



THE TUG
RESTAURANT
SWAKOPMUND · NAMIBIA

Vitality Menu

Healthier options without sacrificing flavour

Nutritious and delicious, this section of our Menu features dishes more focused on greens & protein, lower on carbs and bad fats with reduced sugar and sodium content - cooked over the coals or by steaming.

All Lettuce, Tomatoes, Cucumbers and Strawberries are hydroponically grown! Our Olives and Olive Oil are cold pressed and locally sourced.

Get Vitality @ home with our new dine at home service - All the dishes featured in the Vitality menu are available for takeaway and free delivery to your home.

Make use of our TheTug@Home Service and get all the benefits of healthier eating with the convenience of takeaways!

Starters & Salads

Slow Roasted Tomato Soup

N\$ 65

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

Fresh Walvis Bay Oysters (s/a)

N\$ 72

6 fresh Atlantic Oysters on crushed Salt, served with fresh Lemon and Black Pepper.

Beetroot Carpaccio

N\$ 65

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.

Garden Salad

N\$ 60

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

Greek Salad

N\$ 75

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

Sweet Marula Salad (s/a)

N\$ 95

Rocket (s/a), Marula nuts, Pumpkin seeds, Croutons, Roasted Almonds, Lemon zest and Honey. (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.



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Main Meals

The following 3 dishes can be prepared in 3 ways: Papillote, Grilled on the Coals, or Steamed.

Papillote is prepared in sealed oven proof paper together with olive oil, fish spice, leeks, ginger, fresh garlic and fresh lemon.

Hake	-	Papillote / Grilled on the coals / Steamed	N\$ 140
Kabeljou	-	Papillote / Grilled on the coals / Steamed	N\$ 180
Kingklip	-	Papillote / Grilled on the coals / Steamed	N\$ 180
Rump / Sirloin	-	Grilled on the coals	N\$ 155
Beef Fillet	-	Grilled on the coals	N\$ 175

All the above served with a choice of either side salad, vegetables or portion of tomato based lentils.

Desserts

Freshly cut Home-made fruit salad	N\$ 55
Fresh Strawberries with cream (s/a)	N\$ 55

Smoothies

Strawberry with Walnuts, Raisins, Ginger and Marula nuts	N\$ 50
Pineapple with Walnuts, Raisins, Ginger and Marula nuts	N\$ 50
Fruit Salad with an assortment of fresh Fruits	N\$ 50

Hot Beverages

Green	Chamomile	Rooibos tea	Decaffeinated Coffee
N\$ 20	N\$ 20	N\$ 20	N\$ 20