

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

新鮮雜錦沙律菜，配車厘茄及蝦仁薯仔沙律

### **Fresh fruit**

Tuoreita hedelmiä

鮮果

## The main course

Pick your favourite

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

Tryffelirisottoa, sieniä, parsaa, parmesaanijuustoa ja pistaasipähkinää

松露意大利飯，配蘑菇、蘆筍、巴馬臣芝士及開心果

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

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

菠菜意大利雲吞及雞肉配蒜蓉醬，伴雅枝竹、蘑菇、番茄及巴馬臣芝士

## And finally – dessert

Possible to choose both

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

Mansikkakakkua ja raparperihilloketta

士多啤梨蛋糕配大黃果醬

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

Valikoima juustoja: Auran sinihomejuusto ja Juustoportin Brändy-pähkinäjuusto

各款精選芝士: Aura 藍芝士及 Juustoportti 白蘭地果仁芝士

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

無麩質士多啤梨隔夜燕麥，配士多啤梨及穀麥片

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

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

冷煙三文魚及 Skagen 蝦仁，配生菜、酸豆、醃紅洋蔥及麥芽麵包糠

## MAIN COURSES (choose one)

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

Kasvisfrittataa ja karitsanlihapiirakkaa fermentoidussa tomaattikastikkeessa sekä paahdettua parsakaalia ja kukkakaalia

蔬菜奄列及羊肉丸配發酵番茄醬，伴烤西蘭花及椰菜花

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

Hunajapaahdettua lohta, tilliperunoita, kasviksia, tilliöljyä ja valkoviinikastiketta

蜜糖烤三文魚，配蒔蘿薯仔、蔬菜、蒔蘿油及白酒醬

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

Rahkapannukakkuja, mansikkahilloketta, pistaasikreemiä ja paahdettua pistaasipähkinää

夸克班戟，配士多啤梨果醬、開心果忌廉及烤開心果

## DESSERT

**Fresh fruit**

Tuoreita hedelmiä

鮮果

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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