

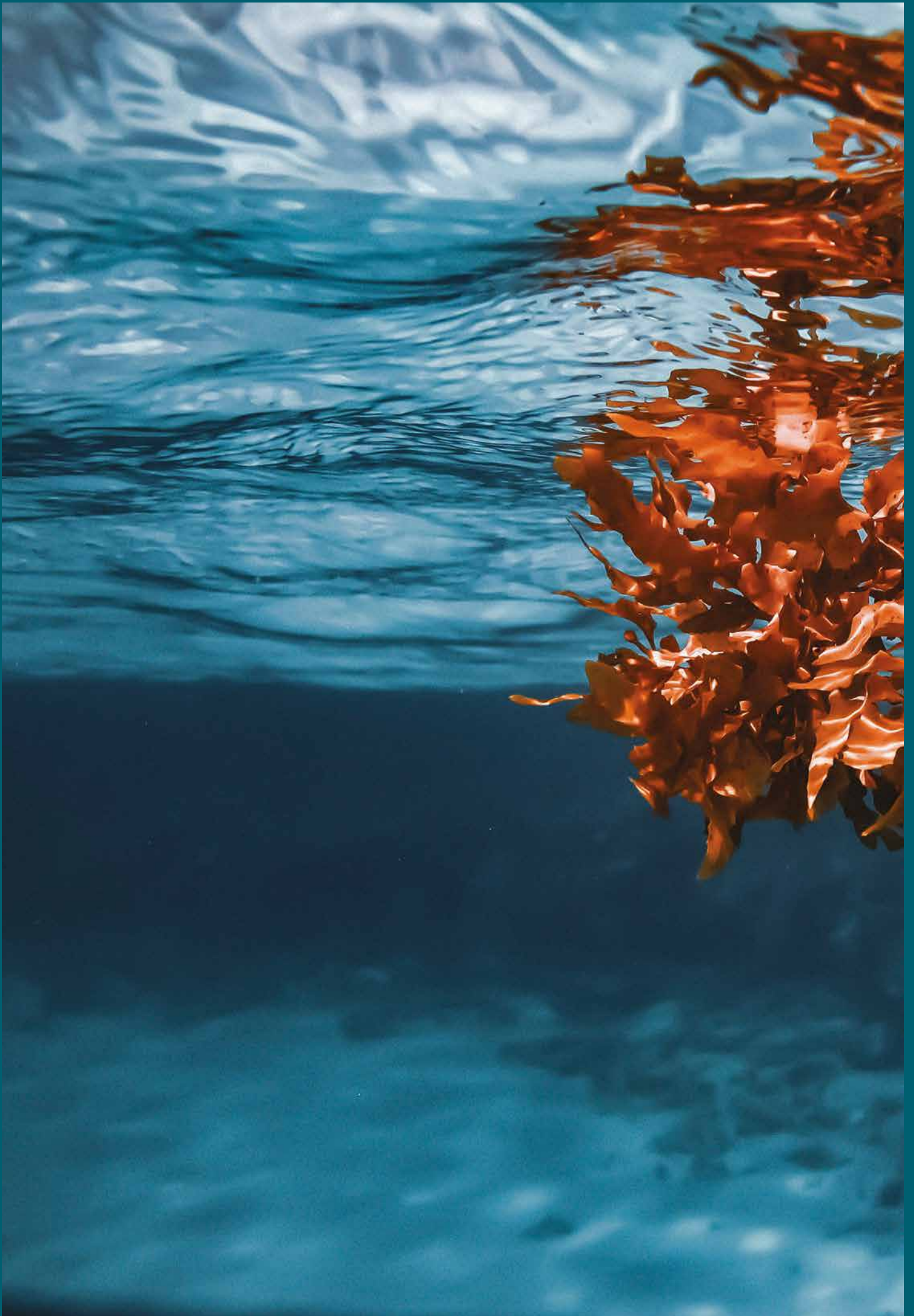
DINNER
|| MENU ||

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

PAN FRIED WHOLE TIGER PRAWNS || £14.00

GARLIC BUTTER, SAMPHIRE, FOCACCIA

(W,CR,S,D)

PULLED BEEF BRISKET HASH || £12.00

BEETROOT, HORSERADISH SALAD CREAM, BOURBON JUS

(W,D,E,SD,MU,C)

DULSE SEAFOOD CHOWDER || £11.00

SWEETCORN, CHORIZO, PEMBROKESHIRE POTATOES, CHARRED
SOURDOUGH, SEAWEED BUTTER

(R,SP,W,F,M,S,D,SD,C)

APPLE & PERL WEN BRUSCHETTA || £10.50

TOMATO CHUTNEY, GRAPES, CANDIED HAZELNUTS,
PEMBROKESHIRE CIDER AND MUSTARD MAYONNAISE

(V,H,W,D,SD,MU)

CHICKEN LIVER PÂTÉ || £10.00

SWEET ONION MARMALADE, PICKLED CORNICHONS,
HOMEMADE SAGE AND ONION BREAD

(W,D,SD)

**PEMBROKESHIRE CHILLI FARM SPICED
WHITEBAIT || £9.00**

JALAPENO AND LIME MAYONNAISE (W,F)

**QUINOA & ROASTED BUTTERNUT SQUASH
SALAD 🌿 || £9.50**

EDAMAME BEAN, SUN BLUSHED TOMATOES, KALE AND CHILLI,
BASIL AND LIME DRESSING (V,S)

|| Mains

DRY AGED WELSH SIRLOIN STEAK 8OZ || £32.00

CHARRED ONION, STEM BROCCOLI, CHIPS

(D,W)

WELSH LAMB RUMP || £30.00

TABBOULEH COUSCOUS, MINT TZATZIKI, POMEGRANATE AND FETA

(W,D,C)

WHOLE BAKED SEA BREAM || £28.00

HASSELBACK POTATOES, APPLE, FENNEL AND SAMPHIRE SALAD,
CAPER AND COCKLE BUTTER

(F,M,D,SD)

ROASTED SALMON FILLET || £26.00

ONION MASH, CABBAGE AND BACON, DILL VELOUTÉ

(SD,D,F)

DULSE SEAFOOD LINGUINE || £25.00

PEMBROKESHIRE CREAM, LAVERBREAD, WHITE WINE, PANGRATTATO
BREADCRUMBS (W,F,CR,M,D)

GARLIC, THYME & LEMON CHICKEN BREAST || £24.00

WHITE BEAN AND NDUJA CASSOULET, HERB POLENTA, RED PEPPER KETCHUP

(D,SD,C)

MUSSELS OF THE DAY || £22.00

FOCACCIA, FRIES AND SEAWEED BUTTER

(R,SP,W,M,S,D,SD)

TENBY HARBWR BEER BATTERED HADDOCK || £22.00

PEA AND MINT PURÉE, HOMEMADE TARTARE SAUCE, LEMON, CHIPS

(W,B,F,SD)

DULSE HOMEMADE GNOCCHI || £21.00

SUN BLUSHED TOMATOES, ROMANESCO SAUCE, CHARRED BROCCOLI,
GOAT'S CHEESE (V,A,D,S)

PLANT-BASED OPTION AVAILABLE 🌿

SUMMER VEGETABLE RISOTTO || £20.00

LEMON, GRAN LEVANTO CHEESE, PESTO DRESSING (V,D)

PLANT-BASED OPTION AVAILABLE 🌿

|| Sides

CHIPS (V,W) || **£5.00**

**BUTTERED GREEN BEANS WITH CABBAGE,
SHALLOTS & BACON** (D) || **£5.00**

PEMBROKESHIRE POTATOES WITH GARLIC BUTTER (V,D) || **£5.00**

**ROASTED CARROTS & PARSNIPS WITH PEMBROKESHIRE HOT
HONEY DRESSING** (V,D) || **£5.00**

CAESAR SALAD (W,R,F,S,D,SD,MU) || **£6.00**

PANZANELLA SALAD (V,R,W,S,SD) || **£6.00**

PEPPERCORN SAUCE (D,SD) || **£4.00**

WILD MUSHROOM & TRUFFLE (D,SD) || **£4.00**

|| Dessert

STICKY TOFFEE PUDDING || £10.00

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

LEMON POSSET || £10.00

FRESH BLACKBERRIES, VANILLA SHORTBREAD
(W,D)

CHOCOLATE & ORANGE CRÈME CARAMEL || £10.00

CHANTILLY CREAM, CHARRED ORANGE
(V,S,D,E)

PEANUT BUTTER & CHERRY PARFAIT 🍌 || £10.00

PEANUT FLAPJACK, CHERRY COMPOTE
(V,P,S)

DULSE PEACH MELBA || £10.00

WHITE CHOCOLATE GANACHE, SOUR PEACH CHUTNEY,
FRESH RASPBERRIES, VANILLA CREAM
(V,S,D)

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 HOMEMADE 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



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