Menu

The spice of the season? Silence.

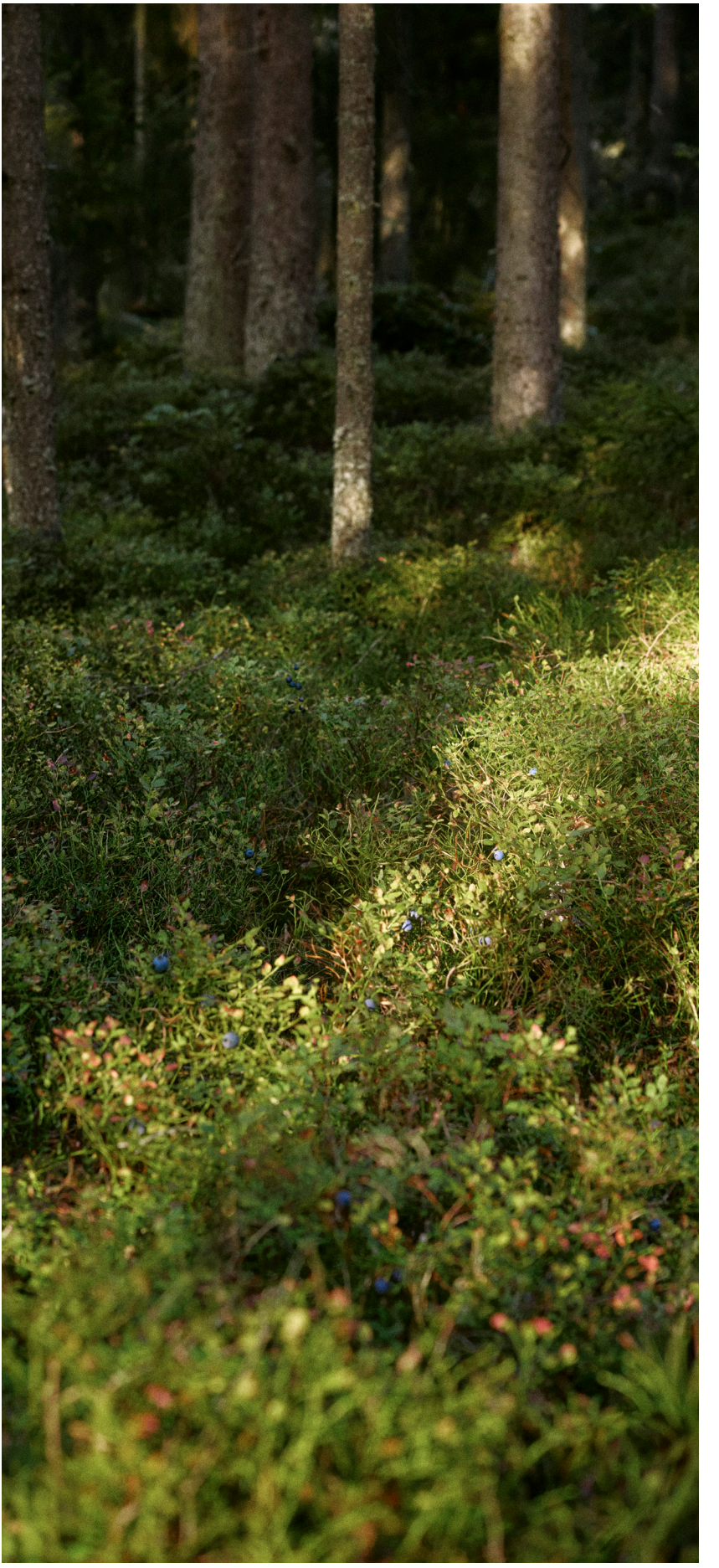
Business Class – Autumn & Winter

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

Pan-fried scallops, marinated prawns, bamboo shoot and bean curd salad, chilli, coriander and sesame seeds

Paistettuja kampasimpukoita, marinoituja katkarapuja, bambunverso-tofusalaattia, chiliä, korianteria ja seesaminsiemeniä

香煎扇贝腌虾配蔬菜、豆腐、辣椒、香菜及芝麻

Smoked duck breast, lentil salad with raspberry vinaigrette, mango chutney, walnuts and frisee salad

Savustettua ankanrintaa, linssisalaattia vadelmavinegretillä, mangochutneyta, saksanpähkinöitä ja friseesalaattia

烟熏鸭胸配扁豆沙拉、芒果酸辣酱及核桃

The main course

Pick your favourite

Beef ribs, black pepper sauce, rice with sesame seeds, bell pepper, pumpkin and gai lan

Naudan kylkeä, mustapippurikastiketta, seesaminsiemenillä maustettua riisiä, paprikaa, kurpitsaa ja kiinanparsakaalia

黑胡椒牛仔骨配黑胡椒酱、芝麻饭和蔬菜

Pan-fried rainbow trout, lemon and dill sauce, mashed potatoes, asparagus and cherry tomatoes

Paistettua kirjolohta, sitruuna-tillikastiketta, perunamuusia, parsaa ja kirsikkatomaatteja

香煎虹鱼配柠檬龙蒿酱、土豆泥和蔬菜

Cannelloni with mushrooms and spinach, mornay and tomato sauce with parsley

Sieni-pinaattikannelloneja, mornay-tomaattikastiketta ja persiljaa

蘑菇菠菜馅意式烤宽管面，配莫奈番茄酱和欧芹

And finally – dessert

There's always room for some

Selection of cheeses:
red cheddar and brie with fig compote

Valikoima juustoja:
punainen cheddar ja brie sekä viikunahilloketta

精选奶酪：红切达奶酪与布里奶酪

Choose one sweet treat:

Raspberry and chocolate vanilla puff

Vadelma-suklaa-vaniljaleivosta

树莓巧克力香草泡芙

Tiramisu

Tiramisu

提拉米苏

Before we land

Breakfast

Fuel for the final stretch

Scrambled eggs, chicken sausage, roasted potatoes, broccoli and cherry tomatoes, cold cuts, yoghurt and fresh fruit

Munakokkelia, kanamakkaraa, paahdettuja perunoita, parsakaalia ja kirsikkatomaatteja, leikkeleitä, jogurttia sekä tuoreita hedelmiä

炒蛋配鸡肉肠、土豆、樱桃番茄、西兰花

Yoghurt and fresh fruit

Jogurttia ja tuoreita hedelmiä

酸奶及新鲜水果

Cold cuts

Leikkeleitä

冷盘

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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