

DINNER
|| MENU ||

dulse

THE
WATERFRONT



MILFORD
HAVEN



The background of the page is a photograph of seaweed and ocean waves. The seaweed is a vibrant orange-brown color, and the water is a deep blue. The image is framed by a dark teal border.

|| 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

THAI PRAWN TOM YUM SALAD || £13.00

ASIAN VEGETABLES, CRISPY NOODLES, SOY AND TOM YUM DRESSING
(W,CR,S,SE,SD)

DULSE SEAFOOD CHOWDER || £11.00

SWEETCORN, CHORIZO, CHARRED SOURDOUGH, SEAWEED BUTTER
(R,SP,W,F,M,S,D,SD,C)

BEETROOT & WELSH GOAT'S CHEESE SALAD || £10.50

CANDIED WALNUTS, WATERCRESS, PESTO AND BUTTERMILK DRESSING
(V,WN,D)

WELSH LAMB FAGGOTS || £10.00

PARSNIP, ONION AND BACON GRAVY
(W,D,E,C)

WILD MUSHROOM & HAZELNUT PARFAIT || £10.00

ONION MARMALADE, PICKLES, DULSE HOMEMADE BREAD
(V,H,W,D,SD)

HAM HOCK, PORK & SAGE TERRINE || £9.50

BRIOCHE, PICCALILLI
(W,B,D,E,R,MU)

ROASTED BUTTERNUT SQUASH & CARROT SOUP || £9.00

COCONUT, ONION BHAJI, ONION BREAD
(V,W,B,C)

PEMBROKESHIRE CHILLI FARM SPICED WHITEBAIT || £9.00

JALAPENO AND LIME MAYONNAISE
(W,F)

|| Mains

DRY AGED WELSH SIRLOIN 8OZ || £32.00

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

ROASTED LAMB RUMP || £28.00

HASH BROWN, RED CABBAGE, CRUSHED PEAS, LAMB JUS
(B,E,SD,C)

SALMON WELLINGTON || £28.00

PARMENTIER POTATOES, BUTTERED KALE, HORSERADISH AND CHIVE VELOUTÉ
(W,F,D,E,SD,MU)

DULSE SEAFOOD LINGUINE || £25.00

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

CHICKEN SUPREME || £24.00

WELSH CHEDDAR AND HAM MILLE-FEUILLE, TRUFFLE MASH,
WILD MUSHROOM SAUCE, STEM BROCCOLI
(W,D,SD,E)

KATSU PLAICE FILLET || £24.00

CURRY SAUCE, MISO GLAZED PAK CHOI, STEAMED RICE
(W,F,S,E,SD,MU)

TENBY HARBWR BEER BATTERED HADDOCK || £22.00

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

DULSE HOMEMADE GNOCCHI || £21.00

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

 PLANT-BASED OPTION AVAILABLE

HOOK FARM CAULIFLOWER STEAK || £20.00

WELSH RAREBIT, LEEK AND HAFOD CHEESE SAUCE, CRISPY ONIONS (V,W,D,E,SD,MU)

|| Sides

CHIPS (V,W) || £5.00

BUTTERED GREEN BEANS & BACON (D) || £5.00

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

CHEESY CREAMED LEEKS & CRISPY ONIONS (V,W,D,SD) || £6.00

BRAISED CARROTS WITH TARRAGON BUTTER (V,D,SD) || £5.00

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)

CHOCOLATE MOUSSE || £10.00

WINTER BERRIES, CANDIED HAZELNUTS

(V,H,S)

CARDAMOM POACHED PEAR & ALMOND TART || £10.00

VANILLA CUSTARD

(V,W,A,D,E)

LEMON POSSET || £10.00

BLACKBERRIES, SHORTBREAD (V,W,D)

MILLE-FEUILLE || £10.00

PUFF PASTRY, DULCE DE LECHE, APPLE COMPOTE (V,W,D,E,SD)

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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