



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

N\$175

Prepared either baked or deep-fried, topped with home-made cranberry sauce, diced pistachio and fresh herbs, served with home-made toasted bread.

**Beyerskloof Pinotage**

## Atlantic Pota Calamari Rings (s/a)

N\$140

Grilled, dusted, or deep fried, served with tartare sauce.

**Terra Del Capo Pinot Grigio**

## Atlantic Calamari Tentacles (120g)

N\$155

Calamari tentacles marinated in coconut milk, dusted in flour and oregano, and lightly deep fried. Served with tartare sauce and fresh lemon.

**Tug Premium Sauvignon Blanc**

## Grilled Patagonian Squid

N\$125

Grilled Patagonian squids served with tentacles and sided by a fresh home-made Tzatziki dip of cucumber, sour cream, herbs, and fresh lemon.

**Terra Del Capo Pinot Grigio**

## Garlic Snails

N\$130

½ dozen Snails, sizzling in herb & garlic butter. Served with home-made garlic bread fingers

**Terra Del Capo Pinot Grigio**

Add Cheese

N\$30

## Garlic Prawns in Cheese

N\$230

De-shelled prawn tails served in a creamy garlic sauce topped with cheddar cheese. Sided with home made garlic bread fingers.

**Constantia Uitsig Sauvignon Blanc**

## Grilled Prawns

N\$305

Served with a garlic or lemon butter sauce (de-shelled on request).

**Eikendal Sauvignon Blanc**

## Tug Fish Bites (s/a)

N\$130

Bite Portions of kingklip / kabeljou deep-fried in a home-made crispy beer batter. Served with tartare sauce.

**Terra Del Capo Pinot Grigio**

## Atlantic Seafood Chowder

N\$210

A hearty, creamy white wine fish soup with mussels, calamari tentacles, a medley of vegetables and a prawn.

**Terra Del Capo Pinot Grigio**

## Hake Cocochas (Cheeks)

N\$150

The most tender and tastiest part of the fish ( just below the jaw ) this delicacy is characterised by having an exquisite flavor and a gelatinous texture. Served either Tempura style or in a lemon garlic butter sauce.

**Terra Del Capo Pinot Grigio**

## Fish Cakes

N\$165

Two Home-made Fish Cakes served with sauce Tartar and fresh lemon.

**Terra Del Capo Pinot Grigio**

## Tuna and Vegetable Spring Rolls (2)

N\$180

Shredded tuna with tri-color peppers, carrot, garlic, cabbage, ginger and teriyaki sauce, served with an ponzu sauce .

**Terra Del Capo Pinot Grigio**

## Fresh Swakopmund Asparagus (150g) (s/a)

N\$110

Steamed local asparagus, served with a light lemon butter drizzle, cracked black pepper and a Parmesan dusting.

**Constantia Uitsig Chardonnay**

# Starters – Cold

## Fresh Walvis Bay Oysters (s/a)

N\$270

6 Fresh Atlantic oysters on crushed ice, served with fresh lemon, black pepper & Tabasco on the side.

[L'Ormarins MCC Brut Classique A. Rupert](#)

Per additional Oyster

N\$45

## Beef Carpaccio

N\$175

Thinly sliced Prime A Grade beef fillet with capers, red onion, parmesan and orange segments, drizzled with olive oil and black pepper.

[Diemersdal Chardonnay](#)

## Beetroot Carpaccio

N\$150

Thinly sliced beetroot topped with goat's cheese brittle, pistachio, rocket (s/a) and parmesan. Served with a drizzle of goat's cheese dressing.

[Meerlust Pinot Noir](#)

## Kabeljou Carpaccio (Local specialty)

N\$125

Thinly sliced slivers of kabeljou served with onion, capers, and orange segments, accompanied with Teri Yaki sauce and fresh lemon.

[Terra Del Capo Pinot Grigio](#)

## Atlantic wild caught Yellow Fin Sashimi Tuna (125g)

N\$220

Coated in sesame seeds, served with a Ponzu sauce.

[Terra Del Capo Pinot Grigio](#)

## Smoked Cape Trout

N\$230

Slivers of smoked trout topped with rocket, Camembert, roasted pumpkin & sunflower seeds, blueberry & balsamic reduction, drizzled with olive oil and black pepper.

[Graham Beck Brut \(NV\)](#)

# Salads

## Tug Garden Salad

N\$130

Crispy lettuce, rocket (s/a), tomato, pepper, cucumber, strawberries (s/a), blue berries (s/a) and onion.

[De Grendel Sauvignon Blanc](#)

## Traditional Greek Salad

N\$145

Sliced tomato, red onion rings, cucumber, green pepper, olives, feta cheese liberally sprinkled with origanum and an olive oil drizzle

[De Grendel Sauvignon Blanc](#)

## Seafood Salad

N\$255

An assortment of fish tossed together in a crispy salad, served with our home-made vinaigrette and topped with a prawn and fresh lemon.

[De Grendel Sauvignon Blanc](#)

## Summer Water Melon and Feta Salad

N\$130

Chunks of watermelon accompanied with feta cheese crumbles, fresh mint, crushed black pepper, lemon zest and an olive oil drizzle.

[De Grendel Sauvignon Blanc](#)

## Butternut, Hummus and Quinoa Salad

N\$200

A delicate fusion of Middle Eastern hummus, South American quinoa and local butternut tossed with blue berries (s/a), fresh strawberries, sundried tomato and diced red onion.

[De Grendel Sauvignon Blanc](#)

# Sides

## Vegetables & Starch

Roasted seasoned vegetables N\$60

Lemon and herb rice N\$40

Basmati rice N\$40

Hand sliced fries twice cooked N\$40

Hand sliced 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

Charcoal-Grilled Broccoli N\$75

# Sauces

Cheese N\$35

Pepper corn N\$35

Lemon butter N\$35

Creamy mushroom N\$35

Garlic butter N\$35

Garlic butter solid N\$35

Tartare N\$35

# Seafood

Namibian Wild Caught Fish - *Sizes may vary*

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

N\$395

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
- Sole
- Kingklip
- Monk

N\$235

N\$360

N\$375

N\$290

## Sole Grenoble

N\$365

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

[Constantia Uitsig Sauvignon Blanc](#)

## Monk Maroc

N\$375

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\$405

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\$1130

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\$435

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\$470

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\$375

A marula, peanut, and herb crusted kingklip fillet, served with pickled vegetables and sauteed new potatoes.

[Idiom Bianco Pinot Grigio](#)

## Calamari (s/a)

N\$270

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\$235

Hake fillet in a crispy beer batter served with cheesy French fries, & tartare sauce.

[Waterford Pecan Stream Chenin Blanc](#)

## Tug Medley

N\$470

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\$360

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\$420

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\$560

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\$45

## Tug Fish Curry (available with either Basmati or lemon and herb rice)

N\$375

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\$235

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](#)

## John Dory

N\$395

Charcoal grilled John Dory with sweet potato and ginger puree, dusted Patagonian squid and rocket oil.

[Idiom Bianco Pinot Grigio](#)

# Comfort Corner

## **Famous Tug Gourmet Burger** (Home-made bun)

N\$220

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\$195

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

[Terra del Capo Pinot Grigio](#)

## **Chicken Schnitzel**

N\$175

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

[Diemersdal Chardonnay](#)

## **Spaghetti Bolognese**

N\$185

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\$175

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\$340

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\$310

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\$295

[Diemersdal Shiraz](#)

## **Beef Fillet (suggested medium rare)** N\$440

[Eikendal Cabernet Sauvignon](#)

## **T-Bone Steak (Fillet / Sirloin on the bone)** N\$425

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\$570

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

[Diemersdal Shiraz](#)

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*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\$300

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\$275

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\$320

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\$160

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\$75

- 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\$165

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\$125

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

## Ebony and Ivory Mousse

N\$155

A rich decadent duo of dark and white chocolate mousse.

## Home-Made Namibian Malva Pudding

N\$155

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

## Tugamisu

N\$155

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\$155

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\$125

Please kindly enquire with your waitron

# Smoothies

## Dairy

**Pineapple** N\$75  
Pineapple, walnuts, raisins, ginger, and marula nuts

**Strawberry** N\$75  
Strawberry, walnuts, raisins, and marula nuts

## Non-Dairy

**Wild Berry** N\$75  
Wild berries on crushed ice

# Beverages

## Cold

**Dom Pedro** N\$75  
Whiskey, Amarula, Kahlúa, mint liqueur, Don Papa Rum, Shanky's Whip (Irish coffee and Caramel)

**Limoncello Dom Pedro** N\$90  
Authentic Italian Bauli Limoncello with a splash of Sparkling Wine

**Milkshakes** N\$50  
Chocolate, vanilla, strawberry, coffee

## Frappe

**Choc Mint Frappe** N\$65

**Caramel Mocha Frappe** N\$65

# Coffees

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

**Americano Coffee** N\$30

**Decaf Coffee** N\$30

**Espresso** N\$25

**Espresso Double** N\$40

**Cappuccino** N\$35

**Flat White** N\$40

**Cortado** N\$40

**Latte** N\$45

**Flavoured Lattes** N\$45

Vanilla, hazelnut, caramel

**Irish Coffee** N\$70

**Brandy Coffee** N\$70

**Kahlúa Coffee** N\$70

**Macchiato** N\$40

**Moccha** N\$40

## Hot

**Hot Chocolate** N\$45



# Teas

## Hot

**Rooibos** N\$30

**Five Roses** N\$30

**Green Tea** N\$30

## Cold

**Home Made Pineapple Ice Tea**

Fresh pineapple, pineapple juice, lemon juice, fresh mint, chamomile tea, and cinnamon N\$65

### 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 | Appletizer                  | 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\$20 |
| 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\$60

## 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 100 <sub>g</sub>                           | N\$105  |
| Smoked Salt 100 <sub>g</sub>                    | N\$105  |
| Chili Salt 100 <sub>g</sub>                     | N\$105  |
| Pepper 50 <sub>g</sub>                          | N\$125  |
| Steak Knives                                    | N\$370  |
| 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.

|                          |        |
|--------------------------|--------|
| 750 <sub>ml</sub> Bottle | N\$750 |
| 50 <sub>ml</sub> Bottle  | N\$85  |



# Merchandise

|                                  | Pen Only  | Pen with<br>Wooden Box | Pen with<br>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 |                        |                     |