

LUNCH
|| MENU ||

dulse

THE
WATERFRONT



MILFORD
HAVEN

|| To Nibble

FARM COTTAGE BAKERY ARTISAN BREAD || £6.00

SEAWEED BUTTER, SEA SALT

(W,D)

SEAWEED, LEMON & GARLIC MARINATED OLIVES || £4.00

(V)

|| Starters

ROASTED RED PEPPER & TOMATO SOUP || £8.00

BASIL PESTO, CHARRED SOURDOUGH AND SEAWEED BUTTER

(V,W,B,D,SD)

CAULIFLOWER WINGS || £8.00

CHIP SHOP CURRY MAYONNAISE

(W,B,C)

DULSE SEAFOOD CHOWDER || £11.00

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

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

QUINOA & ROASTED BUTTERNUT SQUASH SALAD 🌿 || £9.50

EDAMAME BEAN, SUN BLUSHED TOMATOES, KALE AND CHILLI,
BASIL AND LIME DRESSING

(V,S)

PEMBROKESHIRE CHILLI FARM SPICED WHITEBAIT || £9.00

JALAPENO AND LIME MAYONNAISE

(W,F)

PULLED BEEF BRISKET HASH || £12.00

BEETROOT, HORSERADISH SALAD CREAM, BOURBON JUS

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

|| Mains

DRY AGED WELSH SIRLOIN STEAK 8OZ || £32.00

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

ROASTED SALMON FILLET || £26.00

ONION MASH, CABBAGE AND BACON, DILL VELOUTÉ (S,D,D,F)

TENBY HARBWR BEER BATTERED HADDOCK || £22.00

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

DULSE SEAFOOD LINGUINE || £25.00

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

MUSSELS OF THE DAY || £22.00

FOCACCIA, FRIES AND SEAWEED BUTTER (R,SP,W,M,S,D,SD)

SUMMER VEGETABLE RISOTTO || £20.00

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

PLANT-BASED OPTION AVAILABLE 🌿

WELSH LAMB BURGER || £17.00

ON A FARM COTTAGE ARTISAN BUN, TOPPED WITH GARLIC YOGHURT, TOMATO RELISH, LETTUCE AND PICKLED CUCUMBER, SERVED WITH SKINNY FRIES (W,SD,D)

PANKO CHICKEN BURGER || £16.50

ON A FARM COTTAGE ARTISAN BUN, TOPPED WITH KOREAN BBQ SAUCE, MAYONNAISE, PICKLED CUCUMBER AND LETTUCE, SERVED WITH SKINNY FRIES (W,E,SD,D,MU)

|| Sides

CHIPS (V,W) || £5.00

BUTTERED GREEN BEANS WITH CABBAGE, SHALLOTS & BACON (C) || £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 (C,SD) || £4.00

WILD MUSHROOM & TRUFFLE (C,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