

THE PHILOSOPHY AND RECTILINEARITY OF THE CUISINE

Our focus is on combining grilled products with healthy, sustainable cuisine.

The aim is to work with regional, seasonal products and use smart, modern means to transform these into exceptional dishes. Our suppliers are farmers and breeders in the surrounding area.

Additionally, we are conserving seasonal produce where possible - through preserving, drying (dehydrating), pickling and smoking - thus enabling its use out-of-season.

We avoid using sugar and wheat wherever possible. These will be replaced by wholegrain, honey and birch sugar.







The selection of drinks in the Atlantic Grill & Health is also focused around products from the region with a sustainable effort.

Most of our drinks are from companies working with similarly sustainable means.

Their manufacturing methods promote sustainability, skipping unnatural preservatives and fining agents, and they refrain from the prevailing monoculture in viticulture.

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

Health

BEFORE	Superfood salad [Signature] 	15
	pickles · avocado · pomegranate · quinoa · sprouted buckwheat · chickpeas	
	Artichoke & goat cheese 	26
	thyme honey · Taggiasca olive · wild herb salad	
	60°C egg from Cassenshof 	14
	“Dresdner Berle” · smoked crème fraîche · truffle potato	
INBETWEEN	Celery baked in salt dough 	19
	hazelnut · plum · turnip	
DURING	Barley risotto 	21
	water cress · “Vierländer” carrot · pumpkin seeds	
	Truffled potato gnocchi 	26
	brown butter · young spinach · pine nuts	



vegetarian













vegan

Grill

DURING	Beef tenderloin · Norland heifer · Holstein x Ayrshire	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
	Flat iron · Wolowina heifer Pommern	230 g	36
	Veal shank Peter’s Farm · Netherlands	200 g	36
	Corn-fed chicken breast Prignitz · Northern Germany	180 g	28
	Brook trout · Butterfly Cut Trout Abel · Lake Ganderke	220 g	38
	Redfish · wild catch Denmark	180 g	36
	Salmon Faroe Islands	180 g	36

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

SAUCES + SIDE DISHES	Veal jus	4		Superfood salad	8
	Pepper sauce	4		Oven-roasted vegetables	8
	Sauce béarnaise	4		Leaf spinach	8
	Café de Paris butter	4		Grilled green asparagus	8
	 Herb butter	4		Barley risotto	8
	 Beurre blanc	4		Potato puree	8
	 Truffle mayonnaise	4		Farmer fries	8

Menu | Classics

REGIONAL PURE MENU	River trout from Trout-Abel horseradish · apple - turnip cabbage · sunflower seeds	16
	Creamy pea soup rhubarb · yellow beets · lovage	10
	Saddle of Lamb · Husum dike malt · spring vegetables · purple potato	48
	“Atländer Apfel” apple secco · lemon curd · puff pastry	12
	3-course menu (without 2 nd course)	68
	wine pairing	29
	4-course menu	74
	wine pairing	35
CLASSICS	Atlantic lobster bisque lobster · fennel confiture · pickled Tropea onions	33
	Tenderloin-beef tartare · northern Germany · 120 g small radish · egg yolk · black garlic	29
	“Wiener Schnitzel” potato cucumber salad · lingonberry · lemon	39