

“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

Colorful beetroot & burrata · Horst Krämer Vegetable Farm 
16
Local Burrata · horseradish · watercress · pickled walnuts

Boar Tortellini · Spindler Game Trade
22
Smoked pork · kale crème · black lentils · blood orange

Crab salad & crispy monkfish cheeks · Helgoland
24
Apple-celery remoulade · sea buckthorn · sea fennel

MAIN

Altländer Vegetable Fondants · Lower Saxony 
24
Black lentils · hazelnut cream · Brussels sprout leaves · chips

Pumpkin-gnocchi · Schleswig Holstein 
24
Stracciatella di Burrata · flower sprouts · sage-walnut-pesto
orange-quince-chutney

Grill

MAIN

Beef tenderloin · Nordish Young Bull Gramann Country Butchery · Calenberger Land · Lower Saxony	160 g	46
	200 g	54
Dry aged teres major (Butcher's Cut) · Nordish heifer Rico Schlegel · Bösel · Lower Saxony	200 g	39
T-Bone Steak North German heifer · Schleswig Holstein	500g	69
Veal Rib-Eye Peter's Farm · Apeldoorn · Netherlands	200 g	49
Entrecôte of buffalo Buffalo farm Steinwand · Dürrenmettstetten · Baden-Württemberg	200 g	49
	400 g	79
Saddle of Young Venison Spindler Game Trade · Mecklenburg-Vorpommern	180 g	49
Corn-fed chicken breast Prignitz · Brandenburg	180 g	29
Skrei Loin Barents Sea · Lofoten	200 g	42
Salmon Fillet "Landlachs" from sustainable ASC-certified aquaculture · Eberswalde Brandenburg	200 g	36
Vegan filet steak  "Medium" · fermented · juicy umami flavours	120 g	36

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

Regional Pure Menu

BEFORE	Jerusalem Artichoke & Pear · Schleswig-Holstein 	16
	Mousse · soup · roasted · pickled pear	
	Castelfranco · flaxseed · “almond ricotta”	
DURING	Apple celeriac soup · Lower Saxony 	12
	Roasted hazelnuts · lemon thyme	
HALFWAY THROUGH	Homemade Cold-Smoked Salmon · Büsum	24
	North Sea brown shrimp & fish cake · cucumber · blood orange · dill	
	Beetroot-horseradish ice cream	
MAIN	Two Ways of Nordic Veal · Lower Saxony	45
	Cheek & loin · braised & grilled · leek-horseradish crust	
	confit potatoes · kale crème · shallots · apple-sea buckthorn praline	
AFTER	“Altländer” Apple 	12
	Limoncello crémeux · apple sorbet · salted caramel crumble	
	apple base · apple gel	
	5-course menu	89
	wine pairing	55
	4-course menu (without 3 rd course)	79
	wine pairing	44
	3-course menu (without 1 st & 3 rd course)	65
	wine pairing	35

Classics

BEFORE	Atlantic lobster bisque	33
	Limfjord lobster · fennel confiture · pickled Tropea onions	
	Tenderloin-beef tartare · Northern Germany · 120 g	28
	Egg yolk · Black garlic · Matchstick potatoes	
MAIN	“Wiener Schnitzel”	39
	potato cucumber salad · lingonberry · lemon	
	Golden trout · 450g	
	Forellen Abel · Habbrügge · Lower Saxony	
	“Blankeneser Style” · North Sea brown shrimps	49