

DINNER
|| MENU ||

dulse

THE
WATERFRONT



MILFORD
HAVEN

The background of the page is a photograph of seaweed floating in clear blue water. The seaweed is a vibrant orange-brown color, and the water has a deep blue hue. The lighting is soft, creating a serene and natural atmosphere. The text is overlaid on a dark blue rectangular area in the center of the image.

|| the dulse story

Blue oceans and sunset skies...

Inspired by the fresh seafood, drifting seaweed and sparkling tides of his Pembrokeshire childhood, Executive Head Chef Simon Crockford is the heart and soul behind dulse.

An edible variety of seaweed that grows abundantly around the coast of Pembrokeshire, dulse is bursting with 'umami' flavour and can be eaten raw or dried, making it a versatile ingredient for our menu, as well as providing the inspiration for our restaurant's unique name.

Serving up pure freshness from the Pembrokeshire coast and countryside, and championing the highest quality local produce, we aim to create memorable dining experiences that emulate the coastal sights, sounds and sensations of this beautiful part of the world.

|| To Nibble

LOCAL ARTISAN BREAD || £5.25

SEAWEED BUTTER, PEMBROKESHIRE SEA SALT (V,G,E,D)

MARINATED OLIVES || £4.00 (V)

SMOKED MACKEREL PÂTÉ WITH BAKED FOCACCIA || £5.25

DULSE SWEET CHILLI SAUCE

(F,D,E,G,MU)

|| Starters

GRILLED TIGER PRAWNS || £10.95

GARLIC BUTTER, LEMON AND SAMPHIRE

(CR,D)

MARKET FISH AND LAVERBREAD FISHCAKE || £8.25

CAPERS, DILL AND MALT VINEGAR MAYONNAISE

(F,CR,G,S,E,SD,MU)

TENBY GIN AND CORIANDER CURED SALMON || £10.50

CUCUMBER RELISH, SALAD CREAM, BEETROOT

(F,SD,E,G,D,MU)

WELSH FETA CHEESE || £9.25

TOMATO AND COURGETTE SALAD, PUMPKIN SEED PESTO,

BASIL AIOLI, FOCACCIA

(V,G,SD,D)

HAM HOCK & OYSTER MUSHROOM TERRINE || £7.85

CELERIAC REMOULADE, WELSH MEAD AND APPLE CHUTNEY,

ONION BREAD

(G,E,SD,MU,C)

CHICKEN, LEEK & SNOWDONIA CHEESE CROQUETTES || £8.00

MATSON CURRY SAUCE, CHICKEN CRACKLING, LLAETH Y LLAN YOGHURT

(G,S,D,E,SD)

QUINOA SALAD, BUTTERNUT SQUASH,

EDAMAME BEANS || £8.50

PICKLED WATERMELON, TOASTED SEEDS WITH SEAWEED

AND LIME VINAIGRETTE

(V,S,SD)

|| Mains

PEMBROKESHIRE DRY AGED RUMP STEAK 8OZ || £23.00

STEM BROCCOLI, ROASTED GARLIC AND HOUSE CHIPS

(D)

MARKET FISH IN TENBY HARBWR BEER BATTER || £16.50

DULSE TARTARE SAUCE, MUSHY PEAS AND LEMON, SERVED WITH CHIPS

(F,G,E,SD,MU,S)

DULSE SEAFOOD LAKSA || £21.00

PRAWNS, SALMON AND SKATE WING, COOKED IN A COCONUT,
LEMONGRASS, GINGER AND TURMERIC BROTH WITH EGG NOODLES

(CR,F,G,N,E,SD,C)

OVEN ROASTED WHOLE PLAICE || £21.00

PARSLEY, CAPERS AND COCKLES, SEAWEED BUTTERED NEW POTATOES

(F,D,M,SD)

LEMON AND THYME ROASTED BRITISH

CHICKEN SUPREME || £18.50

TRUFFLE MASH, TINY REBEL BEER BRAISED CARROTS, CHICKEN JUS

(D,G,SD)

FILLET OF COD || £22.50

CHORIZO, PEMBROKESHIRE POTATO, SWEETCORN AND MUSSELS

(F,D,M,SD,C)

WILD MUSHROOM, TRUFFLE AND SPINACH

TAGLIATELLE || £16.50

CRISP KALE, CHARRED STEM BROCCOLI, TOASTED SEEDS

(V,G,E,SD,D,S)

SWEETCORN AND ASPARAGUS RISOTTO || £16.50

SAMPHIRE, PEAS, TOMATO AND WELSH FETA CHEESE

(V,D)

OR

VEGAN SWEETCORN AND ASPARAGUS RISOTTO || £16.50

SAMPHIRE, PEAS, TOMATO AND VEGAN CHEESE

(V)

|| Sides

HOUSE CHIPS || £3.50

(V)

HOUSE CHIPS WITH CAWS CRYF CHEESE
& TRUFFLE OIL || £5.00

(V,D)

PEMBROKESHIRE POTATOES WITH GARLIC
BUTTER & PARSLEY || £3.50

(V,D)

TOMATO, SAMPHIRE & FENNEL SALAD WITH
SEAWEED AND LEMON DRESSING || £4.25

(V)

BEER BRAISED CARROTS WITH THYME
& PUMPKIN SEEDS || £3.85

(V,G,D)

PEPPERCORN SAUCE || £3.25

(D,SD)

MUSHROOM SAUCE || £3.25

(V,SD)

|| Dessert

RICH CHOCOLATE TART || £7.25

MARMALADE ICE CREAM, ORANGE AND VANILLA COMPOTE
(V,G,D,S,E)

STICKY TOFFEE PUDDING || £7.00

BARTI SPICED RUM TOFFEE SAUCE, SALTED CARAMEL ICE CREAM
(V,G,D,S,E,SD)

CRÈME BRULÉE BAKED WITH PEMBROKESHIRE CREAM || £8.00

WELSH CAKES AND BERRIES
(V,G,D,E)

GOETRE LEMON CURD PARFAIT || £7.50

LIME MERINGUE, RASPBERRIES, MÊL GWENYN GRUFFYDD HONEY
(V,D,S,E)

RASPBERRY SORBET || £6.50

RASPBERRY GEL, FRUIT COMPOTE
(V,S)

CHOCOLATE BROWNIE || £7.00

MANGO SORBET, CARAMELISED PINEAPPLE, STAR ANISE SYRUP
(V,S,G)

SELECTION OF WELSH CHEESE || £10.95

PANT-YSGAWN GOAT'S CHEESE, CAWS GRYF CHEDDAR, PERL LAS AND PERL WEN,
SERVED WITH APPLE, MEAD AND HONEY CHUTNEY, GRAPES AND CELERY,
CAERPHILLY CHEESE AND LEEK CRACKERS
(V,G,D,C,SD)

A discretionary 10% service charge will be added to your bill.

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers. (V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.