

“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
eel tartare · apple · mustard caviar · crispy herbs

Roasted open wild mushroom sandwich  23
porcini creme · red onion · poached egg
+ add on winter truffle per gramm 4

Pumpkin & fig carpaccio  18
pickled pumpkin · hazelnut · pomegranate
pumpkin seed oil ice cream

Lightly cured and gently cooked salmon trout 22
herb coated · beetroot · smoked eel · cauliflower
frozen horseradish · elderberry jus

Seared scallop 24
home-made duck ham · Jerusalem artichoke · apple · red cabbage

MAIN

Spelt pumpkin risotto  26
german buffalo stracciatella · pear · walnut · sage pesto

Zucchini “linguine”  29
porcini · truffle creme · preserved lemon · pomegranate

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		
Wild boar loin	250g	39
Spindler Wildhandel · Hagenow · Mecklenburg-Western Pomerania		
Veal tomahawk · 21 days dry-aged	450 g	65
True Wilderness · Friesoythe · Lower Saxony		
Oldenburg duck breast	300 g	39
Havelland · Brandenburg		
Corn-fed chicken breast	180 g	29
Prignitz · Brandenburg		
Turbot Fillet	180 g	46
Baltic Sea · Denmark		
Monkfish Fillet	180g	44
North Sea · Denmark		
Salmon Fillet	200 g	36
"Landlachs" from sustainable ASC-certified aquaculture ·		
Eberswalde · Brandenburg		
Vegan tenderloin 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	 Pumpkin & potato gratin	8
Pepper sauce	4	 Superfood Salad in a Glass	8
Veal Jus	4	 Oven roasted vegetables	8
 Beurre blanc	4	 Braised red cabbage with apple	8
 Herb butter	4	 Potato puree	8
 Chimichurri	4	 Young spinach with black garlic	8
 Truffle mayonnaise	4	 French fries	8

Regional Pure Menu

BEFORE	Spelt & pumpkin risotto  local stracciatella · pear · walnut · sage pesto	16
DURING	Porcini essence german prawn tartare · apple · sea fennel	14
HALFWAY THROUGH	Monkfish cheek North Sea shrimp · cucumber & pear salad · shellfish hollandaise	22
MAIN	Venison loin celeriac · blackberries · Swiss chard · carrots · king oyster mushrooms	49
AFTER	“Altländer” Apple  pecan financier · apple compote · brown-butter-espuma apple-cider-sorbet	12

5-course menu	89
wine pairing	55
4-course menu (without 1 st course)	79
wine pairing	44
3-course menu (without 1 st & 3 rd course)	65
wine pairing	35

Classics

BEFORE	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 · 100 g egg yolk · black garlic · pickled onions · gratinated bone marrow	29
MAIN	“Wiener Schnitzel” potato cucumber salad · lingonberry · lemon	39
	North Sea plaice · 400–600 g Trout farm Abel · Habbrügge · Lower Saxony “Blankeneser Style” · Brown shrimps	45
	“Finkenwerder style” · bacon onion relish our plaice is served with a side dish of your choice	49