



THE TUG

RESTAURANT

SWAKOPMUND · NAMIBIA

A La Carte Menu

www.the-tug.com



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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

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SWAKOPMUND · NAMIBIA

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

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\$ 135



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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 Muscadet infused, and served with Melba Toast
Iona Chardonnay

N\$ 65



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Salads

	<i>Small</i>	<i>Large</i>
<i>Garden</i> Crispy Lettuce, Rocket, Tomato, Pepper, Cucumber and Onions <i>De Grendel Koetshuis Sauvignon Blanc</i>	N\$ 70	N\$ 130
<i>Greek</i> 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
<i>Seafood</i> A garden Salad topped with a medley of Seafood and Prawns <i>Diemersdal Chardonnay</i>	N\$ 110	N\$ 150
<i>Sweet Marula Salad</i> Rocket, Marula nuts, Pumpkin seeds, Croutons, Roasted Almonds, Lemon zest and Honey <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\$ 65	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



THE TUG

RESTAURANT

SWAKOPMUND · NAMIBIA

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



THE TUG
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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\$ 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 & Other

<i>Portion Vegetables</i>	N\$ 65
<i>Vegetable Rice</i>	N\$ 35
<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
<i>Portion Mince</i>	N\$ 45

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

Fish & Seafood



THE TUG
RESTAURANT

SWAKOPMUND · NAMIBIA

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



THE TUG
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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\$ 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

(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

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



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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*
- *Our beef cuts have been dry-aged for minimum 21 days*

Sides and Sauces can be selected on page 7

Beef Club steak

(suggested medium)

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

Blaauwklippen Malbec

N\$ 140

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

Barbeque Half Chicken

(Not Available for Lunch Service)

Slow cooked and grilled

Beyerskloof Pinotage

N\$ 135

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 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**

(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 and rocket purée

Steenberg Shiraz

Tuggies



THE TUG

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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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SWAKOPMUND · NAMIBIA

Desserts

All our desserts are home-made

Namaklava

N\$ 95

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

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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

N\$ 55

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

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KWV Muscadel

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 Muscadel

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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SWAKOPMUND · NAMIBIA

Beverages

Soft Drinks

Fruit Tree Guava	N\$ 27
Fruit Juice Pineapple	N\$ 16
Fruit Juice Mango (Ceres)	N\$ 16
Fruit Juice Cranberry	N\$ 22
Fruit Juice Orange (Ceres)	N\$ 16
Tomato Juice	N\$ 27
Coca Cola	N\$ 23
Coke Lite	N\$ 23
Coke Zero	N\$ 23
Tab	N\$ 23
Sprite (Lime/Lemon)	N\$ 23
Sprite Zero	N\$ 23

Appletizer	N\$ 33
Grapetizer	N\$ 33
Ginger Ale	N\$ 19
Bitter Lemon	N\$ 19
Tonic	N\$ 19
Fanta	N\$ 23
Fanta Grape	N\$ 23
Lemonade	N\$ 19
Soda Water	N\$ 19
Red Bull	N\$ 52
Cream Soda	N\$ 23

Vivreau Water

	500ml	1000ml
Still	N\$ 20	N\$ 30
Sparkling	N\$ 22	N\$ 35

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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SWAKOPMUND · NAMIBIA

Oryx Kalahari 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.