

ATLANTIC  
**GRILL & HEALTH**  
RESTAURANT

## “Moin” and welcome to the Atlantic Grill & Health

Our philosophy is simple: we follow a combination of high-quality grilled specialties and sustainable, wholesome cuisine.

Our ambition? To bring the treasures of our region fresh to your plate in every season, interpreted in a modern way and full of flavor.

Our suppliers are local farms and breeders. We also preserve food in season by drying, pickling and smoking so that we can use them off season as well.

Atlantic Grill & Health is more than just a place to eat. It's about an experience, enjoyment and your well-being - whether it's lunch or dinner.



**vegetarian**








**vegan**

All stated prices are in Euro including VAT. VAT changes are subject to the tax office.

Lunch

10. JUNI BIS 14. JUNI

## Lunch

<b>VORWEG</b> BEFORE	Superfood Salat [Signature]  Senfsalat · Eingelegtes Superfood salad [Signature] mustard greens · pickles	10
	Weißer Tomatensuppe  Croûtons · Kräuteröl White tomato soup croûtons · herbal oil	10
<b>MITTENDRIN</b> DURING	Spargel Pasta  Kober Käse · Hanfsaat Asparagus pasta Cheese from Kober · hemp seeds	20
	Hamburger Pannfisch Senfsauce · Kartoffelpüree Pan-fried fish from Hamburg mustard sauce · potato puree	20
	Ragout vom Maibock Speck · Kartoffelpüree Ragout of young venison bacon · potato puree	20
<b>DANACH</b> AFTER	Pâtisserie - Highlight des Tages  Pastry highlight of the day	8
	Norddeutsche Käseauswahl  Northern German cheese selection	10
	2-Gang Menü (zur Wahl) 2-course menu (to choose)	28
	3-Gang Menü (zur Wahl) 3-course menu (to choose)	34

inklusive einem kleinem Soft- und Heißgetränk  
including one small soft drink and one hot drink

## LUNCH

### Klassiker | Classics

<b>MITTENDRIN DURING</b>	Cacio e pepe Spaghettini · Kampot Pfeffer · Pecorino Cacio e pepe spaghettini · Kampot pepper · Pecorino		21
	Faröer Lachs Beurre Blanc · Heidekartoffeln · Spinat Faroe salmon beurre blanc · regional potatoes · spinach		42
	Wiener Schnitzel Kartoffel-Gurkensalat · Preiselbeeren · Zitrone “Wiener Schnitzel” potato-cucumber-salad · lingonberry · lemon		39

### Aperitif | Champagne

	Riesling Sekt „Atlantic Perle“ Schloss Vaux	0,1l	12
	Riesling sparkling wine	0,75l	69
	Laurent Perrier Champagner Brut	0,1l	22
		0,75l	139

### Wein | Wine







<b>WEISSWEIN WHITE WINE</b>	2022 Riesling Charta Weingut Allendorf, Rheingau, Deutschland	0,2l	14
		0,75l	45
	2022 Grauburgunder „Weißer Wilhelm“ Weingut Studier, Pfalz, Deutschland	0,2l	13
		0,75l	42
	2022 Sauvignon Blanc „Feuerstein“ Weingut Lergenmüller, Pfalz, Deutschland	0,2l	17
		0,75l	55
<b>ROTWEIN RED WINE</b>	2021 Pinot Noir & Zweigelt „Rote Baronin“ Weingut Zur Schwane, Franken, Deutschland	0,2l	16
		0,75l	52
	2021 Rotwein-Cuvée „Black Ox» Weingut Lergenmüller, Pfalz, Deutschland	0,2l	17
		0,75l	55

**LUNCH****Getränke | Drinks**

<b>SOFTGETRÄNKE</b>	St. Michaelis Mineralwasser naturell, sprudelig	0,25 l	6
<b>SOFTDRINKS</b>	still, sparkling	0,75 l	12
	Coca-Cola, Coca-Cola Light, Coca-Cola Zero, Fanta, Sprite, Mezzo Mix	0,2 l	6,5
<b>SAFT</b>	Apfel Elstar naturtrüb	0,25 l	8
<b>JUICE</b>	Apple „Elstar“		
	Schwarze Johannisbeere Cassis	0,25 l	8
<b>SAFTSCHORLE</b>	Apfelschorle trüb	0,33 l	7
<b>JUICE SPRITZER</b>	Apple juice spritzer		
	Rhabarber Schorle Rhubarb juice spritzer	0,33 l	7
<b>FASSBIER</b>	Pilsener, Holsten	0,3 l	7
<b>DRAFT BEER</b>			

Dinner

## Health

<b>BEFORE</b>	Superfood salad [Signature]  pickles · avocado · pomegranate · quinoa · chickpeas · sprouted buckwheat	15
	Artichoke & goat cheese  wild herb salad · Taggiasca olive · thyme honey	26
	Purple kohlrabi  duet of cherry · almond · wood sorrel	18
	Cold beetroot soup  Mexico cucumber · cornflower · sour cream	15
<b>DURING</b>	“Schnüüsch 2.0” (open lasagna)  hay milk · “Vierländer” vegetables · yellow beet	22
	Spelt Risotto  pickled lemon · meadow herbs · green asparagus	22



## Grill

<b>CHEF'S CHOICE</b>	Saddle of salt marsh lamb · Butchery Burmeister pine nuts · herbal puree · summer pumpkin		45
	Pork tile meat · LiVar monastery pork hazelnut · gooseberry · cauliflower		36
	Dry aged catfish · Sebastian Baier oyster of Salomé · currant · leaf spinach		39

<b>YOUR CHOICE</b>	Beef tenderloin · Norland heifer · Northern Germany	160 g	46
		200 g	54
	Striploin bone in "Atlantic Selection" · Galloway Butchery Burmeister · Husum	600 g	79
	Rib eye bone in "Atlantic Selection" · Galloway Butchery Burmeister · Husum	800 g	96
	Corn-fed chicken breast Prignitz · Northern Germany	200 g	28
	Brook trout · Butterfly Cut Trout Abel · Lake Ganderkesee	220 g	38
	Fillet of salmon Faroe Islands	180 g	36

Our grill dishes are served with a sauce of your choice.

<b>SAUCES + SIDE DISHES</b>	Sauce béarnaise	4		Superfood salad	8
	Pepper sauce	4		Grilled green asparagus	8
	Café de Paris butter	4		Leaf spinach	8
	 Beurre blanc	4		 Potato puree	8
	 Herb butter	4		 Spelt risotto	8
	 Truffle mayonnaise	4		 French fries	8

## Menu | Classics

<b>REGIONAL PURE MENU</b>	Two kinds of red cabbage  feta cheese from Kober · chanterelles · lentils	16
	60°C egg from Cassenshof  asparagus · yeast · regional potato	13
	Dry aged saddle & heart of veal · Rico Schlegel red vermouth · wild cauliflower · eggplant	41
	Marinated strawberries basil · Horster yogurt	12
	<b>3-course menu</b> (without 2 <sup>nd</sup> course) wine pairing	64 29
	<b>4-course menu</b> wine pairing	74 37
<b>CLASSICS</b>	Atlantic lobster bisque Limfjord lobster · fennel confiture · pickled Tropea onions	33
	Tenderloin-beef tartare · northern Germany · 120 g radish · egg yolk · black garlic	29
	“Wiener Schnitzel” potato cucumber salad · lingonberry · lemon	39