

“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. For
detailed information on allergens and dietary ingredients in our dishes please do not
hesitate to contact our service team.

Health

BEFORE

Superfood salad [Signature] 
pickled vegetables · avocado · pomegranate ·
quinoa · chickpeas · sprouted buckwheat









12

	Artichoke & goat cheese 	20
	wild herb salad · Taggiasca olive · thyme-honey	
	Raw marinated pike perch · river Elbe	23
	sea buckthorn · celeriac · samphire · apple	
	Rillettes from „Havelländer“ apple-fed pig	19
	confited belly · bloodorange · walnut · mustard · onion marmelade	
	Oysters Hervé Fines de Claire – 3 pieces	18
	Champagne-shallot-vinaigrette · cucumber · chester bread	
MAIN	German chickpea-falafel 	26
	flat pea · mint yoghurt · cucumber · dill · beetroot · chia seeds · rapeseed oil	
	Black Beluga lentils 	23
	broccoli pesto · sweet potato · walnut · pickled lemon	

Grill


MAIN	Beef tenderloin · Norland heifer Northern Germany	160 g	46
		200 g	52
	Dry aged flank steak · Norland heifer Rico Schlegel · Lower Saxony	200 g	39
	Rib eye of veal Peter's Farm · Netherland	200 g	44
	Entrecôte of buffalo Büffelhof Steinwand · Baden-Wuerttemberg	280 g	48
	Wild boar neck steak Spindler Wild · Mecklenburg Western Pomerania	250 g	39
	Corn-fed chicken breast Prignitz · Northern Germany	220 g	29
	White halibut North Sea · Norway	220 g	42
	Skrei · Winter cod wild caught · Denmark	180 g	40
Fillet of salmon Hirtshals · Denmark	180 g	38	

Our Grill-dishes are served with a side dish and one sauce of your choice.

SAUCES + SIDE DISHES	Béarnaise sauce	4	Fried potatoes with bacon	8
	Pepper sauce	4	Superfood side salad	8
	Veal Jus	4	Oven roasted vegetables	8
	 Beurre blanc	4	 Broccoli hazelnut vegetable	8
	 Herb butter	4	 Potato puree	8
	 Chimichurri	4	 Creamy savoy cabbage with truffle	8
	 Truffle mayonnaise	4	 French fries	8

Menu | Classics

REGIONAL PURE MENU	Catfish cheeks "Nuggets" · Helgoland remoulade sauce · salted lemon · grilled salad · gherkin espuma	19
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		12
	German Wagyu · North Frisia	45
	served two ways - sous-vide cooked flank steak · braised Tortellini · parsnips · savoy cabbage · blood orange · carrot	
	“Altländer Apfel” 	12
	pecan-financier · brown butter-espuma · secco sorbet	
	3-course menu (without 1 st course)	65
	wine pairing	35
	4-course menu	79
	wine pairing	44
CLASSICS	Atlantic lobster bisque	33
	Limfjord lobster · fennel confiture · pickled Tropea onions	
	Tenderloin-beef tartare · Northern Germany · 120 g	29
	young radish · egg yolk · black garlic	
	“Wiener Schnitzel”	39
	potato cucumber salad · lingonberry · lemon	