

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

Färsk blandsallad med körsbärstomater och potatissallad med räkor

Fresh fruit

Tuoreita hedelmiä

Färsk frukt

The main course

Choose one of two options

Truffle risotto with mushrooms, asparagus, Parmesan cheese and pistachios

Tryffelirisottoa, sieniä, parsaa, parmesaanijuustoa ja pistaasipähkinää

Tryffelrisotto med svamp, sparris, parmesanost och pistagenötter

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

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

Spenatravioli och kyckling i vitlökssås med kronärtskocka, svamp, tomat och parmesanost

And finally – dessert

Possible to choose both

Strawberry cake with rhubarb compote

Mansikkakakkua ja raparperihilloketta

Jordgubbskaka med rabarberkompott

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

Valikoima juustoja: Auran sinihomejuusto ja Juustoportin Brändy-pähkinäjuustoa

Urval av ostar: Aura blåmögelost och Juustoportti Brandy-nötost

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

Glutenfri overnight oats med jordgubbar och granola

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

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

Kallrökt lax och räskagen, sallad, kapris, picklad rödlök och maltbrödssmolor

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

Grönsaksfrittata och lammköttbullar i fermenterad tomatsås med ugnsrostad broccoli och blomkå

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

Hunajapaahdettua lohta, tilliperunoita, kasviksia, tilliöljyä ja valkoviinikastiketta

Honungsrostad lax med dillpotatis, grönsaker, dillolja och vitvinssåsa

Quark pancakes with strawberry compote, pistachio crème and roasted pistachios

Rahkapannukakkuja, mansikkahilloketta, pistaasikreemiä ja paahdettua pistaasipähkinää

Kvargpannakakor med jordgubbskompott, pistagekräm och rostade pistagenötter

DESSERT

Fresh fruit

Tuoreita hedelmiä

Färsk frukt

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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