



Menu

The spice
of the season?
Silence.

Business Class – Autumn & Winter

The quiet season has landed

As the days feel short up north, we Finns turn towards simple, unhurried pleasures.

We give ourselves permission to log out, get cosy with candles and woolly socks and enjoy the silent forests, fields and fells. Gather around the table with our nearest and dearest. Just keep it nice and quiet.

That same mentality guides this menu, crafted with care. Take your time to enjoy it. There's no better side dish than slowing down.



After take-off

To start with

Two dishes, no need to choose

**Kansai-style thick omelette with sesame spinach,
teriyaki chicken tsukune and goji berry seed**

Japanilainen munakas seesamipinaatilla,
teriyakikanapyöryköitä ja gojimarjansiemeniä

関西風厚焼き卵とクコの実 ほうれん草の胡麻和え 鶏つくねの照り焼き

**Golden threadfin bream with pearly barley
and mixed vegetables in mustard marinade
and roasted pumpkin**

Kultaviiriahventa, helmiohraa ja kasviksia
sinappimarinadissa sekä paahdettua kurpitsaa

イトヨリ鯛 大麦添え

ミックスベジタブルのマスタードマリネとローストパンプキン

The main course

Pick your favourite

**Simmered Japanese sukiyaki beef with tofu fritter,
spinach and carrots, rice with black sesame**

Japanilaista sukiyaki-naudanlihaa, tofupyörykkä,
pinaattia ja porkkanaa sekä riisiä seesaminsiemenillä

和風牛すき焼き 厚揚げ豆腐 ほうれん草と人参 黒ごまご飯

**Guava glazed chicken with fried potato croquettes,
spinach, semi-dried tomatoes and carrots**

Guavalla glaseerattua kanaa, friteerattuja
perunacroquetteja, pinaattia, puolikuivattuja
tomaatteja ja porkkanaa

グアバグレーズドチキン ポテトコロッケ

ほうれん草 セミドライトマト 人参

**Potato gnocchi in cream sauce, steamed spinach,
tomatoes and Parmesan cheese**

Perunagnoccheja kermakastikkeessa, höyrytettyä
pinaattia, tomaatteja ja parmesania

ポテトニョッキ クリームソース ほうれん草

トマトとパルメザンチーズ

And finally – dessert

There's always room for some

Selection of cheeses: Brie and Gouda with fig jam

Valikoima juustoja: brie ja gouda sekä viikunahilloketta

チーズの盛り合わせ ブリーとゴーダ

Choose one sweet treat:

Strawberry cheesecake

Mansikkajuustokakkua

ストロベリーチーズケーキ

Tiramisu

Tiramisua

ティラミス

Before we land

Breakfast

Fuel for the final stretch

Scrambled eggs with cheese, pork sausage, hash browns, spinach and tomatoes

Munakokkelia juustolla, porsaanmakkaraa, röstiperunaa, pinaattia ja tomaattia

スクランブルエッグとチーズ ポークソーセージ
ハッシュドポテト ほうれん草 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.

Allergen information is only available on flights departing from EU countries.

Please accept our apologies if your choice is not available.

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FINNAIR