

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

FARM COTTAGE BAKERY ARTISAN BREAD || £5.50

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

MARINATED OLIVES || £4.00 ✓ (V)

|| Starters

DULSE WELSH TEA HOT SMOKED SALMON || £11.50

HORSERADISH CREAM, PICKLED CUCUMBER, WATERCRESS, PEMBROKESHIRE POTATOES, SEAWEED CRISP, LEMON DRESSING (F,D,E,SD,MU)

MISO AND WELSH HONEY MARINATED PRAWN SALAD || £11.00

CARROT, ORANGE, SNOW PEAS, TOASTED PEANUTS, CORIANDER, CHILLI
(CR,G,P,SD,S,SE,D)

TEMPURA MONKFISH || £10.50

CHIP SHOP CURRY MAYONNAISE, PICKLED SHALLOTS, SAMPHIRE
(F,G,SD)

BEEF CHEEK CROQUETTES || £9.50

PERL LAS CHEESE, ONION PURÉE, BACON, ONION JUS (G,SD,D,E,C)

SPICED TABBOULEH SALAD || £9.00 ✓

TAHINI DRESSING, FENNEL, TOASTED CHICKPEAS, POMEGRANATE
(V,G,SD,SE,C)

APPLE AND PERL WEN BRUSCHETTA || £9.00

APPLE AND MEAD CHUTNEY, RED GRAPE, CANDIED PISTACHIOS, PEMBROKESHIRE CIDER
AN MUSTARD MAYONNAISE (V,G,D,SD,N,MU)

CHICKEN AND HAM HOCK TERRINE || £8.25

CAPER AND RAISIN DRESSING, CAULIFLOWER, ONION BREAD (G,SD)

CELERIAC AND PEMBROKESHIRE CIDER SOUP || £7.00 ✓

PICKLED GRANNY SMITH APPLE, CANDIED HAZELNUTS (V,N,SD,C)

|| Mains

ROASTED DUCK BREAST || £27.50

PUY LENTIL RAGU, BUBBLE AND SQUEAK, CARROT PURÉE, PARSNIP CRISPS,
ORANGE AND PORT JUS

(D,SD,C)

LAMB RUMP WITH ROSEMARY JUS || £25.00

STEM BROCCOLI, CHARRED ONION, SERVED WITH CHIPS

(D,C)

PAN ROASTED COD LOIN || £25.00

POTATO JALFREZI, PANKO MUSSELS, PICKLED SAMPHIRE, BOMBAY MIX, BUTTERMILK

(F,M,G,P,D,E,SD)

PEMBROKESHIRE DRY AGED 80Z RUMP STEAK || £24.00

STEM BROCCOLI, CHARRED ONION, SERVED WITH CHIPS

(D)

GARLIC AND HERB CRUSTED HAKE FILLET || £24.00

WHITE BEAN, BACON AND BROWN SHRIMP CASSOULET, ROASTED
CAULIFLOWER, CHIVE OIL

(F,G,D,CR,SD,C)

CHICKEN SUPREME WITH LEEK AND SNOWDONIA

CHEESE CROQUETTE || £21.50

NORTON FARM POTATO FONDANT, RED CABBAGE, PEMBROKESHIRE BEER BRAISED
CARROT, CHICKEN JUS

(G,D,E,SD,C)

MARKET FISH IN TENBY HARBWR BEER BATTER || £18.50

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

(F,G,SD)

BUTTERNUT SQUASH AND SAGE PITHIVIER || £18.50

TRUFFLE VELOUTÉ, ROASTED LEEKS, WILD MUSHROOMS, TOASTED PINE NUTS

(V,G,SD,N)

HOOK FARM CURRIED CAULIFLOWER STEAK || £18.50

BRAISED SHALLOT, PICKLED CAULIFLOWER, TOASTED SEEDS,
CAULIFLOWER COUSCOUS, CURRY SAUCE

(V,SD)

|| Sides

BLACK BOMBER MAC AND CHEESE || £5.00 (V,D,G,MU)

CARAMELISED PEMBROKESHIRE POTATOES,
HAM HOCK AND LEEKS || £4.50

CHIPS || £4.00 ✓ (V)

PEPPERCORN SAUCE || £3.50 (D,SD)

WELSH BLUE CHEESE SAUCE || £3.50 (V,D,SD,MU)

|| Dessert

CRÈME BRULÉE BAKED WITH PEMBROKESHIRE CREAM || £8.50

WELSH CAKES AND RASPBERRIES

(V,G,D,E)

ORANGE AND POLENTA CAKE || £8.50

WELSH WHISKY AND ORANGE COMPOTE, CHOCOLATE ICE CREAM

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

CARAMEL CUSTARD TART || £8.50

HONEYCOMB ICE CREAM, PEMBROKESHIRE CIDER GEL FUDGE, TONKA BEAN CRISP

(V,G,E,D)

STICKY TOFFEE PUDDING || £8.00

BARTI SPICED RUM TOFFEE SAUCE, SALTED CARAMEL ICE CREAM

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

POPCORN PANNA COTTA || £8.00

STRAWBERRY SORBET, POACHED STRAWBERRIES, POPCORN SYRUP

(V,S,SD)


SELECTION OF WELSH CHEESE || £10.95

PANT-Y-S-GAWN GOAT'S CHEESE, SNOWDONIA CHEDDAR, PERL LAS AND PERL WEN, SERVED WITH TOMATO CHUTNEY GRAPES, 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.

 Vegan (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.

A large, empty white rectangular area is centered on a teal background. The background features a border of kelp and water on the left and right sides. The word "dulse" is printed in a dark blue, serif font at the bottom center of the white area.

dulse

THE WATERFRONT || MILFORD HAVEN