

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.

Dinner











Health

BEFORE	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
	Burrata from “Paolella”  basil · heirloom tomatoes · egg yolk	21
DURING	“Schnüüsich 2.0” - open lasagna  hay milk · “Vierländer” vegetables · yellow beet	22
	Spelt Risotto  lemon pickle · meadow herbs · oven roasted vegetables	22



Grill

DURING	Beef tenderloin · Norland heifer	160 g	46
	Northern Germany	200 g	54
	Roastbeef · Simmental beef	200 g	41
	Poland		
	Rib eye of veal	200 g	39
	Peter's Farm · Netherland		
	Beef merguez	160 g	26
	Rungis market · Paris		
	Saddle of dry aged pork	350g	44
Rico Schlegel · Lower Saxony			
Corn-fed chicken breast	180 g	28	
Prignitz · Northern Germany			
Whole plaice	400 g	44	
Sebastian Baier · Denmark			
Dry aged catfish	180 g	35	
Sebastian Baier · Weser/Elbe			
Fillet of salmon	180 g	36	
Faroe Islands			

Our Grill-dishes are served with a sauce of your choice.

SAUCES + SIDE DISHES	Béarnaise sauce	4	 Superfood side salad	8
	Pepper sauce	4	 Oven roasted vegetables	8
	“Finkenwerder” style	4	 Leaf spinach	8
	Veal Jus	4	 Pointed cabbage salad	8
	 Beurre blanc	4	 Potato puree	8
	 Herb butter	4	 Spelt risotto	8
	 Truffle mayonnaise	4	 French fries	8

Menu | Classics

REGIONAL PURE MENU	Calf's head terrine mushrooms · fennel · hazelnut	16
	Cauliflower soup  shallots · buckwheat · loveage	12
	Salmon trout · Kiel Canal Char caviar · parsley root · blueberry	44
	Plum  almond · buckwheat	12
	3-course menu (without soup) wine pairing	65 29
	4-course menu wine pairing	75 37
CLASSICS	Atlantic lobster bisque Limfjord lobster · fennel confiture · pickled Tropea onions	33
	Tenderloin-beef tartare · Northern Germany · 120 g young radish · egg yolk · black garlic	29
	“Wiener Schnitzel” potato cucumber salad · lingonberry · lemon	39