

# dulse

THE  
WATERFRONT



MILFORD  
HAVEN



BAR  
|| MENU ||

**BREAKFAST**

**AVAILABLE 6.30AM TO 10.30AM**

## || Breakfast Rolls

**SWEETCURED BACON ON A TOASTED  
SOURDOUGH BUN || £5.50**

WITH SAUTÉED PEMBROKESHIRE POTATOES  
(G.S)

**GRILLED SAUSAGE ON A TOASTED  
SOURDOUGH BUN || £5.50**

WITH SAUTÉED PEMBROKESHIRE POTATOES  
(G.S)

**GLAMORGAN SAUSAGE ON A TOASTED  
SOURDOUGH BUN || £5.50**

WITH SAUTÉED PEMBROKESHIRE POTATOES  
(V.G.M.U.D.E.S)

**ADD EGG (V.E), BACON OR SAUSAGE || £1.00 EACH**

**BREAKFAST**

**AVAILABLE 6.30AM TO 10.30AM**

## || Pastry Selection

**BAKED CROISSANT || £3.50**

**WITH PRESERVES AND WELSH BUTTER**

(V.G.D.E)

**DANISH PASTRY AND COFFEE || £5.50**

**WITH PRESERVES AND WELSH BUTTER**

(V.G.N.P.D.E)

LIGHT BITES

AVAILABLE 12PM TO 6PM

## || Soup & Salad

### DULSE CAESAR SALAD || £11.00

GEM LETTUCE, CAESAR DRESSING, CROUTONS, PICKLED ANCHOVIES,  
GRAN LEVANTE CHEESE, SEAWEED CRISP

(F,G,S,D,SD,MU)

### DULSE SEAFOOD CHOWDER || £9.00

CHARRED CORNBREAD, SEAWEED BUTTER

(F,M,G,D,SD,C)

### ONION AND PEMBROKESHIRE CIDER SOUP || £7.50

HAZELNUT, SHALLOT, SAGE

(V,N,SD)

**LIGHT BITES**

**AVAILABLE 12PM TO 6PM**

## || Bloomer Sandwiches

ALL SERVED ON LOCALLY BAKED WHITE OR BROWN BLOOMER BREAD, WITH WELSH CRISPS AND SALAD

**PRAWNS MARIE ROSE || £11.50**

LETTUCE, TOMATO

(CR,G,S,D,SD,MU)

**CHICKEN, BACON, LETTUCE AND TOMATO || £9.50**

HERB MAYONNAISE

(G,S,D,SD,MU)

**BRIE, RED ONION AND CRANBERRY || £9.50**

ROCKET LEAVES

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

## || Bagels

**SMOKED SALMON || £14.00**

CAPER AND CHILLI CREAM CHEESE, PICKLES, GEM LETTUCE, SERVED WITH FRIES

(F,G,D,SD)

**PASTRAMI || £13.00**

SWEET MUSTARD MAYONNAISE, SAUERKRAUT, CHEESE AND PICKLES,  
SERVED WITH FRIES

(G,D,MU,SD)

## || Po' Boys

### **DULSE PRAWN PO' BOY || £14.00**

PEMBROKESHIRE CHILLI FARM SPICED PRAWNS, SEAWEED AND LIME REMOULADE, TOMATO AND LETTUCE, SERVED WITH FRIES

(C,R,G,S,D,E,SD,MU)

### **DULSE HALLOUMI PO' BOY || £13.00**

PEMBROKESHIRE CHILLI FARM SPICED HALLOUMI, SEAWEED AND LIME REMOULADE, TOMATO AND LETTUCE, SERVED WITH FRIES

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

## || Dulse Cream Tea

**FRUIT SCONE, BARA BRITH, CHERRY & WHITE  
CHOCOLATE BLONDIE AND WELSH CAKES**

**|| £15.00 PER PERSON**

SERVED WITH CLOTTED CREAM AND STRAWBERRY JAM (V,G,S,D,E)

ACCOMPANIED BY YOUR CHOICE OF WELSH BREW TEA  
OR AMERICANO COFFEE

## || Cake Selection

**BARA BRITH AND WELSH CAKES WITH CLOTTED CREAM || £6.25**  
(V,G,D,E,SD)

**FRUIT SCONE WITH CLOTTED CREAM AND JAM || £6.00**  
(V,G,D,E)

**LEMON DRIZZLE CAKE || £4.50**  
(V,G,D,E)

**CHOCOLATE BROWNIE || £4.25**  
(V,G,S)

**ROCKY ROAD || £4.25**  
(V,G,D,S)

**APRICOT FLAP JACK || £4.00**  
(V,G,D)

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.



A decorative border surrounds the page, featuring a vibrant blue sky with wispy white clouds and golden-yellow autumn leaves. The leaves are scattered across the top and sides, with some showing detailed vein patterns. The entire composition is set against a solid, bright yellow background.

**|| DRINKS ||**  
**MENU**

## Wine

### CHAMPAGNE AND SPARKLING

BORGO ALATO PROSECCO EXTRA DRY SPUMANTE, ITALY (SD) 11.00%	£45.95
BAROCCO PROSECCO SPUMANTE EXTRA DRY ROSE NV, ITALY (SD) 11.00%	£46.25
MARQUES DE CACERES BRUT CAVA, SPAIN (SD) 11.50%	£61.95
HEIDSIECK & CO. MONOPOLE SILVER TOP NV, FRANCE (SD) 12.00%	£71.95
HEIDSIECK & CO. MONOPOLE SILVER ROSE NV, FRANCE (SD) 12.50%	£76.95
POMMERY BRUT ROYAL NV, FRANCE (SD) 13.00%	£95.50
POMMERY BRUT ROSE NV, FRANCE (SD) 12.50%	£105.95

### WHITE

PICO ALTO CHARDONNAY RESERVA, CHILE (SD) 12.50%	£29.95
PICO ALTO SAUVIGNON BLANC RESERVA, CHILE (SD) 12.00%	£29.95
PINOT GRIGIO IGT VILLA ALBINI, ITALY (SD) 11.00%	£33.95
LUNAKA VIOGNIER RESERVA, CHILE (SD) 13.00%	£37.25
MARQUES DE CACERES EXCELLENS VIURA RIOJA BLANCO, SPAIN (SD) 12.00%	£41.50
DOMAINE DEL SOL PICPOUL DE PINET, FRANCE (SD) 13.00%	£42.95
ALLAN SCOTT ESTATE SAUVIGNON BLANC, NEW ZEALAND (SD) 12.00%	£44.95

## Wine

### RED

PICO ALTO, CABERNET SAUVIGNON RESERVA, CHILE (SD) 12.50%	£29.95
PICO ALTO, MERLOT RESERVA, CHILE (SD) 12.00%	£29.95
HUTTON RIDGE SHIRAZ, SOUTH AFRICA (SD) 14.00%	£32.95
LUNAKA PINOT NOIR RESERVA, CHILE (SD) 13.00%	£35.45
MC EXCELLENS CUVÉE ESPECIAL CRIANZA, RIOJA, SPAIN (SD) 14.50%	£37.95
CHATEAU LACOSTE GARZAC BORDEAUX, FRANCE (SD) 13.00%	£41.45
FAMILIA GASCON MALBEC MENDOZA, ARGENTINA (SD) 12.60%	£43.95

### ROSÉ

PICO ALTO, ROSE RESERVA, CHILE (SD) 12.50%	£29.95
PINOT GRIGIO ROSATO IGT VILLA ALBINI, ITALY (SD) 11.00%	£33.95
GREAT BEAR ZINFANDEL ROSE, USA (SD,E) 10.00%	£38.50

### ZERO ALCOHOL

NOUGHTY THOMSONS AND SCOTT 0.0% SPARKLING WINE, SPAIN (SD) 0.00%	£23.95
TORRES NATUREO 0.0% RED, SPAIN (SD) 0.00%	£18.95
TORRES NATUREO 0.0% WHITE, SPAIN (SD) 0.00%	£18.95
TORRES NATUREO 0.0% ROSE, SPAIN (SD) 0.00%	£18.95

## Wine by the Glass

### SPARKLING

125ML

**BORGO ALATO PROSECCO EXTRA DRY SPUMANTE, ITALY (SD) 11.00% £7.95**

**BAROCCO PROSECCO SPUMANTE EXTRA DRY ROSE NV,  
ITALY (SD) 11.00% £8.15**

**NOUGHTY THOMSONS AND SCOTT 0.0% SPARKLING WINE,  
SPAIN (SD) 0.00% £4.95**

### WHITE

125ML 175ML 250ML

**PICO ALTO CHARDONNAY RESERVA,  
CHILE (SD) 12.50% £6.45 £9.25 £11.45**

**PICO ALTO SAUVIGNON BLANC RESERVA,  
CHILE (SD) 12.00% £6.45 £9.25 £11.45**

**PINOT GRIGIO IGT VILLA ALBINI, ITALY (SD) 11.00% £7.45 £9.75 £12.45**

**LUNAKA VIOGNIER RESERVA, CHILE (SD) 13.00% £7.95 £10.25 £13.45**

**MARQUES DE CACERES EXCELLENS VIURA RIOJA  
BLANCO, SPAIN (SD) 12.00% £8.45 £10.95 £13.95**

**ALLAN SCOTT ESTATE SAUVIGNON BLANC,  
NEW ZEALAND (SD) 12.00% £8.95 £11.95 £15.45**

## || Wine by the Glass

### ROSÉ

	125ML	175ML	250ML
PICO ALTO, ROSE RESERVA, CHILE (SD) 12.50%	£6.95	£9.75	£11.95
PINOT GRIGIO ROSATO IGT VILLA ALBINI, ITALY (SD) 11.00%	£7.95	£10.25	£13.45
GREAT BEAR ZINFANDEL ROSE, USA (SD,E) 10.00%	£8.85	£11.50	£14.45

### RED

	125ML	175ML	250ML
PICO ALTO, CABERNET SAUVIGNON RESERVA, CHILE (SD) 12.50%	£6.45	£9.25	£11.45
PICO ALTO, MERLOT RESERVA, CHILE (SD) 12.00%	£6.45	£9.25	£11.45
HUTTON RIDGE SHIRAZ, SOUTH AFRICA (SD) 14.00%	£6.95	£9.95	£12.05
LUNAKA PINOT NOIR RESERVA, CHILE (SD) 13.00%	£7.95	£10.25	£13.45
MC EXCELLENS CUVÉE ESPECIAL CRIANZA, RIOJA, SPAIN (SD) 14.50%	£8.45	£10.95	£13.95
FAMILIA GASCON MALBEC MENDOZA, ARGENTINA (SD) 12.60%	£8.95	£11.95	£15.45

## || Gin (25ML)

GORDON'S LONDON DRY 37.5% || £5.45

GORDON'S PREMIUM PINK DISTILLED 37.5% || £5.45

TANQUERAY LONDON DRY 43.1% || £5.95

TANQUERAY BLACKCURRANT ROYALE 41.3% || £5.95

TANQUERAY FLOR DE SEVILLA 41.3% || £5.95

BRECON  40.0% || £6.45

CHASE GB 41.4% || £6.75

CHASE PINK GRAPEFRUIT & POMELO 40.0% || £6.75

CHASE RHUBARB & BRAMLEY APPLE 38.0% || £6.75

CHASE RASPBERRY & BASIL 40.0% || £6.75

ECCENTRIC CARDIFF DRY  40.0% || £7.25

PEMBROKESHIRE PINKY  43.0% || £7.25

HENDRICK'S 46.0% || £7.25

TANQUERAY NO.10 40.0% || £7.45

THE BOTANIST ISLAY DRY 40.0% || £7.45

TANQUERAY 0.0% 0.0% || £3.95

## || Aperitif (50ML)

MARTINI EXTRA DRY VERMOUTH (SD) 15% || £5.45

MARTINI ROSSO VERMOUTH (SD) 15% || £5.45

MARTINI BIANCO VERMOUTH (SD) 15% || £5.45

CAMPARI 25% || £5.45

## || Vodka (25ML)

SMIRNOFF RED LABEL 37.5% || £5.45

SMIRNOFF VANILLA FLAVOURED 37.5% || £5.45

KETEL ONE 40.0% || £5.95

KETEL ONE CITROEN 40.0% || £5.95

CHASE OAK SMOKED 40.0% || £6.45

CHASE ORIGINAL POTATO 40.0% || £6.45

CIROC ULTRA PREMIUM 40.0% || £6.95

CIROC RED BERRY FLAVOURED 37.5% || £6.95

IN THE WELSH WIND THREE GRAIN  43.0% || £6.95

## || Rum (25ML)

CAPTAIN MORGAN WHITE 37.5% || £5.45

CAPTAIN MORGAN ORIGINAL SPICED GOLD 35.0% || £5.45

CAPTAIN MORGAN DARK 40.0% || £5.45

CAPTAIN MORGAN BLACK SPICED 40.0% || £5.75

MIMOSA RWM ESPIRITU  29.0% || £5.75

BARTI SPICED  35.0% || £5.95

CAPTAIN MORGAN SPICED GOLD 0.0% 0.0% || £3.95

## || Whisky (25ML)

JOHNNIE WALKER RED LABEL 40.0% || £5.45

ABER FALLS SINGLE MALT WELSH 🦉 40.0% || £5.75

JACK DANIEL'S TENNESSEE 40.0% || £5.95

ROE & CO BLENDED IRISH 45.0% || £6.45

BULLEIT BOURBON 45.0% || £6.45

JOHNNIE WALKER BLACK LABEL 40.0% || £7.95

PENDERYN SINGLE MALT WELSH WHISKY

MADEIRA FINISH 🦉 46.0% || £7.95

GLEN DOCHUS HIGHLAND BLEND 0.0% 0.0% || £3.95

## || Cognac (25ML)

REMY MARTIN VSOP 40.0% || £6.25

## || Tequila (25ML)



JOSE CUERVO SILVER 38.0% || £5.75

## || Port (50ML)

GRAHAM'S SIX GRAPES RESERVE 37.5% || £5.45



## || Liqueurs

	25ML	50ML
CHAMBORD BLACK RASPBERRY 16.5%	£5.25	
COINTREAU 40.0%	£5.25	
DISARONNO ORIGINALE AMARETTO 28.0%	£5.25	
ARCHERS PEACH SCHNAPPS 18.0%	£5.75	
CHASE ELDERFLOWER 20.0%	£5.75	
DRAMBUIE THE ISLE OF SKYE 40.0%	£5.75	
GRAND MARNIER CORDON ROUGE 40.0%	£5.75	
JÄGERMEISTER 35.0%	£5.75	
LIMONCELLO 28.0%	£5.75	
MALIBU ORIGINAL 21.0%	£5.75	
SAMBUCA 38.0%	£5.75	
SOUTHERN COMFORT 35.0%	£5.75	
TEQUILA ROSE STRAWBERRY CREAM (D) 15.0%	£5.75	
TIA MARIA COLD BREW COFFEE 20.0%	£5.75	
APEROL 11.0%		£8.45
ABER FALLS CREAM (D)  15.0%		£9.95
BAILEY'S ORIGINAL IRISH CREAM (D) 17.0%		£9.95
BARTI CREAM  15.0%		£9.95

## || Liqueur Coffees

**WELSH COFFEE**, PENDERYN SINGLE MALT (D) 🏴󠁧󠁢󠁥󠁮󠁧󠁿 46.0% || **£9.95**

**IRISH COFFEE**, ROE & CO BLENDED (D) 46.0% || **£9.95**

**Gaelic Coffee**, JOHNNIE WALKER BLACK LABEL (D) 40.0% || **£9.95**

**FRENCH COFFEE**, RÉMY MARTIN VSOP (D) 40.0% || **£9.95**

**ITALIAN COFFEE**, DISARONNO ORIGINALE AMARETTO (D) 28.0% || **£9.95**

**CALYPSO COFFEE**, TIA MARIA COLD BREW COFFEE (D) 20.0% || **£9.95**


**CELTIC COFFEE**, ABER FALLS CREAM (D) 🏴󠁧󠁢󠁥󠁮󠁧󠁿 15.0% || **£9.95**

**PEMBROKESHIRE COFFEE**, BARTI CREAM 🏴󠁧󠁢󠁥󠁮󠁧󠁿 15.0% || **£9.95**

## || Draught Beer and Cider

	1/2 PINT	PINT
<b>AMSTEL</b> (B) 4.1%	<b>£3.25</b>	<b>£5.75</b>
<b>HEINEKEN</b> (B) 5.0%	<b>£3.50</b>	<b>£6.50</b>
<b>INCH'S CIDER</b> (SD) 4.5%	<b>£3.35</b>	<b>£6.25</b>
<b>BIRRA MORETTI</b> (B) 4.6%	<b>£3.50</b>	<b>£6.50</b>
<b>GUINNESS</b> (B) 4.1%	<b>£3.50</b>	<b>£6.50</b>
<b>BRIXTON RELIANCE PALE ALE</b> (B) 4.2%	<b>£3.50</b>	<b>£6.50</b>
<b>FELINFOEL ESB</b> (B) 4.2%	<b>£3.35</b>	<b>£6.25</b>

## || Bottled Beer and Cider

	330ML	500ML
<b>HEINEKEN (B) 5.0%</b>	<b>£5.25</b>	
<b>SOL (B) 4.2%</b>	<b>£5.25</b>	
<b>BIRRA MORETTI (B) 4.6%</b>	<b>£5.45</b>	
<b>BIRRA MORETTI SALE DI MARE (B) 4.8%</b>	<b>£5.75</b>	
<b>BULMERS ORIGINAL (SD) 4.5%</b>		<b>£6.25</b>
<b>BULMERS CRUSHED RED BERRIES &amp; LIME (SD) 4.0%</b>		<b>£6.25</b>
<b>GLAMORGAN JEMIMA'S PITCHFORK (B,W)  4.5%</b>		<b>£6.25</b>
<b>HEINEKEN 0.0% (B) 0.5%</b>	<b>£3.95</b>	
<b>OLD MOUT BERRIES &amp; CHERRIES 0% (SD) 0.5%</b>		<b>£4.25</b>
<b>GUINNESS ZERO (538ML CAN) (B) 0.0%</b>		<b>£3.95</b>

## || Draught Soft Drinks

	330ML	500ML
PEPSI	£2.95	£4.95
PEPSI MAX	£2.95	£4.95
R.WHITE'S LEMONADE (SD)	£2.95	£4.95

## || Bottled Soft Drinks

APPLETISER 275ML || £3.95

J20 APPLE & MANGO (SD) 275M || £3.95

J20 ORANGE & PASSIONFRUIT (SD) || 275ML £3.95

LONDON ESSENCE LEMONADE (SD) 200ML || £2.95

LONDON ESSENCE GINGER BEER (SD) 200ML || £2.95

PEPSI 330ML || £3.95

DIET PEPSI 330ML || £3.95

RED BULL (CAN) 250ML || £5.25

## || Fruit Juices

**APPLE JUICE** GLASS || **£2.95**

**CRANBERRY JUICE** GLASS || **£2.95**

**ORANGE JUICE** GLASS || **£2.95**

**PINEAPPLE JUICE** GLASS || **£2.95**

**TOMATO JUICE (B.C)** GLASS || **£2.95**

## || Bottled Mixers

**BRITVIC TONIC WATER** 200ML || **£2.45**

**BRITVIC SLIMLINE TONIC WATER** 200ML || **£2.45**

**LONDON ESSENCE INDIAN TONIC WATER** 200ML || **£2.95**

**LONDON ESSENCE POMELO & PINK PEPPER TONIC** 200ML || **£2.95**

**LONDON ESSENCE GRAPEFRUIT & ROSEMARY TONIC** 200ML || **£2.95**

**LONDON ESSENCE ORANGE & ELDERFLOWER TONIC** 200ML || **£2.95**

**LONDON ESSENCE GINGER ALE** 200ML || **£2.95**

## || Welsh Roasted Coffee

ALL HOT BEVERAGES ARE SERVED WITH A WELSH CAKE (W.S.D)  
MILK OPTIONS INCLUDE SEMI-SKIMMED MILK, OAT MILK, ALMOND MILK (A)  
& SOYA MILK (S)

AMERICANO 🏴󠁧󠁢󠁥󠁮󠁧󠁿 || £4.45

SINGLE ESPRESSO 🏴󠁧󠁢󠁥󠁮󠁧󠁿 || £4.45

DOUBLE ESPRESSO 🏴󠁧󠁢󠁥󠁮󠁧󠁿 || £5.45

CAPPUCCINO (D) 🏴󠁧󠁢󠁥󠁮󠁧󠁿 || £5.45

MOCHACCINO (D) 🏴󠁧󠁢󠁥󠁮󠁧󠁿 || £5.45

MACCHIATO (D) 🏴󠁧󠁢󠁥󠁮󠁧󠁿 || £5.45

CAFÉ LATTE (D) 🏴󠁧󠁢󠁥󠁮󠁧󠁿 || £5.45

FLAT WHITE (D) 🏴󠁧󠁢󠁥󠁮󠁧󠁿 || £5.45

HOT CHOCOLATE (D) 🏴󠁧󠁢󠁥󠁮󠁧󠁿 || £5.45

SYRUPS - CARAMEL, GINGERBREAD, VANILLA,  
HAZLENUT (H) || £1.05

## || Welsh Brew Tea

WELSH BREW BREAKFAST 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £4.45

EARL GREY 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £4.45

PEPPERMINT 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £4.45

DECAF BREAKFAST 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £4.45

CRANBERRY & RASPBERRY 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £4.45

GREEN TEA 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £4.45

LEMON & GINGER 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £4.45

MIXED BERRY 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £4.45

CHAMOMILE 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £4.45

## || Iced Coffee & Tea

ICED BLACK AMERICANO 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £4.45

ICED CAPPUCCINO ☐ 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £5.45

ICED LATTE ☐ 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £5.45

ICED FLAT WHITE ☐ 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £5.45

ICED MOCHA ☐ 🏴󠁧󠁢󠁥󠁮󠁧󠁿 | £5.45

PEACH ICED TEA | £4.45



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√ Plant-based. (V) Vegetarian. (D) Contains milk, (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 (O) Contains oats. (R) Contains rye. (B) Contains barley. (W) Contains wheat. (Sp) Contains spelt, (A) Contains almonds. (Bn) Contains brazil nuts. (Cn) Contains cashew nuts. (H) Contains hazelnuts. (Pn) Contains pecan nuts. (Ps) Contains pistachios, (Wn) Contains walnuts.

**Alcohol is for over 18s only, proof of ID may be requested. All our spirits & liqueurs are served in multiples of 25ml, unless otherwise stated. All our wines by the glass are served in multiples of 125ml, 175ml & 250ml. All our draught beer & cider is sold in measures of pints and half pints. Alcoholic volumes were correct at time of printing, but may vary due to changes in vintage, please ask a member of our team to check the bottle for exact ABV%.**