

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

### **Fresh mixed greens with cherry tomatoes and shrimp potato salad**

Raikasta vihersalaattia, kirsikkatomaatteja ja katkarapu-perunasalaattia

混合鲜蔬配配樱桃番茄和虾仁土豆沙拉

### **Fresh fruit**

Tuoreita hedelmiä

新鲜水果

## The main course

Choose one of two options

### **Truffle risotto with mushrooms, asparagus, Parmesan cheese and pistachios**

Tryffelirisottoa, sieniä, parsaa, parmesaanijuustoa ja pistaasipähkinää

松露烩饭配蘑菇、芦笋、帕玛森奶酪和开心果

### **Spinach ravioli and chicken in garlic sauce with artichoke, mushrooms, tomatoes and Parmesan cheese**

Pinaattiravioleja ja kanaa valkosipulikastikkeessa, artisokkaa, sieniä, tomaatteja ja parmesaanijuustoa

菠菜意式馄饨配蒜蓉酱鸡肉，佐洋蓟、蘑菇、番茄和帕玛森奶酪

## And finally – dessert

Possible to choose both

### **Strawberry cake with rhubarb compote**

Mansikkakakkua ja raparperihilloketta

草莓蛋糕配大黄果酱

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

Valikoima juustoja: Auran sinihomejuusto ja Juustoportin Brändy-pähkinäjuusto

精选奶酪：奥拉蓝纹奶酪和 Juustoportti 白兰地坚果奶酪

Before we land

# Brunch

Fuel for the final stretch

## COLD PLATES

**Gluten-free strawberry overnight oats with strawberries and granola**

Gluteenitonta mansikkatuorepuuroa sekä mansikoita ja granola

无麸质草莓隔夜燕麦，配草莓和格兰诺拉麦片

**Cold smoked salmon and shrimp Skagen, lettuce, capers, pickled red onion and malt breadcrumbs**

Kylmäsavustettua lohta ja katkarapuskagenia, salaattia, kapriksia, pikkelöityä punasipulia ja mallasleipämurua

冷熏三文鱼和虾斯卡根沙拉，配生菜、刺山柑、腌红洋葱和麦芽面包屑

## MAIN COURSES (choose one)

**Vegetable frittata and lamb meatballs in fermented tomato sauce with roasted broccoli and cauliflower**

Kasvisfrittataa ja karitsanlihapullia fermentoidussa tomaattikastikkeessa sekä paahdettua parskaalia ja kukkakaalia

蔬菜煎蛋饼和发酵番茄酱羊肉丸，配烤西兰花和花椰菜

**Honey roasted salmon with dill potatoes, vegetables, dill oil and white wine sauce**

Hunajapaahdettua lohta, tilliperunoita, kasviksia, tilliöljyä ja valkoviinikastiketta

蜂蜜烤三文鱼配莳萝土豆、蔬菜、莳萝油和白葡萄酒酱

**Quark pancakes with strawberry compote, pistachio crème and roasted pistachios**

Rahkapannukakkuja, mansikkahilloketta, pistaasikreemiä ja paahdettua pistaasipähkinää

夸克奶酪煎饼配草莓蜜饯、开心果奶油和烤开心果

## DESSERT

**Fresh fruit**

Tuoreita hedelmiä

新鲜水果

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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