

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 || £5.50**

SEAWEED BUTTER, PEMBROKESHIRE SEA SALT (V,G,D)

**MARINATED OLIVES || £4.00**  (V)

## || Starters

**CARMARTHEN HAM, ROASTED PEACHES,  
MOZZARELLA || £11.50**

BREAD CRISP, BALSAMIC GEL, BASIL  
(D,SD,G,E)

**MISO AND WELSH HONEY MARINATED  
PRAWN SALAD || £11.00**

CARROT, ORANGE, SNOW PEAS, CHILLI, PEANUTS  
(CR,G,SE,SD,D,S,P)

**SPICED BUTTERMILK COLEY || £10.50**

KIMCHI, GOCHUJANG MAYONNAISE, LIME  
(F,D,S,G,MU)

**SWEETCORN AND SMOKED CHICKEN ARANCINI || £9.50**

SWEETCORN PURÉE, BLACK GARLIC KETCHUP, GRAN LEVANTE CHEESE  
(G,D,E)

**TEIFI FARMHOUSE SEAWEED CHEDDAR SOUFFLÉ || £9.00**

SMOKED CELERIAC PURÉE, PICKLED PEAR, SPICED MAPLE  
(V,G,D,E,C)

**CARROT AND GINGER PANNA COTTA || £8.50**

PARSNIP TOFFEE, ALMOND CRUMBLE, SATAY MAYONNAISE,  
CORIANDER, ONION BREAD  
(V,G,N,P,S,SD)

**COURGETTE, PEA AND MINT SOUP || £7.50** 

CHARRED CORN BREAD  
(V,SD,G)

## || Mains

### LAMB RUMP || £26.50

STEM BROCCOLI, CHARRED ONION, ROSEMARY JUS, SERVED WITH CHIPS (D,C)

### COD 'AU PISTOU' || £26.00

SUMMER VEGETABLE STEW, ORZO PASTA, SALT AND CHILLI SQUID, MINT PISTOU  
(F,M,G)

### PEMBROKESHIRE DRY AGED 80Z RUMP STEAK || £25.00

STEM BROCCOLI, CHARRED ONION, SERVED WITH CHIPS  
(D)

### WHOLE ROASTED SEA BASS || £25.00

ROMESCO SAUCE, TOMATO, CUCUMBER AND PICKLED WATERMELON SALAD,  
ROASTED PEMBROKESHIRE POTATOES, TOASTED ALMONDS  
(F,N,D,SD)

### ROASTED PORK BELLY, BRAISED PIG CHEEK, CHORIZO SAUSAGE ROLL || £24.00

BUTTERNUT SQUASH, PICKLED RED CABBAGE, APPLE  
(G,D,SD)

### ROASTED CHICKEN BREAST || £22.00

NDUJA AND SNOWDONIA CHEDDAR BON BON, SWEET POTATO HASH, SMOKED BACON  
VELOUTÉ, BARTI RUM BBQ SAUCE, CHARRED BABY LEEK  
(D,G,SD,E)

### MARKET FISH IN TENBY HARBWR BEER BATTER || £20.00

DULSE TARTARE SAUCE, MUSHY PEAS AND LEMON, SERVED WITH CHIPS  
(F,G,SD)

### CRISPY OYSTER MUSHROOM RAMEN || £19.50

XO EDAMAME, EGG NOODLES, DASHI BROTH, CHILLI OIL, PICKLES, FURIKAKE  
(V,G,E,S,SE,SD)

### CHARRED HISPI CABBAGE || £18.00

BUTTERBEAN MASH, GREEN PEPPERCORNS, ROASTED RADISH, ONION STOCK  
(V,G,SD)

## || Sides

SUMMER VEGETABLE FRICASSEE, PINE NUTS,  
CAFÉ DE PARIS BUTTER (V,D,S,N) || £5.00

BRAISED RED CABBAGE, ORANGE AND PUMPKIN SEEDS (V,SD) || £4.50

CHIPS (V) || £4.50 ✓

PEPPERCORN SAUCE (V,D,SD) || £3.50

WELSH WHISKY CREAM SAUCE (V,D,SD) || £3.50

SEAWEED CHIMICHURRI (V,SD) || £3.50

## || Dessert

### **CHOCOLATE MILLIONAIRE PARIS-BREST || £9.00**

SHORTBREAD, FUDGE, CHOCOLATE SAUCE

(V,G,S,D,E)

### **CARAMEL MOUSSE || £8.50**

APPLE SORBET, APPLE GEL, APPLE CRISP, HONEYCOMB

(V,SD)

### **PINEAPPLE ETON MESS || £8.50**

CARAMELISED PINEAPPLE, LIME MERINGUE, COCONUT SORBET, PINEAPPLE CURD

(V,D,E,SD)

### **NOUGAT SEMIFREDDO || £8.50**

WHITE CHOCOLATE GANACHE, SHAVED PISTACHIO, CHERRY GEL

(V,N,S,D,E,SD)

### **STICKY TOFFEE PUDDING || £8.00**

BARTI SPICED RUM TOFFEE SAUCE, SALTED CARAMEL ICE CREAM

(V,G,D,S,E,SD)

### **SELECTION OF WELSH CHEESE || £12.00**

PANT-Y-S-GAWN GOAT'S CHEESE, SNOWDONIA CHEDDAR, PERL LAS AND PERL WEN, WITH TOMATO CHUTNEY, GRAPES, CELERY, CAERPHILLY CHEESE AND LEEK CRACKERS

(V,G,D,C,SD)

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.

✓ Plant-based (V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.



dulse

THE WATERFRONT || MILFORD HAVEN