

# Go on, be a little shellfish, and try something from our new West Coast Rock Lobster Menu



**6** Extravagant  
New Dishes

for only

**N\$ 225**

each

Add a glass of Sparkling Wine to your meal for only <sup>N\$</sup>25

valid until 30<sup>th</sup> September



**THE TUG**  
RESTAURANT

SWAKOPMUND · NAMIBIA

## THE CAPTAIN'S MENU

**2 Course Meal for 1** (starter or dessert and main course)

**N\$ 175**

**3 Course Meal for 1** (starter, main course and dessert)

**N\$ 195**

*All beer and wine by the glass priced at 2 for 1*

### Starters

#### **Grilled Patagonian Squid**

4 Grilled Patagonian Squids served with tentacles and sided by a fresh home-made Tzatziki dip of Cucumber, sour Cream, herbs and fresh Lemon

#### **Beef Fillet Carpaccio**

Thin slices of Beef prepared with fresh Rocket, Capers, Red onions, sided with grated Parmigiano Reggiano and a splash of Extra virgin Olive oil and a Balsamic drizzle

### Main Courses

#### **Chicken Salad**

A crisp salad tossed with slices of grilled Chicken breast, Zucchini, and a trio of Italian flat leaf Parsley, Basil and fresh Mint leaves sided with red Grape Tomatoes and drizzled with a home-made dressing of diced Thyme, Dijon mustard, Lemon zest, White Wine Vinegar and a splash of Extra virgin Olive Oil

#### **Crusted Kingklip**

A grilled fillet of Kingklip topped with a crust blend of Peanuts, Rosemary, Thyme, Oregano, and Basil, sided by a Mint and Green Pea puree and a light Hollandaise sauce

#### **Stuffed Bell Pepper**

A roasted Bell Pepper filled with Egg fried Basmati Rice and Spring Onion, accompanied with an assortment of roasted Mushroom, Corn, Zucchini and baby Tomatoes sided with Cream Cheese

#### **Beef Rouladen**

A hearty dish of grilled fillet of Beef rolled with Spinach, Onions and Gherkins wrapped in Bacon and served with Herb potatoes, fresh Asparagus (S/A) and a rich Cherry sauce

## *Main Courses - Continued*

### **Hunters Springbok Schnitzel**

A pan fried Schnitzel of Springbok smothered in a blend of Panko crumbs, Oregano, Parmigiano Reggiano, Dijon Mustard and fresh Parsley served with Honey Glazed baby carrots topped with Sesame seeds, wholegrain Mustard Mash and a rich wine based Mushroom sauce

### **Panko and Parmesan Beef Fillet**

Grilled fillet of Beef cuts, covered in a blend of Panko crumbs, fresh Parsley and Parmigiano Reggiano accompanied with Beetroot, Honey glazed Mint Carrots, Hasselback baby Potatoes with Onion, Tomato and Gouda Cheese

### **Smoked Norwegian Salmon**

Served on home-made Rosti, sided with Capers, Spring Onions, fresh Lemon and a light Horseradish cream

## *Desserts*

### **Mango Crumble**

A hearty home-made warm duo of Mango and roasted Almonds with a touch of Cinnamon in a crispy Pastry basket served with a ball of Ice Cream or Fresh Cream

### **Dark Chocolate Brownie Sundae**

A spongy Chocolate Brownie smothered in a rich Chocolate sauce, accompanied by a trio of Pistachio, Marula nuts and Walnuts, served with Granular brittle bites and topped with a Vanilla Ice Cream ball drizzled in home-made Caramel

### **Marula Mousse Pot**

A duo of white and dark Mousse with Marula nuts and Amarula Liqueur served in a Chocolate ball on a bed of Chocolate sponge crumble

*All beer and wine by the glass priced at 2 for 1*

# West Coast Rock Lobster Menu

## All Dishes Serve One

**N\$ 225**

*(600g raw lobster in shell, unless specified)  
All weights uncooked and where applicable in shell*

Add an extra tail (approx 150g) on all dishes for N\$50  
Add a glass of Sparkling wine for N\$25 and enjoy a 2<sup>nd</sup> glass free  
All beer and wine by the glass priced at 2 for 1

## Lobster and Cow

Two Grilled Medallions of Beef Fillet (175g) prepared with a sweet 'n sour BBQ sauce, 4 grilled Calamari rings, and a Grilled Lobster tail (150g) accompanied with Garlic and Parsley mash Potato, sided with a chargrilled caramelized Lime

## Grilled Lobster

Grilled Lobster tails served with seasoned Vegetable Rice and sided with a Lemon or Garlic Butter and fresh lemon

## Lobster Thermidor

Grilled Lobster tails covered in a creamy White wine sauce with fresh Parsley and gratinated with fresh Parmesan. Served with seasoned Vegetable Rice and fresh Lemon

## Lobster Mac and Cheese

A rich comfort combination of Macaroni, Lobster (450g), Cottage Cheese, Cheddar Cheese, Mustard, a touch of Cayenne Pepper, Nutmeg and then oven baked together with a crispy Bread crumb topping

## Lobster and Pesto

Grilled Lobster seasoned with a splash of Olive oil, basted with Basil Pesto and Gratinated with Parmesan cheese. Served with seasoned Vegetable rice and fresh Lemon

## Lobster Cardinal

Steamed Lobster flesh mixed with Sherry, Mushrooms, Onions, Eggs and a combination of fresh Parsley and Thyme and then lightly grilled. Served with Seasoned Vegetable Rice and fresh Lemon

## *A La Carte Menu*

- The Tug Team leaders are:
  - Brett Southworth            Owner
  - Dawos Naobeb                Executive Chef
  - Clinton Fisch                 Assistant Manager

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

- *Please inform your server of any food allergies or special requirements*
- Our aim is to deliver the freshest products available. Should these not meet our Chefs 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 in Swakopmund 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.
- Please take time to view our fish chart on the interior walls to identify all the local species in our waters;
- s/a=subject to availability as this product, or part thereof, may be seasonal or temporarily unavailable;

## Starters - Warm

### **Slow Roasted Tomato Soup**

French Tomatoes blended with Cream Cheese, served with a Baguette, fresh Basil (s/a), and a Balsamic reduction.

*Cederberg Chenin Blanc*

N\$ **65**

### **Deep-fried Camembert** (not available for takeaway)

A portion of this renowned French style Cheese, served with Melba Toast and a home-made Cranberry jus.

*Beyerskloof Pinotage*

N\$ **75**

### **Calamari**

Grilled, dusted or deep fried, served with Tartare Sauce.

*Terra Del Capo Pinot Grigio*

N\$ **65**

### **John Dory Goujons**

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

*Meerlust Pinot Noir*

N\$ **60**

### **Garlic Snails** (not available for takeaway)

½ dozen Snails, served with home-made Baguette fingers sizzling in Herb & Garlic Butter.

*Terra Del Capo Sangiovese*

N\$ **75**

### **Garlic Prawns in Cheese** (not available for takeaway)

De-shelled Prawn tails served in a creamy Garlic sauce topped with Cheddar and Mozzarella Cheese. Sided with home-made Baguette Fingers.

*Paul Cluver Chardonnay*

N\$ **110**

### **Tug Fish Bites**

A generous portion of fresh Kabeljou bites deep-fried in a home-made crispy Beer Batter. Served with Tartare sauce.

*Terra Del Capo Pinot Grigio*

N\$ **75**

## 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\$72

Per additional Oyster

N\$12

### **Beef Fillet Carpaccio**

Thin slices of Beef prepared with fresh Rocket (s/a), Capers, Red Onions, sided with grated Parmigiano Reggiano and a splash of Extra virgin Olive oil and a Balsamic drizzle

*Diemersdal Chardonnay*

N\$75

### **Beetroot Carpaccio**

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

*Meerlust Pinot Noir*

N\$65

## Salads

Serves two persons

### **Tug Garden**

Crispy Lettuce, Rocket (s/a), Tomato, Pepper, Cucumber, Strawberries(s/a) and Onions.

*De Grendel Koetshuis Sauvignon Blanc*

N\$60

### **Greek**

A healthy toss of Rocket (s/a), Tomatoes, Cucumbers, Onion Rings, Olives, Feta Cheese, and crispy Lettuce.

*De Grendel Sauvignon Blanc*

N\$75

### **Chicken Salad**

A crisp salad tossed with slices of grilled Chicken breasts, Zucchini, and a trio of Italian flat leaf Parsley, Basil and fresh Mint leaves sided with red Grape Tomatoes and drizzled with a home-made dressing of diced Thyme, Dijon mustard, Lemon zest, White Wine Vinegar and a splash of Extra virgin Olive Oil

*De Grendel Sauvignon Blanc*

N\$85

## Sides

All sides and sauces are available for take-away

### *Vegetables & Starch*

<b>Portion Seasoned Vegetables</b>	<b>N\$ 50</b>
<b>Seasoned Vegetable Rice</b>	<b>N\$ 30</b>
<b>Portion Tomato based Lentils</b>	<b>N\$ 30</b>
<b>French Fries</b>	<b>N\$ 30</b>
<b>Skinned and Seasoned new Potatoes (s/a)</b>	<b>N\$ 30</b>
<b>Mash Potato</b>	<b>N\$ 30</b>
<b>Home-made Garlic Bread</b>	<b>N\$ 30</b>
<b>Home-made Garlic Bread with cheese</b>	<b>N\$ 30</b>
<b>Pap &amp; Sauce (Tomato Onion relish)</b>	<b>N\$ 30</b>
<b>Beer Battered Onion Rings</b>	<b>N\$ 30</b>
<b>French Fries with Cheese Sauce</b>	<b>N\$ 40</b>

### *Sauces*

<b>Cheese</b>	<b>N\$ 20</b>
<b>Pepper corn</b>	<b>N\$ 20</b>
<b>Creamy Mushroom</b>	<b>N\$ 20</b>
<b>Lemon Butter</b>	<b>N\$ 20</b>
<b>Garlic Butter</b>	<b>N\$ 20</b>
<b>Garlic Butter Solid</b>	<b>N\$ 20</b>
<b>Chopped Chili</b>	<b>N\$ 20</b>
<b>Tartare</b>	<b>N\$ 20</b>



## Fish & Seafood

Namibian Wild Caught Fish

*Sizes may vary*

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

Grilled Kabeljou, served with a choice of one Side and one Sauce (Page 4).

**Grilled on the coals in our Josper charcoal fired oven on request.**

*Terra Del Capo Pinot Grigio*

**N\$175**

### **Deep Sea Catch**

Grilled fillet of Fish, served with a choice of one Side and one Sauce (Page 4).

- **Hake**
- **Sole** (not available for takeaway)
- **Kingklip**
- **Monk**

**N\$140**

**N\$170**

**N\$180**

**N\$190**

### **Sole Grenoble** (not available for takeaway)

Pan-fried Sole topped with Capers & Lemon Butter. Served with skinned and seasoned Potatoes (s/a).

*Gabrielskloof Sauvignon Blanc*

**N\$170**

### **Moroccan Monk**

Grilled fillets of Monk, prepared with authentic Moroccan spices, served with Mash Potato, Tomato-based Lentils and crispy deep-fried Onions, dressed with Honey.

*La Motte Shiraz*

**N\$190**

## *Fish & Seafood*

Namibian Wild Caught Fish  
*Sizes may vary*

### **Kabeljou ‘Danie Hugo’**

Grilled Kabeljou, topped with Calamari and a Prawn, served with skinned and seasoned Potatoes (s/a) and a Cheese sauce on the side.

*Terra Del Capo Pinot Grigio*

N\$ **190**

### **Calamari**

Grilled / dusted / deep fried served with seasoned Vegetable Rice or French Fries & Tartare Sauce.

*Terra Del Capo Pinot Grigio*

N\$ **125**

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

Hake fillet in a crispy Beer Batter served with Cheesy French Fries, & Tartare Sauce.

*Waterford Pecan Stream Chenin Blanc*

N\$ **140**

### **West Coast Rock Lobster** (not available for takeaway)

Approx 600g - Serves one person. Subject to seasonal availability

Grilled, served with your choice of 2 Sides and 2 Sauces on page 4.

*Paul Cluver Chardonnay*

Per additional 120g Lobster (s/a)

Per additional 240g Lobster (s/a)

Per additional 360g Lobster (s/a)

Lobster can be prepared grilled or steamed

## Comfort Corner

### **Famous Tug Gourmet Burger**

100% homemade Beef patty, Tomato Relish and Onion Marmalade mix, Mature Cheddar Cheese, Gherkins, Wholegrain Mustard Mayonnaise, and French Fries.

*Blaauwklippen Zinfandel*

**N\$120**

### **Crispy Fried Fish Burger**

Two Panko crusted boneless Hake Medallions served with Tartare sauce and Coleslaw sided with French Fries.

*Terra del Capo Pinot Grigio*

**N\$125**

### **Chicken Burger**

A Marinated Chicken breast, wholegrain Mustard mayonnaise, Coleslaw, Lettuce and Tomato, sided with French Fries.

*Terra del Capo Pinot Grigio*

**N\$120**

### **Wiener Schnitzel**

Crumbed Pork fillet, served with a Garnish Salad, French Fries and a Sauce of your choice. (Page 4)

*Paul Cluver Pinot Noir*

**N\$105**

### **Chicken Schnitzel**

Crumbed Chicken Breast, served with a Garnish Salad, French Fries and a Sauce of your choice. (Page 4)

*Cape Point Vineyards Chardonnay*

**N\$105**

### **Spaghetti Bolognese**

Spaghetti Bolognese served with 100% ground Beef, prepared in a sauce of fresh Tomatoes, Oregano, mixed Italian herbs and Basil. *(Parmesan or grated Cheddar on request)*

*Terra Del Capo Sangiovese*

**N\$105**

## Meat

Raw weight minimum of 300g. Sizes may vary due to the thickness of the cut.

Grilled to your specification on the coals and available with one side and one sauce of your choice. (page 4)

**Beef Rump (suggested medium rare)** N\$ 155

*Steenberg Shiraz*

**Beef Sirloin (suggested medium rare)** N\$ 155

*Steenberg Shiraz*

**Beef Fillet (suggested medium rare)** N\$ 175

*La Motte Cabernet Sauvignon*

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

*All our meat is prepared in our Josper Charcoal fired oven & grill. The Josper is the world leader in charcoal ovens and this improves the grilling quality compared to an open grill by enhancing the texture and flavour of the meat. Preparing meat on coals also does not dehydrate the meat as much as gas or electricity*

**O' Kapana-Authentic traditional Namibian Dish** N\$ 195

300g Grilled Beef with some fat, sliced and served with pap and diced tomato/Onion salsa, chopped Chili and Vetkoek, Kapana spice served separately.

*De Grendel Shiraz*

**Springbok Cordon Bleu** N\$ 195

A crumbed Springbok Fillet filled with Camembert, Bacon and Cranberries, served with a Garnish Salad, French Fries and a Sauce of your choice.

*Steenberg Shiraz*

## Desserts

All our desserts are home-made

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

**N\$85**

A Namibian twist to the famous Baklava, made with Marula nuts, Pistachio and Almonds. Served with Greek Yoghurt, Pistachio or Amarula 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*

### **Home Made Ice Cream (per ball)** (not available for takeaway)

**N\$20**

Chocolate, Vanilla, Greek Yoghurt, Strawberry, Pistachio, Amarula

*Graham Beck Brut Nv*

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

### **Chocolate Fondant**

**N\$85**

A Tug best seller! This decadent Chocolate Fondant Pudding with a surprise molten Lindtcore, is served with Cream or Ice Cream (Pistachio or Amarula)

(Allow a minimum of 20 minutes)

*KWV Muscadel*

### **Mango and Almond Crumble**

**N\$65**

A hearty home-made warm duo of Mango and roasted Almonds with a touch of Cinnamon in a crispy Pastry basket served with a ball of Ice Cream (Pistachio or Amarula) or Fresh Cream

*Terra del Capo Pinot Grigio*

### **Dark Chocolate Brownie Sundae**

**N\$85**

A spongy Chocolate Brownie smothered in a rich Chocolate sauce, accompanied by a trio of Pistachio, Marula nuts and Walnuts, served with Granular brittle bites and topped with a Vanilla, Pistachio or Amarula Ice Cream ball drizzled in home-made Caramel

*KWV Muscadel*

### **Marula Mousse Pot**

**N\$75**

A duo of white and dark Mousse with Marula nuts and Amarula Liqueur served in a Chocolate ball on a bed of Chocolate sponge crumble

*KWV Muscadel*

## Smoothies

### **Pineapple**

Pineapple, Walnuts, Raisins, Ginger and Marula nuts.

**N\$50**

### **Strawberry**

Strawberry, Walnuts, Raisins and Marula nuts.

**N\$50**

### **Fruit Salad**

An assortment of fresh fruits.

**N\$50**

## Beverages

### **Dom Pedro**

Whiskey, Amarula, Kahlúa, Mint

**N\$50**

### **Milkshakes**

Chocolate, Vanilla or Strawberry

**Small**

**Large**

**N\$30**

**N\$40**

### **Hot Chocolate, Milo**

**N\$30**

## Coffees

Americano Coffee

**N\$20**

Decaf Coffee

**N\$20**

Espresso

**N\$22**

Espresso Double

**N\$35**

Cappuccino

**N\$27**

Flat White

**N\$25**

Latté

**N\$30**

Irish Coffee

**N\$55**

Brandy Coffee

**N\$55**

Kahlúa Coffee

**N\$55**

## Teas

Rooibos

**N\$20**

Five Roses

**N\$20**

Earl Grey

**N\$20**

Chamomile

**N\$20**

Green Tea

**N\$20**

Our coffee is exclusively blended for the Tug

## Soft Drinks

Fruit Tree Guava	N\$22	Appetizer	N\$29
Fruit Juice Pineapple	N\$14	Grapetizer	N\$29
Fruit Juice Mango (Ceres)	N\$14	Ginger Ale	N\$17
Fruit Juice Cranberry	N\$18	Bitter Lemon	N\$17
Fruit Juice Orange (Ceres)	N\$14	Tonic	N\$17
Fruit Juice Apple	N\$14	Tonic – Cucumber	N\$17
Tomato Juice	N\$22	Tonic Zero Sugar	N\$17
Coca Cola	N\$20	Tonic Mojito-Mint/Lime	N\$17
Coke Zero	N\$20	Tonic – Floral Pink	N\$17
Tab	N\$20	Tonic – Tropical Sunset	N\$17
Fanta	N\$20	Lemonade	N\$17
Fanta Grape	N\$20	Soda Water	N\$17
Sprite (Lime/Lemon)	N\$20		
Sprite Zero	N\$20		
Cream Soda	N\$20		
Rauch Eis Tee (Peach/Lemon)	N\$20		
Reboost	N\$25		

## Vivreau Water

	<i>500ml</i>	<i>1000ml</i>
Still	N\$18	N\$32
Sparkling	N\$20	N\$36

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

*Vivreau's purified and micro-filtered drinking water bottled on site 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, preserving the natural trace elements and minerals and removing unwanted matter.*

## Merchandise

Products available for purchase

<b>Salt 50g</b>	<b>N\$75</b>
<b>Salt 100g</b>	<b>N\$105</b>
<b>Smoked Salt 50g</b>	<b>N\$75</b>
<b>Smoked Salt 100g</b>	<b>N\$105</b>
<b>Pepper 25g</b>	<b>N\$95</b>
<b>Pepper 50g</b>	<b>N\$125</b>
<b>Vivreau Bottle</b>	<b>N\$100</b>
<b>Steak Knives</b>	<b>N\$175</b>
<b>Soft Shell Jackets</b>	<b>N\$1500</b>
<b>Small Carafe</b>	<b>N\$175</b>
<b>Large Carafe</b>	<b>N\$225</b>