



THE TUG

RESTAURANT

SWAKOPMUND · NAMIBIA

A La Carte Menu

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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Captains Choice

Fisherman's Pie

N\$ 185

A Hearty fish pie comprising of a trio of coloured peppers, carrot and sundried tomato, fresh Kabeljou chunks, topped with mash potato and melted Parmesan cheese

Springfield – Miss Lucy

Moroccan Monk

N\$ 215

Grilled Fillet of Monk served with mash potatoes, Lentils and crispy deep fried onions dressed with honey

Constantia Uitsig Semilon

Poached Kabeljou in white wine

N\$ 155

A juicy fillet of poached Kabeljou in a white wine sauce, served on a creamy mash potato, accompanied with green peas and a lemon zest dusting

Terra Del Capo Pinot Grigio

Seafood Focaccia

N\$ 125

A home-made Focaccia accompanied with baked prawn, Calamari, Mussels, Kabeljou and shrimps, covered with melted cheddar and Mozzarella cheese, served with French Fries, Garnish salad and an Asian dressing

Iona Chardonnay

Vegetable Burger

N\$ 145

A mixed vegetable burger comprising of peppers, cabbage, onions and carrots, accompanied with crisp lettuce, mustard mayonnaise, onion marmalade and a sweet chilli dressing, served with French fries

Creation Sauvignon Blanc

Spicy Beef Fillet with cranberry

N\$ 240

250g Beef cut of Fillet, served with Baby potatoes and a horseradish cream, a cranberry jus and topped with a caramelized camembert wedge

Delaire – Graaf Shiraz



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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

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



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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

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



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Salads

	<i>Small</i>	<i>Large</i>
Garden Crispy Lettuce, Rocket, Tomato, Pepper, Cucumber and Onions <i>De Grendel Koetshuis Sauvignon Blanc</i>	N\$ 70	N\$ 130
Greek A healthy toss of Rocket, Tomatoes, Cucumbers, Onion Rings, Olives, Feta Cheese, and Crispy Lettuce <i>De Grendel Sauvignon Blanc</i>	N\$ 85	N\$ 140
Seafood A garden Salad topped with a medley of Seafood and Prawns <i>Diemersdal Chardonnay</i>	N\$ 110	N\$ 150
Sweet Marula Salad (s/a) 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>	N\$ 70	N\$ 130

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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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



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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 7

Catch of the Day - Kabeljou (Cob)

Terra Del Capo Pinot Grigio

N\$ 150

Kingklip

Terra Del Capo Pinot Grigio

N\$ 165

Sole

Constantia Uitsig Sauvignon Blanc

N\$ 175

Monk

La Motte Shiraz

N\$ 165

Kabeljou with Pumpkin and Almonds

Gabrielskloof Sauvignon Blanc

N\$ 170



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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
<i>Amarula</i>	N\$ 35
<i>Chilli Amarula</i>	N\$ 38



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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

Sole Grenoble **N\$ 215**

Pan-fried Sole topped with Capers & Lemon Butter (please note: Sizes may vary). Served with baby potatoes

Gabrielskloof Sauvignon Blanc

Tug Fish Curry **N\$ 215**

Assorted Seafood in a Cream Curry Sauce, served with a prawn, 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

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

John Dory Goujons **N\$ 140**

Succulent crumbed strips of this Namibian deep sea delicacy, served with Vegetable Rice, Fries or Deep fried potato wedges & Tartare Sauce

Meerlust Pinot Noir



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Fish & Seafood

Continued

Fisherman's Pie

N\$ 185

A Hearty fish pie comprising of a trio of coloured peppers, carrot and sundried tomato, fresh Kabeljou chunks, topped with mash potato and melted Parmesan cheese

Springfield – Miss Lucy

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 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\$45

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



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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



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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**

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 Rib-Eye (Karan)*

(suggested medium rare)

Terra Del Capo Sangiovese

N\$ 175

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



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

Flame Grilled B.B.Q Steak with Amarula Sauce

Choice of Beef Fillet or Beef Rib eye **N\$ 235**

Choice of Beef Rump or Beef Sirloin **N\$ 215**

Served with one choice of Starch - Baby Potatoes/Mash Potatoes/French Fries/Vegetable Rice or Basmati Rice
Terra Del Capo Sangiovese

Spicy Beef Fillet with cranberry **N\$ 240**

250g Beef cut of Fillet, served with Baby potatoes and a horseradish cream, a cranberry jus and topped with a caramelized camembert wedge

Delaire – Graaf Shiraz

Springbok Medallions (250g) **N\$ 225**

Accompanied by parmesan mash, swakopmund asparagus (s/a) and sundried tomatoes

Steenberg Shiraz

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

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

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



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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\$ 22

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



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Beverages

Soft Drinks

Fruit Tree Guava	N\$ 27	Appletizer	N\$ 35
Fruit Juice Pineapple	N\$ 16	Grapetizer	N\$ 35
Fruit Juice Mango (Ceres)	N\$ 16	Ginger Ale	N\$ 20
Fruit Juice Cranberry	N\$ 22	Bitter Lemon	N\$ 20
Fruit Juice Orange (Ceres)	N\$ 16	Tonic	N\$ 20
Tomato Juice	N\$ 27	Fanta	N\$ 24
Coca Cola	N\$ 24	Fanta Grape	N\$ 24
Coke Lite	N\$ 24	Lemonade	N\$ 20
Coke Zero	N\$ 24	Soda Water	N\$ 20
Tab	N\$ 24	Reboost	N\$ 30
Sprite (Lime/Lemon)	N\$ 24	Cream Soda	N\$ 24
Sprite Zero	N\$ 24	Rauch Eis Tee (Peach/Lemon)	N\$ 25

Vivreau Water

	500ml	1000ml
Still	N\$ 22	N\$ 36
Sparkling	N\$ 24	N\$ 40

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
Salt 100g	N\$ 105
Smoked Salt 55g	N\$ 75
Smoked Salt 100g	N\$ 105
Pepper 30g	N\$ 95
Pepper 50g	N\$ 125

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 50km² salt pan is situated in the Kalahari Desert of 900,000km², inside the Kalahari Basin which spans an area of 2.5 million km². 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.