

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

Choose 1 of 2 options

Scrambled eggs, chicken sausage, potatoes, snap peas and tomato, cold cuts, yoghurt and fresh fruit

Munakokkelia, kanamakkaraa, perunoita, sokeriherneitä ja tomaattia, leikkeleitä, jogurttia sekä tuoreita hedelmiä

スクランブルエッグ、チキンソーセージ、ポテト、スナップエンドウとトマト、フルーツとヨーグルト、ハムとチーズ

Benedict-style egg with hollandaise and black pepper, mashed potato, spinach and tomato, cold cuts, yoghurt and fresh fruit

Benedict-tyylistä kananmuna hollandaisekastikkeella ja mustapippurilla, perunamuusia, pinaattia ja tomaattia, leikkeleitä, jogurttia sekä tuoreita hedelmiä

ベネディクト風エッグ オランダーズソースと黒胡椒、マッシュポテト、ほうれん草とトマト、ハムとチーズ、ヨーグルトとフルーツ

Before landing

Appetizers

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

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.

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 merikroottia, 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

Casareccepastaa kasviskermakastikkeella, shiitakesieniä, 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

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 1 of 2 options:

Chocolate cake

Suklaakakkua

チョコレートケーキ

Cherry tart

Kirsikkatartalettia

チェリータルト



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