

“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]  | 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

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

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| 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 |
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Menu | Classics

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| 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 | | |
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