minerals, as nature intended, so they can be utilised and absorbed for optimal vitality and health.

## **SUSTAINABLE & RENEWABLE**

The underground streams converge and replenish an ancient underground lake of 55million tons from which the salt water is pumped, laid on the pan under the hot Kalahari sun and sun-dried. This process lives in harmony with the natural rainfall and the surrounding environment. We only extract what nature provides.