



I 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 | £6.00

SEAWEED BUTTER, SEA SALT (W.D)

SEAWEED. LEMON & GARLIC MARINATED OLIVES # £4.00 (v)

| Starters

CELTIC COLLECTION CITRUS GIN CURED SALMON | £12.50

BEETROOT TARTARE, HORSERADISH EMULSION, RADISH (F.S.D.E.SD.MU)

PAN SEARED PIGEON | £12.00

PUMPKIN PURÉE, LENTILS, PICKLED SHALLOT (S.D.C)

HOISIN GLAZED PORK BELLY | £11.50

PAK CHOI, MISO BROTH, SESAME (W,S,SE)

DULSE PRAWN COCKTAIL | £11.50

MARIE ROSE SAUCE, GEM LETTUCE, BROWN BREAD AND BUTTER (W.B.CR.S.SD)

CHICKEN & TREALY FARM BLACK PUDDING TERRINE # £10.50

BACON AND TENBY HARBWR BEER JAM (W.B.D.SD)

DULSE SEAFOOD CHOWDER | £10.50

SOURDOUGH BREAD, SEAWEED BUTTER (R.W.F.CR.M.S.D.SD.C)

MUSHROOM ARANCINI | £10.00

SAFFRON AIOLI, RICOTTA, PEMBROKESHIRE RAPESEED OIL (V.W.D.E)

BUTTERBEAN, ORZO, TOMATO & KALE SOUP | £9.50

TOMATO AND BASIL SCONE, PESTO

(V.W.D.E)

|| Mains

DRY AGED WELSH SIRLOIN STEAK 80Z | £32.00

CHARRED ONION. STEM BROCCOLI. CHIPS (D)

ROASTED LAMB RUMP | £30.00

WELSH LAMB RISSOLE, PARSNIP PURÉE, BEETROOT TARTE TATIN, LAMB JUS (W.D.O.E.C)

HERB CRUSTED COD | £26.00

SNOWDONIA CHEESE AND CHIVE MASH, CHARRED LEEKS, MUSTARD VELOUTÉ (R.W.E.S.D.SD.MU)

GRILLED FILLET OF PLAICE | £25.00

SQUID, CHORIZO BUTTER, HASSELBACK POTATOES (F.M.D)

ROAST CHICKEN SUPREME & CRISPY CHICKEN WING | £24.00

 ${\sf MEATLOAF,\ CREAMED\ CORN,\ BUTTERED\ KALE}$

(W.D.E.C)

TENBY HARBWR BEER BATTERED HADDOCK # £22.00

PEA AND MINT PURÉE, TARTARE SAUCE, LEMON, CHIPS (W.B.F.SD)

BEETROOT & SAGE RISOTTO | £20.00

WELSH GOAT'S CHEESE, CHEESE CRACKLING, TOASTED HAZELNUTS (V.H.D.)

TURMERIC, GINGER, CHILLI & COCONUT CURRY | £18.00

SWEET POTATO, CAULIFLOWER, FRAGRANT RICE, DULSE FLATBREAD

(V,W)

|| Sides

CABBAGE & BACON (11) # £5.00

BUTTERED PEMBROKESHIRE POTATOES (V.D) | £5.00

CHIPS (V) | £5.00

SPINACH & APPLE SALAD
WITH MUSTARD DRESSING (V.SD.B.MU) | £5.00

HONEY GLAZED PARSNIP AND CARROTS (V) | £5.00

PEPPERCORN SAUCE (D.SD) | £4.00

WILD MUSHROOM AND TRUFFLE (D.SD) | £4.00

|| Dessert

STICKY TOFFEE PUDDING | £9.00

BARTI SPICED RUM TOFFEE SAUCE, SALTED CARAMEL ICE CREAM

PLUM BAKEWELL | £9.00

AMARETTO CUSTARD

(V.W.A.D.E)

VANILLA CRÈME BRULÉE | £9.00

LEMON SHORTBREAD

(V.W.D.E)

WHITE CHOCOLATE CRÉMEUX | £9.00

MARMALADE BROWNIE. BAKED WHITE CHOCOLATE

(W.S.D.E)

ICED PASSION FRUIT & WELSH WIND VODKA PARFAIT # £8.50

PUMPKIN SEED BRITTLE, PINEAPPLE CHUTNEY
(V)

SELECTION OF WELSH CHEESE | £14.00

PANT-YS-GAWN GOAT'S CHEESE, SNOWDONIA CHEDDAR, PERL LAS AND PERL WEN, WITH TOMATO CHUTNEY, GRAPES, CELERY AND 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 arean 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

dulse

THE WATERFRONT

MILFORD