



THE TUG

RESTAURANT

SWAKOPMUND · NAMIBIA

# A La 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
Tomeo Dick	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*

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SWAKOPMUND · NAMIBIA

## Starters - Warm

### **Atlantic Seafood Soup**

A consommé with a medley of 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)**

Deep fried Mussels served with Beetroot on a Horseradish and Mustard sauce

*Iona Chardonnay*

**N\$ 85**

### **Calamari**

Grilled, dusted or deep fried, served with Tartare Sauce

*Terra Del Capo Pinot Grigio*

**N\$ 80**

### **John Dory Goujons**

Succulent crumbed strips of this Namibian deep sea delicacy, served with Tartare Sauce

*Meerlust Pinot Noir*

**N\$ 70**

### **Garlic Snails**

½ dozen Snails, served with White Bread fingers sizzling in Herb & Garlic Butter

*Terra Del Capo Sangiovese*

**N\$ 95**

### **Garlic Prawns in Cheese**

De-shelled Prawn tails served in a creamy Garlic sauce topped with Cheddar and Mozzarella cheese. Sided with Garlic Bread fingers

*Paul Cluver Chardonnay*

**N\$ 140**



**THE TUG**  
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SWAKOPMUND · NAMIBIA

## 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**

### ***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\$ 67**



**THE TUG**  
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SWAKOPMUND · NAMIBIA

# Salads

	<i>Small</i>	<i>Large</i>
<b>Garden</b> Crispy Lettuce, Rocket, Tomato, Pepper, Cucumber and Onions <i>De Grendel Koetshuis Sauvignon Blanc</i>	<b>N\$ 70</b>	<b>N\$ 130</b>
<b>Greek</b> A healthy toss of Rocket, Tomatoes, Cucumbers, Onion Rings, Olives, Feta Cheese, and Crispy Lettuce <i>De Grendel Sauvignon Blanc</i>	<b>N\$ 85</b>	<b>N\$ 140</b>
<b>Seafood</b> A garden Salad topped with a medley of Seafood and Prawns <i>Diemersdal Chardonnay</i>	<b>N\$ 110</b>	<b>N\$ 150</b>
<b>Sweet Marula Salad (s/a)</b> Rocket, Marula nuts, Pumpkin seeds, Croutons, Roasted Almonds, Lemon zest and Honey (Walnuts are a substitute for Marula nuts when not available) <i>The magical marula delicacy is manually extracted from the cracked nut stone of the marula fruit. This is no easy task and can take up to 24 hours for 800g. Please be aware as traces of hard shell may be present and a granular texture may be felt.</i> <i>Cape Point Vineyards Chardonnay</i>	<b>N\$ 70</b>	<b>N\$ 130</b>

# Vegetarian



**THE TUG**  
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SWAKOPMUND · NAMIBIA

## **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*



**THE TUG**

RESTAURANT

SWAKOPMUND · NAMIBIA

## Pasta

### ***Fresh Fish and Mixed Vegetable Penne***

**N\$ 195**

A choice of either Kabeljou, Monk or Kingklip cutlets, tossed together with cocktail tomatoes, soya sauce and onions, served on a bed of Penne (Chopped Chilli optional)

*Waterford Pecan Stream Chenin Blanc*

### ***Smoked Salmon Conchiglioni***

**N\$ 290**

Diced slithers of Norwegian salmon, mixed with a combination of Mascarpone and Feta cheese and lemon juice, tossed in Conchiglioni Rigati

*Kleine Zalze Family Reserve Chenin Blanc*

### ***Prawn Pasta Mediterranean***

**N\$ 240**

6 Boiled Prawn Tails, mixed with Green/Yellow/Red peppers, olive oil, fresh herbs and mint, fused with fresh lemon juice, served on a bed of Conchiglioni Rigate

*Iona Sauvignon Blanc*

*Pasta Parmesan shavings optional*



**THE TUG**

RESTAURANT

SWAKOPMUND · NAMIBIA

# 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 7

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

*Terra Del Capo Pinot Grigio*

**N\$ 130**

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

*Terra Del Capo Pinot Grigio*

**N\$ 150**

### ***Seared Kingklip***

*Terra Del Capo Pinot Grigio*

**N\$ 165**

### ***Baked Sole***

*Constantia Uitsig Sauvignon Blanc*

**N\$ 175**

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

*La Motte Shiraz*

**N\$ 165**





**THE TUG**

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SWAKOPMUND · NAMIBIA

## Sides

### *Vegetables, Starch & Other*

<i>Portion Vegetables</i>	N\$ 65
<i>Portion Asparagus (s/a)</i>	N\$ 45
<i>Vegetable Rice</i>	N\$ 35
<i>Portion Lentils</i>	N\$ 35
<i>Portion Olives</i>	N\$ 36
<i>Portion Sliced Tomato</i>	N\$ 15
<i>Portion Feta</i>	N\$ 25
<i>Basmati Rice</i>	N\$ 45
<i>French Fries</i>	N\$ 35
<i>Baby Potato (s/a)</i>	N\$ 35
<i>Mashed Potato</i>	N\$ 35
<i>Deep Fried Potato wedges</i>	N\$ 35
<i>Portion Potato Gratin</i>	N\$ 45
<i>Garlic Bread</i>	N\$ 35

### *Sauces*

<i>Tartare</i>	N\$ 25
<i>Cheese</i>	N\$ 25
<i>Pepper corn</i>	N\$ 25
<i>Creamy Mushroom</i>	N\$ 25
<i>Lemon Butter</i>	N\$ 25
<i>Garlic Butter</i>	N\$ 25
<i>Garlic Cream</i>	N\$ 25
<i>Peri Peri</i>	N\$ 35
<i>Chopped Chilli</i>	N\$ 15
<i>Parmesan Shavings</i>	N\$ 25



**THE TUG**  
RESTAURANT

SWAKOPMUND · NAMIBIA

## Fish & Seafood

**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\$ 235**

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\$ 215**

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\$ 140**

Grilled / dusted / deep fried served with Vegetable Rice or Deep fried potato wedges & Tartare Sauce

*Terra Del Capo Pinot Grigio*



**THE TUG**  
RESTAURANT

SWAKOPMUND · NAMIBIA

# 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\$ 165**

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**

(Not Available for Lunch Service)

4 Prawns, Calamari, 2 grilled Patagonian Squid, Kabeljou (100g), Kingklip (100g), 6 John Dory Goujons served with your choice of 2 sides and 2 sauces on page 7

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 your choice of 2 sides and 2 sauces on page 7

Serves one person

*Paul Cluver Chardonnay*

Per additional half Lobster (s/a)

N\$125

Per additional whole Lobster (s/a)

N\$250



**THE TUG**  
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SWAKOPMUND · NAMIBIA

# Tug Gourmet Burgers

## **Famous Tug Gourmet Burger**

**N\$ 155**

100% homemade Beef Patty, Tomato & Red Onion Relish, Onion Marmalade, 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, Onion Marmalade, Garlic Mayonnaise, Rocket, Tomato Comfit served with French Fries and a Garnished salad  
*Cape Point Vineyards Chardonnay*

## **Angel Fish Burger**

**N\$ 145**

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

## **Lobster Ciabatta (s/a)**

**N\$ 395**

A rich combination of (100g) grilled Lobster Tail, served on a bed of rocket in a toasted Ciabatta with an olive oil and garlic basting, sided with French fries a garnish salad and a duo of an Orange/Lemon zest and Asian dressing.  
*Cape Point Vineyards Chardonnay*

## **Prawn Ciabatta (s/a)**

**N\$ 225**

Grilled Prawn Tails (165g), served on a bed of rocket in a toasted Ciabatta with an olive oil and garlic basting, sided with French fries a garnish salad and a duo of an Egg/Lemon and a Cheese, Chilli and Onion dressing.  
*Iona Sauvignon Blanc*

# Schnitzels

## **Wiener Schnitzel**

**N\$ 145**

Crumbed Pork Cutlet, served with a Garnish Salad & French Fries

## **Chicken Schnitzel**

**N\$ 145**

Crumbed Chicken Breast, served with a Garnish Salad & French Fries



**THE TUG**  
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SWAKOPMUND · NAMIBIA

# 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**

Sides and Sauces can be selected on page 7

## **Beef Rump (Karan)\***

(suggested medium rare)

*Steenberg Shiraz*

**N\$ 145**

## **Beef Sirloin (Karan)\***

(suggested medium rare)

*Steenberg Shiraz*

**N\$ 155**

## **Beef Fillet (Namibia)**

(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.*

\*Karan Beef aged steaks are produced from the finest Class A beef. Taken from specifically selected cattle, these steak cuts have been aged under hygienic conditions for a minimum of 28 days, ensuring maximum tenderness, succulence and flavour

## **Oryx**

(suggested medium rare)

*Diemersdal Pinotage*

**N\$ 150**



**THE TUG**  
RESTAURANT

SWAKOPMUND · NAMIBIA

## 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 sliced and served with garlic bread, tomato/Onion salsa and a kapana spice served separately  
*De Grendel Shiraz*

### ***Beef, Prawn, Squid Kebab (250g) (Surf & Turf) (s/a)*** **N\$ 230**

(Not Available for Lunch Service)

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 sundried tomatoes

*Steenberg Shiraz*

# Tuggies



**THE TUG**

RESTAURANT

SWAKOPMUND · NAMIBIA

## ***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**



**THE TUG**  
RESTAURANT

SWAKOPMUND · NAMIBIA

# Desserts

*All our desserts are home-made*

## **Namaklava (s/a)**

**N\$ 95**

A Namibian twist to the famous Baklava with Marula nuts, pistachio and almonds. Served with Greek yoghurt ice cream and a shot of amarula liqueur

*(Walnuts are a substitute for Marula nuts when not available)*

*The magical marula delicacy is manually extracted from the cracked nut stone of the marula fruit. This is no easy task and can take up to 24 hours for 800g. Please be aware as traces of hard shell may be present and a granular texture may be felt.*

*KWV Muscadel*

## **Ebony & Ivory Chocolate Mousse**

**N\$ 75**

A duo of White & Dark Mousse

*KWV Muscadel*

## **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 Muscadel*

## **Marula Nuts with cream cheese (s/a)**

**N\$ 55**

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

*(Pistachios are a substitute for Marula nuts when not available)*

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*KWV Muscadel*

## **Chocolate Fondant**

**N\$ 90**

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 Muscadel*

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

**N\$ 25**

Pistachio, Hazelnut, Walnut, Salted Peanut, Tarrone (Honey and Almonds), Kiwi, Lime, Apricots, Raspberry Yoghurt, Greek Yoghurt, Vanilla, Chocolate, Espresso, Amarula

*Graham Beck Brut Nv*

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





**THE TUG**

RESTAURANT

SWAKOPMUND · NAMIBIA

# Beverages

## **Dom Pedro**

Whiskey, Amarula, Kahlúa, Mint

**N\$ 60**

## **Milkshakes**

Chocolate, Vanilla or Strawberry

### **Small**

**N\$ 35**

### **Large**

**N\$ 45**

## **Hot Chocolate, Milo**

**N\$ 35**

## **Coffee**

**Americano Coffee**

**N\$ 20**

**Decaf Coffee**

**N\$ 20**

**Espresso**

**N\$ 20**

**Espresso Double**

**N\$ 35**

**Cappuccino**

**N\$ 27**

**Flat White**

**N\$ 25**

**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**



**THE TUG**  
RESTAURANT

SWAKOPMUND · NAMIBIA

# Beverages

## Soft Drinks

<b>Fruit Tree Guava</b>	<b>N\$ 27</b>	<b>Appletizer</b>	<b>N\$ 35</b>
<b>Fruit Juice Pineapple</b>	<b>N\$ 16</b>	<b>Grapetizer</b>	<b>N\$ 35</b>
<b>Fruit Juice Mango (Ceres)</b>	<b>N\$ 16</b>	<b>Ginger Ale</b>	<b>N\$ 20</b>
<b>Fruit Juice Cranberry</b>	<b>N\$ 22</b>	<b>Bitter Lemon</b>	<b>N\$ 20</b>
<b>Fruit Juice Orange (Ceres)</b>	<b>N\$ 16</b>	<b>Tonic</b>	<b>N\$ 20</b>
<b>Tomato Juice</b>	<b>N\$ 27</b>	<b>Fanta</b>	<b>N\$ 24</b>
<b>Coca Cola</b>	<b>N\$ 24</b>	<b>Fanta Grape</b>	<b>N\$ 24</b>
<b>Coke Lite</b>	<b>N\$ 24</b>	<b>Lemonade</b>	<b>N\$ 20</b>
<b>Coke Zero</b>	<b>N\$ 24</b>	<b>Soda Water</b>	<b>N\$ 20</b>
<b>Tab</b>	<b>N\$ 24</b>	<b>Red Bull</b>	<b>N\$ 42</b>
<b>Sprite (Lime/Lemon)</b>	<b>N\$ 24</b>	<b>Cream Soda</b>	<b>N\$ 24</b>
<b>Sprite Zero</b>	<b>N\$ 24</b>		

## Vivreau Water

	<b>500ml</b>	<b>1000ml</b>
<b>Still</b>	<b>N\$ 22</b>	<b>N\$ 36</b>
<b>Sparkling</b>	<b>N\$ 24</b>	<b>N\$ 40</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*

<b>Salt 55g</b>	<b>N\$ 75</b>
<b>Salt 100g</b>	<b>N\$ 105</b>
<b>Smoked Salt 55g</b>	<b>N\$ 75</b>
<b>Smoked Salt 100g</b>	<b>N\$ 105</b>
<b>Pepper 30g</b>	<b>N\$ 95</b>
<b>Pepper 50g</b>	<b>N\$ 125</b>

## ***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.

## ***Sundries, 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 47°.

## ***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.