

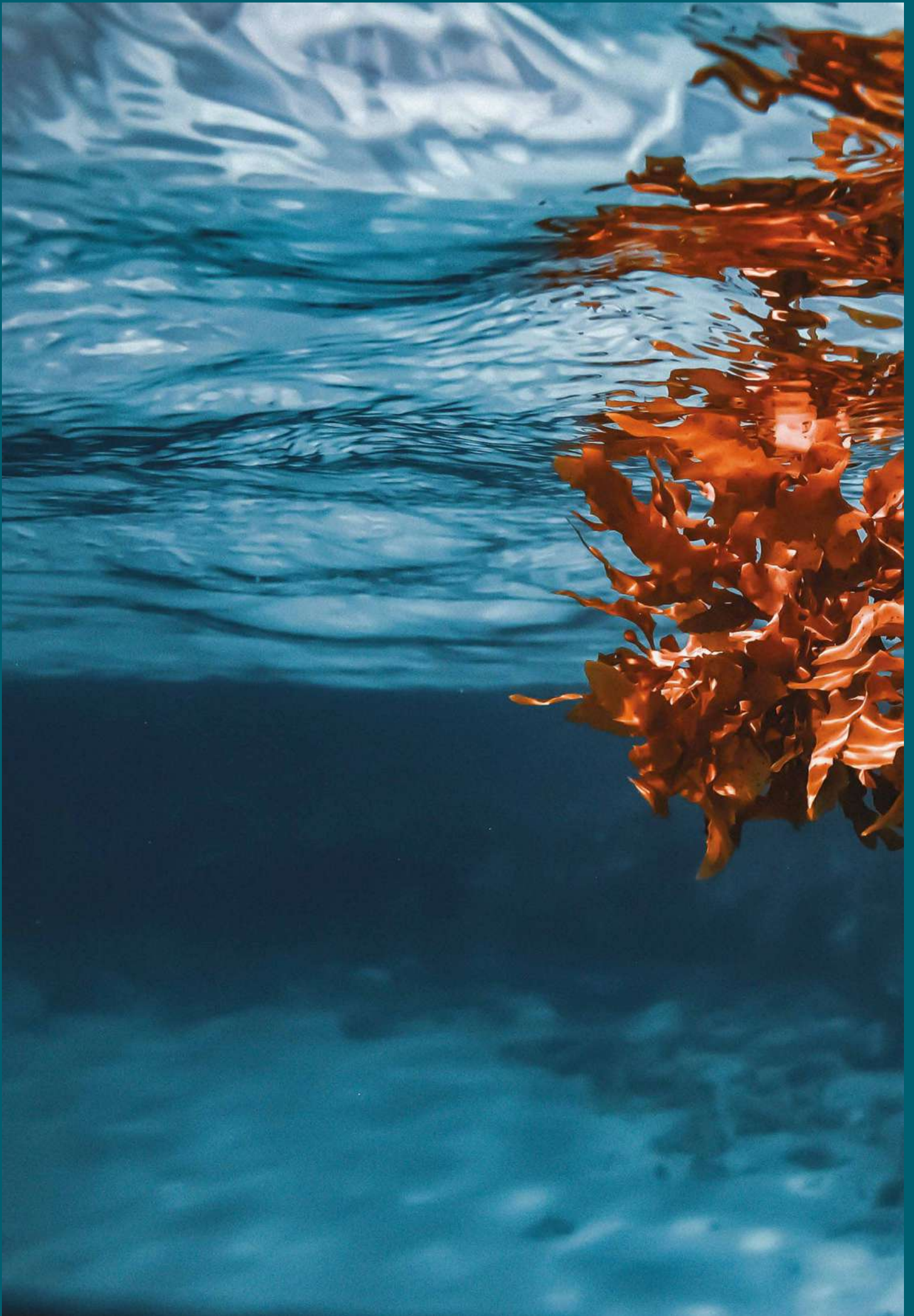
DINNER
|| MENU ||

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, PEMBROKESHIRE SEA SALT (W,D)

MARINATED OLIVES || £4.00 (V)

|| Starters

SEARED SCALLOPS || £15.00

MANGETOUT, APPLE AND GINGER SLAW, CRISPY NOODLES, DASHI BROTH, WASABI
(M,W,S,SE,D)

LAMB, CUMIN AND MINT CROQUETTE || £11.50

WELSH YOGHURT, CURRIED CHICKPEAS AND POMEGRANATE
(W,D,E,MU)

HAM HOCK, CHICKEN AND PISTACHIO TERRINE || £10.50

TRUFFLE EMULSION, SUMMER PEAS, SAMPHIRE AND PARSLEY, TOASTED BRIOCHE
(P,S,W,D,E,SD,MU)

**SMOKED HADDOCK, WELSH CAVE AGED CHEDDAR AND
LAVERBREAD FRITTATA || £10.50**

MUSTARD LEEKS, CHEESE CRACKER AND SHERRY VINEGAR
(F,W,D,E,SD,MU)

SOUSED MACKEREL || £10.00

TOMATO, BROAD BEAN AND BASIL SALAD, SALAD CREAM AND SORREL DRESSING
(W,F,D,E,SD,MU)

DULSE SEAFOOD CHOWDER || £9.50

SWEETCORN, CHORIZO AND PEMBROKESHIRE POTATOES, CHARRED SOURDOUGH,
SEAWEED BUTTER
(W,F,M,SD,C)

AVOCADO, TOMATO AND APPLEWOOD CHEESE

BRUSCHETTA || £9.00

SOURDOUGH, CHILI, CAPER AND LEMON DRESSING, BALSAMIC GEL
(V,W,SD,MU)

|| Mains

DRY AGED SIRLOIN STEAK 8OZ || £30.00

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

PAN SEARED DUCK BREAST AND PULLED DUCK SPRING ROLL || £28.50

HOISIN KETCHUP, PICKLED KOHLRABI, ORANGE INFUSED CARROT
(W,S,SE,SD,C)

FILLET OF SEA BASS AND GARLIC PRAWNS || £28.00

COURGETTE TAGLIATELLE, FENNEL, SAMPHIRE AND BOUILLABAISSE SAUCE
(F,CR,D,SD,C)

ROASTED SALMON || £26.00

MUSSELS, LEEKS, BACON AND PEMBROKESHIRE CIDER SAUCE, SEAWEED BUTTERED
POTATOES, BUTTERNUT SQUASH PURÉE
(F,M,D,MU,C)

DULSE SEAFOOD LAKSA || £24.00

PRAWNS, SALMON AND SKATE WING COOKED IN A COCONUT, LEMONGRASS,
GINGER AND TURMERIC BROTH WITH EGG NOODLES
(F,CR,W,E,SD,C,M)

ROAST CHICKEN SUPREME || £23.00

CRISPY HASH BROWN, PEAS, ASPARAGUS, LETTUCE AND TARRAGON VELOUTÉ
(B,D,E)

MARKET FISH IN TENBY HARBWR BEER BATTER || £20.00

DULSE TARTARE SAUCE, PEA PURÉE AND LEMON, SERVED WITH CHIPS
(F,W,B,SD)

ROASTED BUTTERNUT SQUASH || £20.00

TOMATO, CHICKPEAS, BABY ONIONS, CAULIFLOWER RAGU, SAFFRON EMULSION,
MINT AND LEMON COUSCOUS
(V,W,S,SD,C)

POTATO GNOCCHI WITH SMOKED RED PEPPER AND BASIL || £20.00

STEWED PEPPERS, BALSAMIC TOMATO, ASPARAGUS, RED PEPPER JAM
(V,W,D,E,SD)

|| Sides

**FINE BEANS WITH MUSTARD DRESSING
AND HAZELNUTS** (V,H,SD,MU) || **£5.50**

HAND-CUT CHIPS (V) || **£5.00**

CAESAR SALAD (R,W,F,S,D,SD,MU) || **£5.00**

PEMBROKESHIRE POTATOES WITH SEAWEED BUTTER (V,D) || **£4.50**

PEPPERCORN SAUCE (O,SD) || **£4.00**

MUSHROOM AND TRUFFLE SAUCE (O,SD) || **£4.00**

|| Dessert

CHOCOLATE CRÉMEUX || £9.50

POPCORN ICE CREAM, LIME BUTTERSCOTCH SAUCE, BANANA
AND SALTED HONEYCOMB

(V,S,D,E,SD)

PASSION FRUIT AND WHITE CHOCOLATE CHEESECAKE || £9.00

ELDERFLOWER AND GINGER SYRUP, COCONUT ICE CREAM

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

STICKY TOFFEE PUDDING || £8.50

BARTI SPICED RUM TOFFEE SAUCE, SALTED CARAMEL ICE CREAM

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

ETON MESS || £8.50

TONKA BEAN PANNA COTTA, MERINGUE, PEACH SORBET, PISTACHIOS, RASPBERRIES

(V,PS,S)

SELECTION OF WELSH CHEESE || £13.00

PANT-Y-S-GAWN GOAT'S CHEESE, SNOWDONIA CHEDDAR, PERL LAS
AND PERL WEN, WITH TOMATO CHUTNEY, GRAPES, CELERY,
CAERPHILLY CHEESE AND LEEK CRACKERS

(V,W,D,C)

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.

Gluten Allergy: (B) Barley, (O) Oats, (R) Rye, (SP) Spelt, (W) Wheat

Nut (Tree Nut) Allergy: (A) Almonds, (BN) Brazil nuts, (CN) Cashew nuts, (H) Hazelnuts, (PS) Pistachios, (PN) Pecan nuts, (WN) Walnuts

Other Allergy: (C) Celery, (CR) Crustaceans, (D) Dairy/milk, (E) Eggs, (F) Fish, (L) Lupin, (M) Molluscs, (MU) Mustard, (P) Peanuts, (SE) Sesame seeds, (S) Soya, (SD) Sulphur dioxide

Lifestyle: 🌿 Plant-based, (V) Vegetarian

The image features a teal background with a border of kelp and water. A large white rectangle is centered on the page. At the bottom of this rectangle, the word "dulse" is written in a teal, serif font. Below it, the text "THE WATERFRONT" and "MILFORD HAVEN" are written in a smaller, orange, sans-serif font, separated by two vertical orange lines.

dulse

THE WATERFRONT || MILFORD HAVEN