

## “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 23  
sea trout tartare · cucumber · wild garlic · citrus · crispy chili

Colorful beetroot & rhubarb · Horst Krämer Vegetable Farm  16  
horseradish · watercress · black walnut

Flamed slices of dry-aged Nordish beef 22  
green asparagus · broccoli · chili · fermented sesame cabbage

Sea trout cured in seaweed 20  
wild garlic · buttermilk · peas · chickweed · citrus · crispy pork skin

### MAIN

Grilled kohlrabi · Lower Saxony  26  
wild broccoli · almond · watercress · tarragon morel sauce  
also available as a starter 18

Green asparagus & mint ravioli · Schleswig-Holstein  26  
garden peas · broad beans · romaine lettuce · tomatoes · wild garlic foam

## 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	400 g	79
Cutlets from suckling pig	200 g	39
Havelland · Brandenburg		
Rack of salt marsh lamb	250 g	49
Nordfriesisches Lammkontor · Husum · North Frisia		
Corn-fed chicken breast	180 g	29
Prignitz · Brandenburg		
Sturgeon fillet	180 g	46
Müritz · Mecklenburg-Western Pomerania		
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	 Herb polenta	8
Pepper sauce	4	 Superfood Salad in a Glass	8
Veal Jus	4	 Oven roasted vegetables	8
 Beurre blanc	4	Green beans with bacon	8
 Herb butter	4	 Potato puree	8
 Chimichurri	4	 Wild garlic spinach	8
 Truffle mayonnaise	4	 French fries	8

## Regional Pure Menu

<b>BEFORE</b>	Raviolo with green asparagus & mint · Schleswig-Holstein garden peas · broad beans · romaine · tomatoes · sauce hollandaise	16
<b>DURING</b>	Sorrel & smoked chervil soup · Lower Saxony  fennel blossoms · sugar beet syrup · preserved lemon · buckwheat	12
<b>HALFWAY THROUGH</b>	Homemade Cold-Smoked Salmon · Büsum North Sea shrimp-potato-fritters · cucumber · rhubarb · dill · beetroot horseradish ice cream	21
<b>MAIN</b>	Variation of salt marsh lamb · North Frisia loin · belly · cutlet wild garlic polenta · green asparagus · morels · local shepherd's cheese	49
<b>AFTER</b>	“Altländer” Apple  Limoncello crèmeux · apple sorbet · apple base · apple gel	12
	5-course menu	89
	wine pairing	55
	4-course menu (without 1 <sup>st</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
	Oysters Hervé Fines de Claire – 3 pieces Champagne-shallot-vinaigrette · cucumber · chester bread	18
	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
	North Sea plaice · 400–600 g Trout farm Abel · Habbrügge · Lower Saxony “Blankeneser Style” · North Sea brown shrimps	45
	“Finkenwerder style” · bacon onion relish our plaice is served with a side dish of your choice	49