

**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

**Eel and cucumber sushi roll, smoked duck, egg roll with leek, simmered octopus and pickled vegetables**

Ankerias-kurkkusushia, savustettua ankkaa, japanilaista munakasta purjolla, haudutettua mustekalaa ja pikkelöityjä vihanneksia

穴子と胡瓜の細巻き寿司 鴨肉の燻製 ねぎ入り玉子焼き 煮蛸 漬物

**Beef pastrami with pumpkin salad and parmesan cheese**

Härkäpastramia, kurpitsasalaattia ja parmesaanijuustoa

ビーフパストラミとカボチャのサラダ パルメザンチーズ

## The main course

Pick your favourite

**Japanese-style Chita pork with soy-dashi sauce, steamed rice and seasonal vegetables**

Japanilaistyylistä Chita-possua soija-dashikastikkeella, höyrytettyä riisiä ja kauden vihanneksia

知多豚の和風ステーキベッコウ餡かけ ご飯 季節の野菜

**Grilled salmon, shellfish sauce, mashed potatoes with dill and vegetables**

Grillattua lohta, äyriäiskastiketta, tilliperunamuusia ja vihanneksia

サーモンのグリル 魚介ソース マッシュポテト 野菜

**Rigatoni pasta with pomodoro sauce, broccoli, black olives and parmesan cheese**

Rigatoni pastaa pomodoro-kastikkeella, parsakaalia, mustia oliiveja ja parmesaanijuustoa

リガトーニパスタ ポモドーロソース ブロccoliー ブラックオリーブ パルメザンチーズ

# And finally – dessert

Hope you still have room

**Selection of cheese: Red cheddar and blue cheese**

Juustovalikoima: punainen cheddar ja sinihomejuusto

チーズの盛り合わせ: レッドチェダーとブルーチーズ

Choose one:

**Berry cake with strawberries and blueberries**

Marjakakkua mansikoilla ja mustikoilla

いちごとブルーベリーのケーキ

**Green tea cake**

Vihreä tee -kakkua

西尾抹茶ケーキ

**Before we land**

## Breakfast

Fuel for the final stretch

**French toast with fried egg, chilli con carne, mashed potatoes, broccoli and chicken sausage**

Paistettua briossileipää kananmunalla, chili con carnea, perunamuusia, parsakaalia ja kanamakkaraa

フレンチトースト フライドエッグ チリコンカーン マッシュポテト ブロッコリー チキンソーセージ

**Fresh fruit and yoghurt**

Tuoreita hedelmiä ja jogurttia

フルーツとヨーグルト

**Cold cuts**

Leikkeleitä

ハムとチーズ

**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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