

From Helsinki

Menu

**Eat well.  
Slow down.**

Business Class – Summer 2026

## In Finland, good flavour takes its time.

The Finnish way of cooking is simple, seasonal and grounded in care.

Flavour is built slowly. A hint of smoke, traditional methods, and steady preparation bring depth without excess. Simplicity here is intentional, confident and quietly satisfying. It's honest food, shaped to let the ingredients speak for themselves.



After take-off

## To start with

Two dishes, no need to choose

**Salmon pastrami in sour milk sauce,  
cauliflower with lovage and dill oil**

Lohipastramia piimäkastikkeessa,  
kukkakaalia lipstikalla ja tilliöljyä

사워 밀크 소스, 콜리플라워에 로바지, 딜 오일을 곁들인 연어 파스트라미

**Cream cheese with fig filling in tomato broth,  
crushed peas, strawberries, pickled tomatoes,  
jalapeno oil and almonds**

Viikunatäytteistä tuorejuustoa tomaattiliemessä,  
hernemuhennosta, mansikoita, pikkelöityä tomaattia,  
jalapeno öljyä ja manteleita

무화과 필링, 으갠 완두콩, 스트로베리, 토마토 피클, 할라페뇨 오일,  
아몬드를 곁들인 크림 치즈

## The main course

Pick your favourite

**BBQ beef brisket in horseradish sauce, parsnip purée,  
torched potatoes, mushrooms, grilled corn and asparagus**

BBQ-härän briskettiä piparjuurikastikkeessa,  
palsternakkapyreetä, paahdettuja perunoita, sienä,  
grillattua maissia ja parsaa

호스래디시 소스, 파스닙 퓨레, 토치로 그을린 감자, 버섯, 구운 옥수수,  
아스파라거스를 곁들인 BBQ 비프 브리싯

**Lovage marinated salmon with kale risotto, Brussels  
sprouts, cherry tomatoes and white wine sauce**

Lipstikalla marinoitua lohta, lehtikaalirisottoa,  
ruusukaalia, kirsikkatomaatteja ja valkoviinikastiketta

케일 리조또, 방울양배추, 방울토마토,  
화이트 와인 소스를 곁들인 로바지 양념 연어

**Chicken in spicy chilli sauce  
with steamed rice and vegetables**

Kanaa tulisessa chilikastikkeessa,  
höyrytettyä riisiä ja kasviksia

쌀밥, 채소를 곁들인 매콤한 칠리 소스 닭고기

# And finally – dessert

Hope you still have room

**Selection of cheese: Aura blue cheese and Juustoportti Brandy nut cheese**

Valikoima juustoja: Auran sinihomejuusto ja Juustoportin Brändy-pähkinäjuusto

특선 치즈: 아우라 블루 치즈 및 쥬스토포르티 브랜디 너트 치즈

Choose one:

**Strawberry cake with rhubarb compote**

Mansikkakakkua ja raparperihilloketta

루바브 콩포트를 곁들인 스트로베리 케이크

**Chocolate cake with pistachio crème**

Suklaakakkua ja pistaasikreemiä

피스타치오 크림을 곁들인 초콜릿 케이크

**Before we land**

## Breakfast

Fuel for the final stretch

**Vegetable frittata with bacon, cheddar cheese sauce, cauliflower, broccoli and cherry tomatoes**

Kasvisfrittataa, pekonia, Koskenlaskija-cheddar-kastiketta, kukkakaalia, parsakaalia ja kirsikkatomaatteja

베이컨, 체다 치즈 소스, 콜리플라워, 브로콜리, 방울토마토를 곁들인 채소 프리타타

**Fresh fruit and yoghurt**

Tuoreita hedelmiä ja jogurttia

신선한 과일과 요거트

**Cold cuts**

Leikkeleitä

특선 편육

**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.



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