

DINNER
|| MENU ||

dulse

THE WATERFRONT || MILFORD HAVEN



The background of the page is a photograph of seaweed floating in water. The seaweed is a vibrant orange-brown color, and the water is a deep blue. A large, semi-transparent teal rectangle is overlaid on the image, containing the text. The text is in a light orange color, matching the seaweed.

|| 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

ARTISAN BREAD || £5.00

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

MARINATED OLIVES || £4.00 (V)

SUMMER PEA HOUMOUS || £6.50

WELSH FETA CHEESE, TOASTED SEEDS, CORN BREAD (V,G,D,SE)

|| Starters

PEMBROKESHIRE CHILLI FARM SPICED SALT AND CHILLI SQUID || £8.00

GINGER VINEGAR DIPPING SAUCE (M,G,S,SD,SE)

MAPLE GLAZED WELSH PORK BELLY || £8.50

PICCALILLI, RED CABBAGE, APPLE, CRACKLING (MU,SD,C)

LEMON, CHICKPEA AND TOMATO QUINOA SALAD || £8.95

CUCUMBER, PARSLEY, HARISSA MAYONNAISE, ROCKET (V,SD,S)

NORTON FARM POTATO AND PANT-Y-S-GAWN GOAT'S CHEESE SALAD || £9.00

ASPARAGUS, PEAS, MINT, GEM LETTUCE, WELSH WIND CASK VINEGAR,
AFON MEL WILDFLOWER HONEY DRESSING (V,G,D,MU,SD)

SMOKED HADDOCK, SWEETCORN, CHORIZO AND COCKLE CHOWDER || £9.00

CHARRED CORNBREAD, SEAWEED BUTTER (F,M,G,D,SD,C)

DULSE PRAWN COCKTAIL || £10.75

MARINATED PRAWNS, PICKLED CUCUMBER, CHERRY TOMATOES, GEM LETTUCE,
MARIE ROSE SAUCE, BROWN BREAD AND BUTTER (CR,SD,G)

PEMBROKESHIRE SALT AND SMOKED SALMON || £12.50

BEETROOT, ORANGE, FENNEL, DILL YOGHURT, TAPIOCA CRISP (F,D,SD)

DULSE DELI BOARD || £18.00

CURED MEATS, CARMARTHENSHIRE SMOKED CHICKEN, MARINATED OLIVES, WELSH
GOAT'S CHEESE WITH CHILLI JAM, ARTISAN BREAD, BALSAMIC VINEGAR AND
WELSH RAPESEED OIL (F,D,SD)

|| Mains

SUMMER VEGETABLE RISOTTO || £17.50

ASPARAGUS, PEAS, TOMATO, BASIL, LEMON, SAMPHIRE, CHEESE CRACKLING
(V,D)

NORTON FARM POTATO AND TARRAGON GNOCCHI || £17.50

ROASTED PEPPERS, COURGETTES AND FENNEL, TOMATO AND CHILLI RAGU
(V,C,SD)

MARKET FISH IN TENBY HARBWR BEER BATTER || £17.50

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

LEMON AND THYME MARINATED CHICKEN || £18.50

CHORIZO CREAMED CORN, CRUSHED POTATOES, CARROT RELISH, STEM BROCCOLI
(C,SD,D,G)

DULSE SEAFOOD LAKSA || £22.00

PRAWN, SALMON AND SKATE WING COOKED IN A COCONUT, LEMONGRASS,
GINGER AND TURMERIC BROTH WITH EGG NOODLES
(CR,F,G,N,E,SD,C)

PAN ROASTED COD || £22.00

BOMBAY POTATOES, CURRIED MUSSELS AND LEEKS, BUTTERMILK AND CHIVE DRESSING
(M,F,D)

WHOLE ROASTED SEA BREAM || £23.50

CAPER DILL AND COCKLE VELOUTÉ, SAMPHIRE, PEMBROKESHIRE POTATOES
(C,SD,D,M,F)

PEMBROKESHIRE DRY AGED 80Z RUMP STEAK || £23.50

STEM BROCCOLI, CHARRED ONION, SERVED WITH CHIPS
(D)

WELSH LAMB RUMP || £24.00

RAS EL HANOUT SPICED COUSCOUS, WELSH FETA, CAPONATA, ANCHOVIES
(G,D,SD,C,F)

|| Sides

CHIPS || £3.50 (V)

HOUSE FRIES || £4.00

NORI SALT AND SRIRACHA MAYONNAISE, ONION SEEDS
(V,D)

PANZANELLA SALAD || £5.00

TOMATOES, CORN BREAD, SEAWEED AND BASIL DRESSING
(V,SD,G)

SPRING GREENS, CABBAGE, PEAS AND LEEKS || £5.00

WITH MINT AND GARLIC BUTTER
(D)

PEPPERCORN SAUCE || £3.25 (D,SD)

WILD MUSHROOM AND TRUFFLE SAUCE || £3.25 (D,SD)

|| Dessert

STICKY TOFFEE PUDDING || £7.50

BARTI SPICED RUM TOFFEE SAUCE, SALTED CARAMEL ICE CREAM

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

LEMON AND GINGER PANNA COTTA || £8.00

BLACKBERRY SORBET, COCONUT GRANOLA, ROASTED PINEAPPLE

(V,N,SD)

CRÈME BRULÉE BAKED WITH PEMBROKESHIRE CREAM || £8.50

WELSH CAKES AND BERRIES

(V,G,D,E)

PEMBROKESHIRE SEA SALT AND CARAMEL CHOCOLATE BROWNIE || £8.50

PEANUT BUTTER MOUSSE, RASPBERRY JAM ICE CREAM

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

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.



dulce

THE
WATERFRONT



MILFORD
HAVEN