

## “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


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	160 g	46
Gramann Country Butchery · Calenberger Land · Lower Saxony	200 g	54
Dry aged teres major (Butcher's Cut) · Nordish heifer	200 g	39
Rico Schlegel · Bösel · Lower Saxony		
T-Bone Steak	500g	69
North German heifer · Schleswig Holstein		
Veal Rib-Eye	200 g	49
Peter's Farm · Apeldoorn · Netherlands		
Entrecôte of buffalo	200 g	49
Buffalo farm Steinwand · Dürrenmettstetten · Baden-Württemberg	400 g	79
Saddle of Young Venison	180 g	49
Spindler Game Trade · Mecklenburg-Vorpommern		
Corn-fed chicken breast	180 g	29
Prignitz · Brandenburg		
Skrei Loin	200 g	42
Barents Sea · Lofoten		
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

## Regional Pure Menu

<b>BEFORE</b>	Jerusalem Artichoke & Pear · Schleswig-Holstein  Mousse · soup · roasted · pickled pear Castelfranco · flaxseed · “almond ricotta”	16
<b>DURING</b>	Apple celeriac soup · Lower Saxony  Roasted hazelnuts · lemon thyme	12
<b>HALFWAY THROUGH</b>	Homemade Cold-Smoked Salmon · Büsum North Sea brown shrimp & fish cake · cucumber · blood orange · dill Beetroot-horseradish ice cream	24
<b>MAIN</b>	Two Ways of Nordic Veal · Lower Saxony Cheek & loin · braised & grilled · leek-horseradish crust confit potatoes · kale crème · shallots · apple-sea buckthorn praline	45
<b>AFTER</b>	“Altländer” Apple  Limoncello crèmeux · apple sorbet · salted caramel crumble apple base · apple gel	12

5-course menu	89
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

## Classics

<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