

“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.





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] 	14
pickled vegetables · avocado · pomegranate · quinoa · chickpeas · sprouted buckwheat	
Artichoke & goat cheese 	20
wild herb salad · Taggiasca olive · thyme-honey	
Oysters Hervé Fines de Claire – 3 pieces	18
Champagne-shallot-vinaigrette · cucumber · chester bread	
Marinated tomatoes · Altes Land · Lower Saxony 	16
chanterelles · almond ricotta · cherry balsamic	
Stracciatella di Burrata · Paolella · Brandenburg 	20
grilled vineyard peach · arugula sorbet · apple-fed pig ham · lavender honey · hazelnut	
Ceviche “Hanseatic Style” · Glückstadt · Schleswig-Holstein	22
“Hanse” prawn · char · pike-perch · gooseberries · rhubarb · summer vegetable pickles · horseradish · lemon balm	

MAIN

BBQ Cauliflower · Lower Saxony 	24
grilled cauliflower “steak” · lovage · cherries · hazelnut	
Spelt & chanterelle risotto · Schleswig-Holstein 	26
blueberries · Holstein shepherd’s cheese · lemon verbena	











Grill

MAIN

Beef tenderloin · Nordish heifer	160 g	48
Rico Schlegel · Bösel · Lower Saxony	200 g	55
Dry aged teres major · Nordish heifer	200 g	38
Rico Schlegel · Bösel · Lower Saxony		
Veal rump	200 g	39
Peter's Farm · Netherlands		
Entrecôte of buffalo	200 g	48
Buffalo farm Steinwand · Dürrenmettstetten · Baden-Württemberg		
Rack of suckling apple-fed-pig	220 g	38
Havelland · Brandenburg		
Corn-fed chicken breast	220 g	29
Prignitz · Brandenburg		
Monkfish chop	220 g	44
North Sea · Denmark		
Char steak	180 g	36
Oldenburg Region · Lower Saxony		
Vegan filet steak 	140 g	36
"Medium"		

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

SAUCES + SIDE DISHES

Béarnaise sauce	4	Rosemary potatoes with bacon	8
Pepper sauce	4	 Cucumber & lemon verbena salad	8
Veal Jus	4	 Oven roasted vegetables	8
 Beurre blanc	4	 Grilled zucchini & shepherd's cheese	8
 Herb butter	4	 Potato puree	8
 Chimichurri	4	 Summer beans & cherry tomatoes	8
 Truffle mayonnaise	4	 French fries	8

Menu | Classics

REGIONAL PURE MENU	Quail · Farm Janz · Eldagsen · Lower Saxony		24
	glazed breast · crispy egg · chanterelles · spelt & lemon verbena salad · blueberries · lavender honey		
	Chilled tomato Essence · Altes Land 		12
	peach · cherry · basil sorbet		
	Char · Oldenburg Region		45
	seared · tartare · caviar confit potatoes · dill curd · cucumbers · gooseberries		
	“Altländer Apfel” 		12
	pecan-financier · brown butter-espuma · secco sorbet		
	3-course menu (without 1st course)		65
	wine pairing		35
CLASSICS	4-course menu		79
	wine pairing		44
	Atlantic lobster bisque		33
	Limfjord lobster · fennel confiture · pickled Tropea onions		
	Tenderloin-beef tartare · Northern Germany · 120 g		30
	young radish · egg yolk · black garlic		
	“Wiener Schnitzel”		39
	potato cucumber salad · lingonberry · lemon		
	Plaice “Finkenwerder Style” · <i>filleted at the table</i>	450 g	44
	North Sea · Cuxhaven · Lower Saxony		
	or		
	“Blankeneser Style” · North Sea brown shrimps		49
	Dry aged T-bone steak · Nordish heifer · <i>for 2 to share</i>	800 g	120
	Rico Schlegel · Bösel · Lower Saxony		