

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

सामन पसतारामी के साथ मल्क सास, गोभी और डलि सॉस

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

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

क्रीम चीज़ के साथ अंजीर और टमाटर का शोरबा , मटर, सतराबेरी ,
हालापीनो आयल और बादाम

The main course

Pick your favourite

**Mild creamy chicken curry, basmati rice with
vegetables and spicy leaf spinach with cumin**

Mietoa kermaista kanacurrya, basmatiriisiä kasviksilla
ja juustokuminalla maistettua lehtipinaattia

मलाईदार चकिन करी के साथ बासमती चावल और जीरा पालक सब्ज

**Lovage marinated salmon with kale risotto, Brussels
sprouts, cherry tomatoes and creamy lemon sauce**

Lipstikalla marinoitua savulohta, lehtikaalirisottoa,
ruusukaalia, kirsikkatomaatteja ja kermaista
sitruskastiketta

सामन के साथ कएल रसितो, बरसल स्प्राउटस, चेरी टमाटर और क्रीमी लेमन सॉस

**Chickpea and tomato curry, cumin rice
and leaf spinach with bell pepper**

Kikherne-tomaatticurrya, juustokuminariisiä
sekä lehtipinaattia ja paprikaa

चना टमाटरी करी के साथ जीरा चावल और पालक शमिला मरिच

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

वभिन्न प्रकार के चीज़

Choose 1 of 2 options:

Lemon cake with strawberry crème and berries

Sitruunakakkua, mansikkakreemiä ja marjoja

लेमन केक के साथ सतराबे र्सी क्रीम और बेरीज

Chocolate cake with pistachio crème

Suklaakakkua ja pistaasikreemiä

चॉकलेट केक के साथ पसिता क्रीम

Before we land

Breakfast

Fuel for the final stretch

Vegetable frittata with giant beans, cheddar cheese sauce, spinach and cherry tomatoes

Kasvisfrittataa, voipapuja, Koskenlaskija-cheddarkastiketta, pinaattia ja kirsikkatomaatteja

सब्ज फ्रिटिता के साथ बीन्स,चीज़ सॉस, पालक और टमाटर

Fresh fruit and yoghurt

Tuoreita hedelmiä ja jogurttia

ताज़े फल और दही

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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