

DINNER
|| MENU ||

dulse

THE
WATERFRONT



MILFORD
HAVEN





|| 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 || £5.50

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

MARINATED OLIVES || £4.00 (V)

SMOKED MACKEREL PÂTÉ WITH BAKED FOCACCIA || £5.50

DULSE SWEET CHILLI SAUCE

(F,D,E,G,MU)

|| Starters

GRILLED TIGER PRAWNS || £11.00

GARLIC BUTTER, LEMON AND SAMPHIRE

(CR,D)

MACKEREL ESCABECHE || £9.50

FENNEL, ORANGE, MINT AND LLAETH Y LLAN YOGHURT

(F,SD,D)

TENBY GIN AND CORIANDER CURED SALMON || £10.50

CUCUMBER RELISH, SALAD CREAM, BEETROOT

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

WHIPPED PANT-Y-S-GAWN GOAT'S CHEESE WITH TRUFFLE HONEY DRESSING || £9.50

BEETROOT, PICKLED RED ONION, GREENUP FARM CRESS, LAVOSH CRACKER

(V,G,D,E,SD)

HAM HOCK & OYSTER MUSHROOM TERRINE || £8.00

CELERIAC REMOULADE, WELSH MEAD AND APPLE CHUTNEY,

ONION BREAD

(G,E,SD,MU,D)

CHICKEN, LEEK & SNOWDONIA CHEESE CROQUETTES || £8.50

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 80Z || £23.00

STEM BROCCOLI, CHARRED ONION AND 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)

DULSE SEAFOOD LAKSA || £22.00

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

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

GRILLED SEA BASS || £22.50

SPICED BULGHUR WHEAT, CARROT AND GINGER RELISH, SHAVED FENNEL,
TAHINI DRESSING

(F,G,SE,SD,MU,C)

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 || £17.00

CRISP KALE, CHARRED STEM BROCCOLI, TOASTED SEEDS

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

SWEETCORN AND ASPARAGUS RISOTTO || £17.00

SAMPHIRE, PEAS, TOMATO AND WELSH FETA CHEESE

(V,D)

OR

VEGAN SWEETCORN AND ASPARAGUS RISOTTO || £17.00

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)

TINY REBEL BRAISED CARROTS WITH THYME
& PUMPKIN SEEDS || £5.00

(V,G,D,SD)

PEPPERCORN SAUCE || £3.25

(D,SD)

MUSHROOM SAUCE || £3.25

(V,SD,D)

|| Dessert

PEANUT BUTTER PARFAIT || £8.00

RASPBERRY JAM ICE CREAM, CARAMELISED BANANA, BAKED WHITE CHOCOLATE
(V,P,S,D,E)

STICKY TOFFEE PUDDING || £7.50

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

CRÈME BRULÉE BAKED WITH PEMBROKESHIRE CREAM || £8.25

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

GOETRE LEMON CURD PARFAIT || £7.50

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

RASPBERRY SORBET || £7.00

RASPBERRY GEL, FRUIT COMPOTE
(V,S)

CHOCOLATE BROWNIE || £7.25

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

SELECTION OF WELSH CHEESE || £10.95

PANT-Y-S-GAWN GOAT'S CHEESE, CAWS CRYF 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.



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