

# “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.



## 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  
salmon trout tartare · cucumber · dill · fennel · citrus · buckwheat  
crunch

“Altländer” tomato salad · Finkenwerder  16  
cherries · fennel · rocket salad · sunflower seeds


Kieler Salmon trout · Kieler firth 21  
ceviche & crunch · cucumber sorbet · cucumber · pickled peach ·  
elderflower

Flamed slices of dry-aged Nordish beef 21  
green asparagus · broccoli · chili · fermented sesame cabbage

Air dried ham of apple-fed pig 20  
burrata · chanterelles · apricot · land kress · dark bread

### MAIN

Hand-cut tagliatelle with chanterelles  29  
broad beans · local sheepscheese · tomberries

Kohlrabi “Ravioli” · Schleswig-Holstein  26  
pickled kohlrabi · green asparagus · cucumber · dill sour cream ·  
rye · lemon verbena pesto











## 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	72
North German heifer · Schleswig Holstein		
Dry aged veal cutlet	400 g	65
Nordish Veal · Rico Schlegel · Netherlands		
Cutlets from suckling pig	200 g	39
Havelland · Brandenburg		
Corn-fed chicken breast	180 g	29
Prignitz · Brandenburg		
Turbot Fillet	180 g	48
Baltic Sea · Denmark		
Mackerel Fillet	200g	29
German bay		
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	Fried potatoes with bacon	8
Pepper sauce	4	 Superfood Salad in a Glass	8
Veal Jus	4	 Oven roasted summer vegetables	8
 Beurre blanc	4	 Broccolini with lemon verbena	8
 Herb butter	4	 Potato puree	8
 Chimichurri	4	 Black garlic spinach	8
 Truffle mayonnaise	4	 French fries	8

## Regional Pure Menu

<b>BEFORE</b>	Kohlrabi “Raviolo” · Schleswig-Holstein pickled kohlrabi · cucumber · dill sour cream · rye lemon verbena pesto	16
<b>DURING</b>	White tomato soup · Finkenwerder  fermented tomato chutney · quark · vinegar pearls · buckwheat	12
<b>HALFWAY THROUGH</b>	Grilled scallops · North Sea ham of apple-fed-pig · peach · fennel · gooseberry · crustacean foam	26
<b>MAIN</b>	Duet of Nordish Veal · North Frisia Pink grilled back with dike cheese crust & smoked tartare chanterelles · young potato salad · green asparagus · broad beans tarragon butter sauce	46
<b>AFTER</b>	Altländer Strawberries crème & strawberry broth · almond cake · yoghurt ice cream yoghurt lime gel · basil oil	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