

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 || £6.00

SEAWEED BUTTER, SEA SALT (W,D)

SEAWEED, LEMON & GARLIC MARINATED OLIVES || £4.00 (V)

|| Starters

PEMBROKESHIRE CIDER & PARSNIP SOUP || £9.00

SAGE, GOAT'S CHEESE GROUTE
(V,W,D,SD)

SNOWDONIA CHEDDAR & CHILLI TWICE BAKED SOUFFLÉ || £9.50

ROASTED CAULIFLOWER, CHEESE SAUCE
(V,D,E,W,MU)

WILD MUSHROOM PARFAIT || £9.50

PORT, SOURDOUGH, CARAMELISED ONION
(V,R,SP,W,SD)

BRAISED PIG CHEEK || £10.50

CARROT, CUMIN JUS, HAZELNUT
(D,SD,H,C)

DULSE SEAFOOD & CHORIZO CHOWDER || £10.50

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

TANDOORI SPICED PRAWNS || £12.00

CURRIED POTATO, CUCUMBER, FLATBREAD, MINT AND YOGHURT
(W,CR,D,SD)

WELSH TEA SMOKED DUCK || £12.50

PICKLED RHUBARB, CELERIAC REMOULADE, WELSH HONEY DRESSING
(B,SD,MU,C)

|| Mains

DRY AGED WELSH SIRLOIN STEAK 8OZ || £32.00

CHARRED ONION, STEM BROCCOLI, CHIPS
(D,W)

ROASTED SALMON || £26.00

BUTTERED PEMBROKESHIRE LEEKS, CAERPHILLY CHEESE MASH, MUSTARD VELOUTÉ
(R,W,F,S,D,SD,MU)

GRILLED LEMON SOLE || £28.00

CELERIAC PURÉE, POTATO FONDANT, CABBAGE, TOASTED SEEDS
(F,D,SD,C)

ROASTED CHICKEN SUPREME || £24.00

CHARRED STEM BROCCOLI, WILD MUSHROOM TART, BACON AND BABY ONION JUS
(D,E,C,SD)

CONFIT DUCK LEG || £23.00

RED CABBAGE, POTATO GRATIN, APPLE
(D,SD,C)

TENBY HARBWR BEER BATTERED HADDOCK || £22.00

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

TURMERIC, GINGER, CHILLI & COCONUT CURRY || £20.00

SWEET POTATO, CAULIFLOWER, CHICKPEAS, RICE, DULSE FLATBREAD
(V,W)

POLENTA & BRAISED PEMBROKESHIRE LEEKS || £20.00

SMOKED LEEK EMULSION, ONION, CHIVE VELOUTÉ
(V,W,MU)

|| Sides

CABBAGE & BACON (D) || £5.00

BUTTERED PEMBROKESHIRE POTATOES (V,D) || £5.00

CHIPS (V,W) || £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 SAUCE (D,SD) || £4.00

|| Dessert

STICKY TOFFEE PUDDING || £9.00

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

CHOCOLATE & PASSION FRUIT CRÉMEUX || £10.00

COCONUT SORBET, ROASTED PINEAPPLE
(V,S)

DULCE DE LECHE & COFFEE CHEESECAKE || £10.00

HAZELNUT ICE CREAM (V,W,O,S,D,E,H)

RHUBARB & CUSTARD PROFITEROLE || £10.00

WHITE CHOCOLATE AND VANILLA SAUCE (V,W,S,D,E)

SELECTION OF WELSH CHEESE || £14.00

PANT-Y-S-GAWN GOAT'S CHEESE, SNOWDONIA CHEDDAR,
PERL LAS AND PERL WEN, WITH TOMATO CHUTNEY, GRAPES,
CELERY AND CRACKERS (V,W,D,G)

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

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