



The
TUG
Restaurant

A La Carte Menu



Welcome to The Tug Restaurant

The Tug Team leaders are:

- Brett Southworth General Manager
- Bernard Raymondo Weber Head Chef
- Tomeo Anwill Dick Service & Reservations
- Joshua Amos Service & Maintenance
- Janette Lynam Service & Training

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 before placing any orders
- 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;

A 10% gratuity will be added for groups of 8 or more.

Starters – Warm

Camembert

Deep fried, served with blueberry jam. Finished off with thyme infused hot honey and pecan nuts.
[Beyerskloof Pinotage](#)

N\$165

Atlantic Pota Calamari Rings

Grilled, dusted or deep fried, on a mango & coriander dipping sauce.
[Terra Del Capo Pinot Grigio](#)

N\$125

Atlantic Calamari Tentacles (s/a)

Marinated in coconut milk, lightly fried. Served with lemon & garlic aioli, and chilli crisp.
[Tug Winch Sauvignon Blanc](#)

N\$155

Grilled Pesto Patagonian Squid

Grilled squid and tentacles, on basil pesto cream, drizzled with sundried tomato oil and parmesan.
[Terra Del Capo Pinot Grigio](#)

N\$140

Snails in Green Garlic Butter

Snails in herby garlic butter, topped with crispy breadcrumbs, served with bread fingers
[Terra Del Capo Pinot Grigio](#)

N\$140

Parmesan & Mozzarella baked Garlic Prawns

Prawn tails baked in a creamy garlic sauce, gratinated with parmesan & mozzarella cheese.
 Topped with dressed rocket, served alongside house baked bread.
[Terra Del Capo Pinot Grigio](#)

N\$210

Mediterranean Skewered Grilled Prawns

Skewered prawns marinated in Greek flavours, served on Pita flatbread, with Tzatziki style sauce, drizzled with salsa verde.
[Eikendal Sauvignon Blanc](#)

N\$295

Tug Fish Dippers

Beer Battered kingklip / kabeljou on Marie Rose dipping sauce.
[Terra Del Capo Pinot Grigio](#)

N\$130

Altantic Seafood Bouillabaise

White fish, mussels and prawns in a traditional french tomato based saffron fish broth.
 Served with rouille toast.
[Tug Winch Sauvignon Blanc](#)

N\$210

Hake Cocochas

Cooked in lemon butter, studded with garlic aioli, drizzled with salsa verde.
 Served with crusty Ciabatta style bread.
[Terra del Capo Pinot Grigio](#)

N\$150

Prawn Toast

Deep fried Prawn & sesame bread appetizer, served with soy & ginger dipping sauce.
[Eikendal Sauvignon Blanc](#)

N\$175

Crispy Fish Taco

Crispy fried hake in a soft taco shell, on pickled red cabbage, topped with avocado & pineapple salsa.
 Drizzled with Sriracha mayo
[Waterford Pecan Stream Chenin Blanc](#)

N\$110

Lemon & Miso Asparagus

Local steamed asparagus, tossed in lemon & miso butter, served with cracked black pepper and Parmesan
[Constantia Uitsig Chardonnay](#)

N\$110

Starters - Cold

Fresh Walvis Bay Oysters

6 Fresh Atlantic oysters

- Lemon, black pepper & Tabasco on the side
- Mignonette (Red onions in vinegar and black pepper)
- Asian Ginger & Soy dressing

L'Ormarins MCC Brut Classique A.Rupert

N\$270

N\$280

N\$280

Beef Carpaccio

Namibian A grade beef, served with garlic aioli and pickled red onions. Garnished with pinenuts, crispy fried capers, Parmesan and rocket.

Diemersdal Chardonnay

N\$175

Beetroot Carpaccio

Wafer-thin beetroot slices, with goats cheese brittle, pistachio, rocket and parmesan. Served with a drizzle of goats cheese dressing.

Meerlust Pinot Noir

N\$150

Kabeljou Carpaccio

Kabeljou carpaccio, with citrus pieces, crispy fried capers and pomegranate rubies. Drizzled with Dijonette dressing and finished off with citrus salt.

Terra del Capo Pinot Grigio

N\$160

Yellow Fin Tuna Sashimi

Sesame crusted wild caught Tuna on a fragrant asian soy & ginger dressing, dotted with wasabi flavoured avocado cream.

Fryers Cove Grenache Cinsaut

N\$220

Ceviche

Kabeljou marinated in citrus juices, tossed together with tomatoes and cucumber. Dressed with orange & coconut milk dressing. Garnished with spinach oil.

Da Luca Prosecco

N\$180

Salads

Tug Garden Salad

Crispy lettuce, rocket (s/a), tomato, peppers, cucumbers, strawberries (s/a), blueberries (s/a), pickled red onions.

De Grendel Sauvignon Blanc

N\$140

Traditional Greek Salad

Sliced tomatoes, red onion rings, cucumber, green pepper, olives, feta cheese liberally sprinkled with organum.

De Grendel Sauvignon Blanc

N\$145

Seafood Salad

An assortment of fish tossed together in a crispy salad, served with our home-made vinaigrette and topped with a prawn, dressed in Green goddess sauce.

Jakkalsvlei Sauvignon Blanc

N\$255



The
TUG

N\$130

Summer Water Melon and Feta Salad

Chunks of watermelon (s/a) with feta cheese, mint, rocket and cracked black pepper, dressed in a honey and lime vinaigrette, topped with flaked almonds.

[Constantia Uitsig Sauvignon Blanc](#)

N\$180

Chopped Caesar Salad

Romaine/cos lettuce, tossed in Caesar dressing, topped with crispy Parma style ham, garlic croutons and boiled egg . Finished off with Parmesan crisps

Add Grilled Chicken

[Eikendal Janina Unwooded Chardonnay](#)

N\$35

Tuna Nicoise Salad

Seared yellow fin tuna, on a bed of baby potatoes, fine green beans, olives, tomatoes, crispy capers and boiled egg.

Dressed in lemon vinaigrette.

[Constantia Uitsig Rose](#)

N\$245

Tomato & Burrata Salad

Local Burrata on fireroasted baby tomatoes, served with basil and crusty bread chunks.

[Da Luca Prosecco](#)

N\$185

Calamari Salad

Grilled or dusted calamari, on a bed of greens, baby tomatoes and Jospier roasted feta chunks. Finished off with garlic aioli and spicy chilli crisp.

[Idiom Bianco Pinot Grigio](#)

N\$210

Sides

Vegetables & Starch

Roasted seasoned vegetables N\$60

Lemon and herb rice N\$40

Basmati rice N\$40

French fries N\$40

Loaded fries N\$50

Seasoned small potatoes
(Cajun and garlic) N\$40

Roasted pumpkin & cinnamon
mash N\$60

Side salad N\$70

Crushed spinach, onion,
garlic, and feta N\$60

Roasted sweet potato
Parmesan wedges N\$75

Sauces

Cheese N\$30

Pepper corn N\$30

Lemon butter N\$30

Creamy mushroom N\$30

Garlic butter N\$30

Garlic butter solid N\$30

Tartare N\$30



Seafood

Namibian Wild Caught Fish - *Sizes may vary*

Catch of the Day (Kabeljou) (s/a)

N\$385

Grilled kabeljou, served with a choice of one side and one sauce (page 3).

- Grilled on the coals in our Josper charcoal fired oven on request

[Terra Del Capo Pinot Grigio](#)

- Kabeljou also known as kob is a local saltwater line fish caught off the Namibian coastline.

It has a mild taste and a firm white flesh. Some bones may be present.

Deep Sea Catch

Grilled fillet of fish, served with a choice of one side and one sauce (page 3).

- Hake N\$230
- Sole N\$350
- Kingklip N\$365
- Monk N\$280

Sole Grenoble

N\$355

Pan-fried sole topped with capers & lemon butter. Served with seasoned small potatoes (s/a).

[Constantia Uitsig Sauvignon Blanc](#)

Monk Maroc

N\$365

A Moroccan style dish with grilled monk covered with an harissa paste of cumin, coriander powder, garlic, chili, roasted red pepper and lemon juice, served on a bed of orange flavoured couscous, sided with tomato flavoured lentils and deep-fried onions.

[Constantia Uitsig Rose](#)

Blackened Fish (Cajun style) (Please note that due to the spices the fish has a blackened appearance) N\$395

A fillet of kabeljou liberally sprinkled with a combination of spices namely smoked paprika, cayenne pepper, cumin, and thyme, served with a side of your choice (page 3) and melon balls. (Spicy and hot dish)

[Eikendal Sauvignon Blanc](#)

Seafood Extravaganza (serves 2)

N\$1100

Prawns, calamari (grilled or deep-fried), kabeljou fillet (225g) (s/a), deep-fried calamari tentacles, kingklip fillet (225g), John Dory goujons and local mussels, served with your choice of two sides and two sauces on page 3

[Villiera Sauvignon Blanc](#)

Kabeljou 'Danie Hugo' (s/a)

N\$425

Grilled kabeljou topped with calamari and a prawn, served with seasoned small potatoes (s/a) and a cheese sauce on the side.

[Terra Del Capo Pinot Grigio](#)

- Kabeljou also known as kob is a local saltwater line fish caught off the Namibian coastline.

It has a mild taste and a firm white flesh. Some bones may be present.

Atlantic wild caught Yellow Fin Tuna Loin (suggested medium rare) (250g)

N\$460

Prepared either grilled or seared with black pepper, served with a side of your choice (page 3) and Ponzu sauce.

[De Grendel Rose](#)



Seafood

Namibian Wild Caught Fish - *Sizes may vary*

- Crusted Kingklip** N\$365
A marula, peanut, and herb crusted kingklip fillet, served with pickled vegetables and sauteed new potatoes.
[Idiom Bianco Pinot Grigio](#)
- Calamari (s/a)** N\$265
Grilled / dusted / deep fried served with lemon and herb rice or French fries & tartare sauce.
[Terra Del Capo Pinot Grigio](#)
- Deep Fried Fish and Chips a la Tug** N\$230
Hake fillet in a crispy beer batter served with cheesy French fries, & tartare sauce.
[Waterford Pecan Stream Chenin Blanc](#)
- Tug Medley** N\$460
A fillet of deep-fried hake, topped with grilled prawns, deep-fried or grilled calamari rings, and John Dory goujons, served with a side of your choice (page 3), fresh lemon, and tartar sauce.
[Terra Del Capo Pinot Grigio](#)
- Fisherman's Pasta** N\$350
Spaghetti al dente either in a tomato base OR a creamy white wine base, with a mix of the ocean's treasures such as prawns, kingklip, calamari tentacles, mussels and squid, served with parmesan cheese(optional).
[Terra Del Capo Pinot Grigio](#)
- Prawn Linguine** N\$410
A generous serving of grilled de-shelled prawns, tossed in al dente Linguine together with a touch of paprika, onion, garlic and olive oil, served with crushed fresh mint, lime and parmesan cheese (optional).
[Idiom Bianco Pinot Grigio](#)
- The Captain's Prawns** N\$545
A generous serving grilled (de-shelled upon request) and served with lemon and herb rice, garlic, or lemon butter.
[Eikendal Sauvignon Blanc](#)
Per additional Prawn N\$65
- Tug Fish Curry** (available with either Basmati or lemon and herb rice) N\$325
Bite sized portions of fish prepared in a mild spicy sauce, served with fresh banana slices in lemon, chutney, yogurt, and a home-made naan bread.
[Eikendal Rosé](#)
- Benguella Mussel Pan** N\$230
Panfried local mussels with celery, onions, garlic, carrots, and a creamy white wine sauce. Served with a side of your choice (page 3) and home-made finger breads.
[Diemersdal chardonnay](#)
- Kataifi Prawn and Pumpkin Purée** N\$510
Six Tempura Prawns wrapped in Kataifi pastry, sided with cinnamon, nutmeg and pumpkin purée, served with a fresh lime, sweet chili and olive oil sauce.
[Constantia Uitsig Rosé](#)



Comfort Corner

Famous Tug Gourmet Burger (Home-made bun)

N\$215

100% homemade beef patty, tomato relish and onion marmalade mix, mature cheddar cheese, gherkins, wholegrain mustard mayonnaise, and French fries.

[Rust 'n Vrede Cabernet Sauvignon](#)

Chicken Burger (Home-made bun)

N\$190

A marinated chicken breast, wholegrain mustard mayonnaise, coleslaw, lettuce, and tomato, sided with French fries.

[Terra del Capo Pinot Grigio](#)

Chicken Schnitzel

N\$170

Crumbed chicken breast, served with a garnish salad, French fries, and a sauce of your choice (page 3).

[Diemersdal Chardonnay](#)

Spaghetti Bolognese

N\$180

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.*

[De Grendel Shiraz](#)

Spanakopita

N\$170

A Greek inspired baked pastry dish filled with fresh locally grown spinach, onion, egg, and feta cheese, prepared in layers of crispy phyllo pastry.

[Diemersdal Chardonnay](#)

Meat

A-Grade Namibian Beef, never frozen and wet-aged for a minimum of 6 weeks.

Raw weight 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 3).

Try one of our Tailor-made bastings on your preferred cut of meat from the variety listed below:

- Balsamic Reduction: Balsamic reduction with rosemary and red wine.
- Tennessee: We use authentic Jack Daniels.
- Kalahari Salt and Pepper: Ground and lightly sprinkled.

Beef Picanha (fat on) (s/a) N\$330

The best part of the rump also known as the rump cap. It comes with a layer of fat that helps create a beautiful tender and juicy flavour

[Diemersdal Shiraz](#)

Beef Rump Centre Steak – Lean (fat off) (suggested medium rare) N\$300

Heart of the Rump - Taken from the heart of the rump. It has a rich and generous depth of flavor. Its lean and tender with a satisfying chew

[Diemersdal Shiraz](#)

Beef Sirloin (fat strip on) (suggested medium rare) N\$285

[Diemersdal Shiraz](#)

Beef Fillet (suggested medium rare) N\$430

[Eikendal Cabernet Sauvignon](#)

T-Bone Steak (Fillet / Sirloin on the bone) N\$415

Served sliced and accompanied with a side and sauce of your choice (page 3).

[Diemersdal Shiraz](#)

T-Bone Surf & Turf (Fillet / Sirloin on the bone) N\$555

Served sliced with grilled calamari rings and a de-shelled prawn, accompanied with a side and sauce of your choice (page 3).

[Diemersdal Shiraz](#)

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.



Meat

O' Kapana - A Traditional Namibian Dish

N\$290

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](#)

Hunters Game Schnitzel

N\$270

A pan-fried schnitzel of game 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.

[Diemersdal Shiraz](#)

Namibian Lamb Shank (s/a)

N\$310

A slow roasted lamb shank on a bed of parmesan infused mash potato with diced tomato served with garden greens and a rich red wine jus.

[De Grendel Shiraz](#)

Desserts

All our desserts are home-made

Namaklava (s/a)

N\$155

A Namibian twist to the famous baklava pastry, made 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.

Home Made Ice Cream (Two Balls)

N\$70

- Chocolate
- Vanilla
- Strawberry
- Pistachio
- Amarula
- Greek yoghurt
- Greek yoghurt black pepper
- Italian cookie
- Coffee, Caramel, Choc Brownie
- Coffee
- Roasted Almond

Our ice-cream selections are home-made by Ice and Spice Café.

Chocolate Fondant

N\$160

A Tug best seller! This decadent chocolate fondant pudding with a surprise molten Lindtcore, is served with cream or ice cream (Allow a minimum of 20 minutes)

Crème Brûlée (Pronounced “Krem broo-Lay”)

N\$120

A Classic French dessert consisting of a creamy custard with a crisp caramel crust.

Ebony and Ivory Mousse

N\$150

A rich decadent duo of dark and white chocolate mousse.

Home-Made Namibian Malva Pudding

N\$150

Served the traditional way either lukewarm or chilled with a vanilla custard or an ice cream ball from our selection.

Tugamisu

N\$150

A home-made Italian style dessert comprising of finger biscuits drenched in espresso and Kahlua, layered between a rich creamy egg and sugar mixture and dusted with cocoa powder.

Chocolate Tiramisu

N\$150

A home-made Chocolate Tiramisu with lady finger biscuits, mascarpone cheese and a rich creamy egg and sugar mixture, layered with a chocolate syrup, topped with dusted cocoa and grated dark chocolate shavings.

Dessert of the Day

N\$120

Please kindly enquire with your waitron



Smoothies

Dairy

Pineapple N\$70
Pineapple, walnuts, raisins, ginger, and marula nuts

Strawberry N\$70
Strawberry, walnuts, raisins, and marula nuts

Non-Dairy

Wild Berry N\$70
Wild berries on crushed ice

Beverages

Cold

Dom Pedro N\$70
Whiskey, Amarula, Kahlúa, mint liqueur, Don Papa Rum, Shanky's Whip (Irish coffee and Caramel)

Limoncello Dom Pedro N\$85
Authentic Italian Bauli Limoncello with a splash of Sparkling Wine

Milkshakes N\$45
Chocolate, vanilla, strawberry, coffee

Frappe

Choc Mint Frappe N\$60

Caramel Mocha Frappe N\$60

Coffees

50% Brazil Cerrado / 35% Organic Honduras / 15% Ethiopian Yirgacheffe

Americano Coffee N\$27

Decaf Coffee N\$27

Espresso N\$24

Espresso Double N\$37

Cappuccino N\$34

Flat White N\$37

Cortado N\$37

Latte N\$42

Flavoured Lattes N\$42

Vanilla, hazelnut, caramel

Irish Coffee N\$65

Brandy Coffee N\$65

Kahlúa Coffee N\$65

Macchiato N\$37

Moccha N\$37

Hot

Hot Chocolate



Teas

Hot

Rooibos N\$27

Five Roses N\$27

Green Tea N\$27

Cold

Home Made Pineapple Ice Tea

Fresh pineapple, pineapple juice, lemon juice, fresh mint, chamomile tea, and cinnamon N\$60

Taste Profile

Using Specialty grade Coffees from Africa and South America, the Signature Tug Restaurant Blend has the following cup profile:

A complex layered coffee. Bright, bold fruity aspects with elegant lingering notes of chocolate and almond.

100% Specialty Grade Arabica locally Roasted Inspired by the Cold Atlantic.



Soft Drinks

Fruit Tree Guava	N\$27	Appetizer	N\$30
Fruit Juice Pineapple	N\$27	Grapetizer	N\$30
Fruit Juice Mango	N\$27	Ginger Ale	N\$20
Fruit Juice Cranberry	N\$27	Bitter Lemon	N\$20
Fruit Juice Orange	N\$27	Tonic	N\$20
Fruit Juice Apple	N\$27	Lemonade	N\$20
Tomato Juice	N\$27	Soda Water	N\$20
Coca Cola	N\$22	Sprite (Lime/Lemon)	N\$22
Coke Zero	N\$22	Sprite Zero	N\$22
Cream Soda	N\$22	Rauch Eis Tee (Peach/Lemon)	N\$22
Fanta	N\$22	Red Bull Original	N\$45
		Red Bull Zero Sugar	N\$45

Hand Pressed Fresh Juice (Squeezed on order)

Orange Juice N\$58

Waters

La Vie (Glass Bottle)

750ml

Still

N\$65

Sparkling

N\$65

Bottled and sourced in the picturesque valley of Franschoek, South Africa, best known as the “Heart of the Winelands”

Acqua Panna (Glass Bottle)

Still

N\$115

Sourced and bottled in the beautiful Hills of Tuscany, Italy

San Pellegrino (Glass Bottle)

Sparkling

N\$115

Natural mineral water flowing through the San Pellegrino Terme area in Val Brembana, Italy



Merchandise

Salt 100g	N\$105
Smoked Salt 100g	N\$105
Chili Salt 100g	N\$105
Pepper 50g	N\$125
Steak Knives	N\$295
Soft Shell Jackets	N\$1750
Branded Caps (Navy Blue, Charcoal Grey , Black)	N\$300

Stillhouse Gin – A classic - locally distilled in Swakopmund

This Namibian dry gin blends traditional botanicals (juniper, coriander, angelica root and citrus peel) with 10 other botanicals. Our main Namibian botanicals are baobab fruit, wild hibiscus, and closer to home: !Nara melon and hand-picked Atlantic seaweed.

Stillhouse Wild – The latest addition - locally distilled in Swakopmund

The Stillhouse Wild is a pink gin unlike most others. Not a 'rose' flavoured gin. Main botanicals are pink pepper, wild rosemary, cascara coffee cherries, grapefruit and orange peels. Steeping wild hibiscus after the gin is distilled gives it the slight pink hue.

750ml Bottle	N\$750
50ml Bottle	N\$85



Merchandise

	Pen Only	Pen with Wooden Box	Pen with Tin Box
Comfort Pen	N\$480.00	N\$1100.00	N\$700.00
Designer Pen	N\$645.00	N\$1300.00	N\$850.00
Sierra Pen	N\$950.00	N\$1600.00	N\$1150.00
Bottle Opener and Key Ring	N\$730.00		
Chrome T Corkscrew Bottle Opener	N\$730.00		
Pen Refill Pack	N\$25.00		
Leather Key Ring	N\$140.00		
Waiters Friends Wine Opener	N\$730.00		
Chrome Bottle Stopper	N\$550.00		
Designer Steak Knives	N\$370.00		

