

# “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

<b>BEFORE</b>	Superfood salad [Signature]  pickled vegetables · avocado · pomegranate · quinoa · chickpeas · sprouted buckwheat	14
	Artichoke & goat cheese  wild herb salad · Taggiasca olive · thyme-honey	20
	Oysters Hervé Fines de Claire – 3 pieces Champagne-shallot-vinaigrette · cucumber · chester bread	18
	Butternutsquash · Schleswig-Holstein  Smoked almond · celery · purple cauliflower · lamb's lettuce	17
	Fig-carpaccio · Lower Saxony  chestnut ice cream · smoked king oyster mushroom · mozzarella cardinali pomegranate	22
	Brown crab salad & crunchy monkfish · Helgoland apple-celery remoulade · sea buckthorn · samphire	24
<b>MAIN</b>	Grilled pointed cabbage · Lower Saxony  spelt · pumpkin · fermented red cabbage · sage crème	23
	Pumpkin-gnocchi · Schleswig Holstein  Stracciatella di Burrata · flower sprouts · sage-walnut-pesto orange-quince-chutney	25












## 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		
T-Bone Steak	500g	70
North German heifer · Schleswig Holstein		
Veal Rib-Eye	200 g	47
Peter's Farm · Apeldoorn · Netherlands		
Entrecôte of buffalo	200 g	49
Buffalo farm Steinwand · Dürrenmettstetten · Baden-Württemberg	400 g	76
Saddle of Young Venison	180 g	48
Spindler Game Trade · Mecklenburg-Vorpommern		
Corn-fed chicken breast	180 g	29
Prignitz · Brandenburg		
Cod Loin	180 g	41
North Sea · Denmark		
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	 Potato gratin	8
Pepper sauce	4	 Superfood Salad in a Glass	8
Veal Jus	4	 Oven roasted vegetables	8
 Beurre blanc	4	 Truffled creamy savoy cabbage	8
 Herb butter	4	 Potato puree	8
 Chimichurri	4	 Flower sprouts	8
 Truffle mayonnaise	4	 French fries	8

## Menu | Classics

<b>REGIONAL PURE MENU</b>	Scallop & Susländer pig · Schleswig-Holstein Cauliflower · roasted apple · crustacean foam	25
	Chestnut soup · Lower Saxony  salsify · hazlenut · red wine pear · fir oil	12
	Brown Sea Shrimp & Crab Cocktail lamb's lettuce sorbet · fennel · rye bread	26
	Duck · Oldenburg Pink-roasted and crispy croquettes · walnut bread dumpling · creamed savoy cabbage · clementine carrots · rosehip jus	44
	“Altländer Birne”  Chocolate mousse · pickled pear · chocolate crunch Madagascar-Vanilla ice cream	12
	5-course menu	99
	wine pairing	55
	4-course menu (without 3 <sup>rd</sup> course)	79
	wine pairing	44
	3-course menu (without 1 <sup>st</sup> & 3 <sup>rd</sup> course)	65
	wine pairing	35
<b>CLASSICS</b>		
<b>BEFORE</b>	Atlantic lobster bisque Limfjord lobster · fennel confiture · pickled Tropea onions	33
	Tenderloin-beef tartare · Northern Germany · 120 g Egg yolk · Black garlic · Matchstick potatoes	28
<b>MAIN</b>	“Wiener Schnitzel” potato cucumber salad · lingonberry · lemon	39
	Golden trout · 450g Forellen Abel · Habbrügge · Lower Saxony “Blankeneser Style” · North Sea brown shrimps	49