

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)

### WHITEBAIT || £5.50

LAVERBREAD AND CHILLI MAYONNAISE  
(F,G,E)

## || Starters

### GLAMORGAN SAUSAGE WITH CAERPHILLY CHEESE AND LEEKS || £8.25

BABY VEGETABLES, WELSH ALE AND TOMATO CHUTNEY  
(V,G,S,D,E,SD)

### QUINOA SALAD WITH BEETROOT, BUTTERNUT SQUASH AND KALE || £9.95

PICKLED PEAR, CANDIED WALNUTS, SPINACH, SEAWEED AND LIME VINAIGRETTE  
(V,N,SD)

### BEEF CHEEK AND PERL LAS CHEESE CROQUETTES || £9.95

CRUSHED CELERIAC, BACON, ONION JUS  
(G,S,D,E,C)

### CARMARTHENSHIRE SMOKED CHICKEN || £9.95

SNOW PEA SLAW, LLAETH Y LLAN YOGHURT, ORANGE, SHERRY CARAMEL  
(G,S,D,SD)

### PEMBROKESHIRE CRAB SOUP || £10.50

CORNBREAD, SEAWEED BUTTER, CRAB MAYONNAISE  
(F,CR,G,D,E,SD,C)

### SOUSED MACKEREL || £8.50

SALAD OF LEEKS, TARRAGON AND NORTON FARM POTATOES, MÊL GWENYN  
GRUFFYDD HONEY AND WELSH DRAGON MUSTARD DRESSING  
(F,G,SD,MU)

### GRILLED TIGER PRAWNS || £11.50

GARLIC BUTTER, LEMON AND SAMPHIRE  
(CR,D)

## || Mains

**CHARRED CORN, PEARL BARLEY AND PUMPKIN BROTH || £16.95**

MISO GLAZED ROOT VEGETABLES, KALE  
(V,G,S,SD,C)

**MARKET FISH IN TENBY HARBWR BEER BATTER || £17.50**

DULSE TARTARE SAUCE, MUSHY PEAS AND LEMON, SERVED WITH CHIPS  
(F,G,E,SD)

**BAKED PORTOBELLO MUSHROOM WITH WELSH RAREBIT || £17.95**

CHIVE POLENTA, WILD MUSHROOM AND TRUFFLE SAUCE  
(V,G,D,E,SD,MU)

**WELSH PORK BELLY WITH CELERIAC AND APPLE || £19.95**

TREALY FARM BLACK PUDDING, BLACK MOUNTAIN APPLE BRANDY JUS  
(G,D,SD,C)

**ROASTED WELSH LAMB RUMP WITH CURRIED LENTILS || £22.50**

PUMPKIN, BURNT ONION MASH, ROSEMARY JUS  
(G,D,MU,C)

**DULSE SEAFOOD CAWL || £22.50**

MARKET FISH COOKED IN A TOMATO AND FENNEL STEW, CORNBREAD, GARLIC AIOLI  
(F,CR,M,G,E,SD,C)

**GARLIC AND HERB CRUSTED HAKE FILLET || £22.50**

CAVOLO NERO, SARDINE RAGU, HASSELBACK POTATO  
(F,G,S,D,SD,C)

**SALMON WELLINGTON WITH CREAM CHEESE,  
SEAWEED AND LEMON || £23.50**

CHARRED HOOK FARM CAULIFLOWER, CAPER, DILL AND COCKLE VELOUTÉ  
(F,M,G,D,E,SD,C)

**PEMBROKESHIRE DRY AGED 80Z RUMP STEAK || £25.00**

STEM BROCCOLI, CHARRED ONION AND CHIPS  
(D)

## || Sides

HOUSE CHIPS || £3.50

(V)

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

(V,D)

PEMBROKESHIRE CHILLI FARM SPICED SWEET POTATO  
WEDGES || £5.00

(V,D)

HOOK FARM CAULIFLOWER CHEESE TOPPED  
WITH WELSH RAREBIT || £5.00

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

PEPPERCORN SAUCE || £3.25

(D,SD)

WILD MUSHROOM AND TRUFFLE SAUCE || £3.25

(D,SD)

## || Dessert

### STICKY TOFFEE PUDDING || £7.25

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

### CHERRY AND WHITE CHOCOLATE BLONDIE || £7.25

MARZIPAN ICE CREAM, MULLED CHERRIES, MANDARIN GEL  
(V,G,N,S,D,E,SD)

### TONKA BEAN PANNA COTTA || £7.25

GOWER CIDER POACHED PEAR, PEAR SORBET, BLACKBERRIES  
(V,S)

### CRÈME BRULÉE BAKED WITH PEMBROKESHIRE CREAM || £8.25

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

### CHOCOLATE CRÉMEUX || £8.50

BANANA ICE CREAM, CRÈME FRAICHE, HONEYCOMB  
(D,E,S)

### SELECTION OF WELSH CHEESE || £10.95

PANT-Y-S-GAWN 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,G,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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