

“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 | |
| | Warm Pumpkin Quiche Holsteiner Sheep's Cheese  | 18 |
| | Schleswig-Holstein | |
| | Plums · Pumpkin seed oil ice cream · Garden cress | |
| | Duck Trilogy Terrine · Oldenburg | 21 |
| | Smoked duck breast · Confit leg · Fine duck liver terrine · Fermented blackberries · Pickled mushrooms · Orange-pepper cinnamonroll | |
| | Land salmon & Pike-perch tartare · Eberswalde | 22 |
| | Leek mosaic · Cured pear · Rye bread · Smoked beetroot · Horseradish yogurt · Buckwheat | |
| MAIN | Glazed, grilled Eggplant · Lower Saxony  | 22 |
| | Honey mustard glaze · Hazelnut · Plums · Apple · Herb curd | |
| | Porcini-pumpkin-buckwheat risotto · Lüneburg Heath  | 25 |
| | Caramelized onions · Sage · Cured egg yolk | |











Grill

MAIN


| | | |
|---|-------|----|
| Beef tenderloin · Nordish Young Bull | 160 g | 46 |
| Gramann Country Butchery · Calenberger Land · Lower Saxony | 200 g | 54 |
| Dry aged teres major (Butcher's Cut) · Nordish heifer | 200 g | 38 |
| Rico Schlegel · Bösel · Lower Saxony | | |
| Veal Rib-Eye | 200 g | 40 |
| Peter's Farm · Apeldoorn · Netherlands | | |
| Entrecôte of buffalo | 200 g | 49 |
| Buffalo farm Steinwand · Dürrenmettstetten · Baden-Württemberg | 400 g | 75 |
| Saddle of Young Venison | 180 g | 41 |
| Spindler Game Trade · Mecklenburg-Vorpommern | | |
| Corn-fed chicken breast | 180 g | 29 |
| Prignitz · Brandenburg | | |
| Pike-perch Fillet | 160 g | 44 |
| "Kaiserzander" from sustainable ASC-certified aquaculture · | | |
| Emsland · Lower Saxony | | |
| Salmon Fillet | 200 g | 36 |
| "Landlachs" from sustainable ASC-certified aquaculture · Eberswalde | | |
| · Brandenburg | | |
| Vegan filet steak  | 120 g | 36 |
| "Medium" · Fermented · Juicy umami flavours | | |

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 |  Superfood Salad in a Glass | 8 |
| Veal Jus | 4 |  Oven roasted vegetables | 8 |
|  Beurre blanc | 4 |  Roasted Pumpkin · Sheep's Cheese | 8 |
|  Herb butter | 4 |  Potato puree | 8 |
|  Chimichurri | 4 |  Spinach in Garlic Butter | 8 |
|  Truffle mayonnaise | 4 |  French fries | 8 |

Menu | Classics

| | | | |
|-------------------------------|---|-------|-----|
| REGIONAL PURE MENU | Flambéed Carpaccio of Hansegarnele & Smoked Eel · Glückstadt & Hamburg Potato rösti · Apple · Celery remoulade · Beetroot · Mustard caviar | | 24 |
| | Roasted Pumpkin Soup · Schleswig-Holstein  Pear · Solterbeck sheep's cheese · Black walnut | | 12 |
| | Saddle of Venison · Lüneburg Heath Loin · Leg · Ham Celeriac · Porcini · Fermented carrots · Elderberry-blackberry jus | | 44 |
| | “Altländer Apfel”  “Tarte Tatin” · vanilla ice cream · caramel | | 12 |
| | 3-course menu (without 1st course) | | 65 |
| | wine pairing | | 35 |
| | 4-course menu | | 79 |
| | wine pairing | | 44 |
| CLASSICS | | | |
| BEFORE | Atlantic lobster bisque | | 33 |
| | Limfjord lobster · fennel confiture · pickled Tropea onions | | |
| | Tenderloin-beef tartare · Northern Germany · 120 g Egg yolk · Black garlic · Matchstick potatoes | | 28 |
| MAIN | “Wiener Schnitzel” potato cucumber salad · lingonberry · lemon | | 39 |
| | Plaice “Finkenwerder Style” · <i>filleted at the table</i> North Sea · Cuxhaven · Lower Saxony | 450 g | 44 |
| | or “Blankeneser Style” · North Sea brown shrimps | | 49 |
| | Dry aged T-bone steak · Nordish heifer · <i>for 2 to share</i> Rico Schlegel · Bösel · Lower Saxony | 800 g | 120 |