

**Menu**

**Eat well.**

**Slow down.**

**Business Class – Summer 2026**

## In Finland, food is enjoyed in a seasonal, simple way.

Finnish food habits are simple: eat well, don't rush, and leave space in between. The best meals are often the ones that feel unforced and even unplanned.

As you arrive in Finland, we invite you into a calm way of doing things. Meals are unhurried, flavours are clear, and simplicity comes with care.



After take-off

## To start with

Two dishes, no need to choose

### Sesame glass noodle salad with shrimp

Lasinuudelisalaattia, seesamia ja katkarapuja

芝麻粉丝鲜虾沙拉

### Beef bresaola with couscous, raisins and mint

Härkä bresaola, couscousia ja rusinoita sekä minttua

意大利牛肉干配粗麦粉、葡萄干和薄荷

## The main course

Pick your favourite

### Pan-fried beef with black pepper sauce, dauphinoise potatoes, carrots and snow peas

Paistettua härkää mustapippurikastikkeessa, perunoita, porkkanaa ja sokeriherneitä

香煎牛柳配黑胡椒酱、大白土豆、胡萝卜和荷兰豆

### Braised sesame and soy chicken, sesame rice and vegetables

Haudutettua seesami-soijakanaa, seesamiriisiä ja kasviksia

芝麻酱油炖鸡、芝麻米饭和蔬菜

### Zucchini lasagne with tomato sauce and broccoli

Kesäkurpitsalasangnea ja parsakaalia tomaattikastikkeessa

西葫芦意式千层面配番茄酱和西兰花

# And finally – dessert

Hope you still have room

**Selection of cheese: Camembert and Emmental**

Valikoima juustoja: camembert ja Emmental

精选奶酪: 卡芒贝尔奶酪和埃门塔尔奶酪

Choose 1 of 2 options:

**Chocolate brownie with passion fruit and walnuts**

Suklaabrownie, passionhedelmä ja saksanpähkinöitä

巧克力布朗尼配百香果和核桃

**Matcha and red bean mousse**

Matcha-punapapumoussea

鸡肉肠炒蛋、土豆、芦笋、番茄汁豆子

Before we land

## Breakfast

Fuel for the final stretch

**Scrambled eggs with chicken sausage, potato, asparagus and beans in tomato sauce**

Munakokkelia, kanamakkaraa, perunoita, parsaa ja papuja tomaattikastikkeessa

鸡肉肠炒蛋、土豆、芦笋、番茄汁豆子

**Yoghurt and fresh fruit**

Jogurttia ja tuoreita hedelmiä

酸奶及新鲜水果

**Cold cuts**

Leikkeleitä

冷盘

**Want a snack between meals?** Our cabin crew will be happy to help – snacks and drinks are available throughout the flight.

**Allergies?** Our cabin crew can help you with any questions about allergens. Please note that the products served on board may also contain traces of allergens other than mentioned. Allergen information available only on flights departing from EU-countries.

Please accept our apologies if your choice is not available.



**FINNAIR**

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