

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

**Crab sushi roll, tuna with okra
and simmered sweet potato**

Rapusushirulla, tonnikalaa ja okraa
sekä haudutettua bataattia

カニ蒲鉾の細巻 ツナオクラ おさつ甘露煮

**Duck loin, mustard potato salad,
grapes and balsamic sauce**

Ankan rintaa, sinappiperunasalaattia,
rypäleitä ja balsamicoa

合鴨肉のロース マスタードポテトサラダ ブドウ バルサミコ酢

The main course

Pick your favourite

**Sautéed chicken, creamy mushroom sauce, roasted
potatoes, green beans, pumpkin and cherry tomatoes**

Paistettua kanaa, kermaista sienikastiketta, paahdettuja
perunoita, vihreitä papuja, kurpitsaa ja kirsikkatomaatteja

チキンのソテー クリーミーマッシュルームソース ローストポテト
いんげん カボチャ チェリートマト

**Fried monkfish, steamed rice with sesame seeds,
shiitake mushrooms, vegetables and ginger sauce**

Paistettua merikrottia, höyrytettyä seesamiriisiä,
shiitakesieniä, kasviksia ja inkiväärikastiketta

アンコウの唐揚げ ゴマご飯 しいたけ 野菜の餡かけ

**Casarecce pasta, vegetable cream sauce, shiitake
mushrooms, edamame beans and Parmesan cheese**

Casarecepastaa kasviskermakastikkeella, shiitake-
sieniä, edamamepapuja ja parmesaanijuustoa

カサレッチェパスタ 野菜のクリームソース しいたけ 枝豆
パルメザンチーズ

And finally – dessert

Hope you still have room

Selection of cheese: Camembert and Gouda

Valikoima juustoja: camembert ja gouda

チーズの盛り合わせ: カマンベールチーズとゴーダチーズ イチジクジャム

Choose one:

Chocolate cake

Suklaakakkua

チョコレートケーキ

Cherry tart

Kirsikkatartalettia

チェリータルト

Before we land

Breakfast

Fuel for the final stretch

Scrambled eggs, chicken sausage, potatoes, snap peas and tomato

Munakokkeliä, kanamakkaraa, perunoita, sokeriherneitä ja tomaattia

スクランブルエッグ チキンソーセージ ポテト
スナップエンドウ トマト

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.



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