



# «gouménisses»

*Delicacies  
from another generation*





# Dimitra & Anna

Dimitra Dartsi is the foundress and creator of the company. She was born and raised in Goumenissa, well versed in local products and the taste of the traditional foods and sweets. Since she was a child, she observed her mother and grandmother, while they were selecting the best fruits of their land, in order to make homemade jams, sweet preserves, sauces and other delicacies. Family cooking secrets, sweet memories and love for tradition were the three main factors that inspired and prompted her to spread the homemade delicacies to the store shelves.

Today along with her daughter Anna, they form the dynamic combination of Goumenisses. They have already conquered the Greek market and their products have fairly gained their place to some of the most well-reputed delicatessens in Greece, hotels, restaurants and market chains. Moreover, the last years they have accomplished exports in some of the biggest cities worldwide while their products have been awarded several times and they have been selected from some of the most popular Greek chefs.

«My inspiration is the beauty of the Mount Paiko where I grew up; its fertile land, its scents and colors; the whispers of the elder women of Goumenissa about their secret recipes... 'How to enclose and preserve the freshness of fruits for the whole year'. I prepare homemade delicacies for you remaining loyal to the highest quality expectations, with dedication to the purity of my raw materials, hoping that our world is not only industrial ...»

Dimitra Dartsi

## Awarded Goumenisses



With love for good taste and the nutritional value of traditional cuisine, "Goumenisses" cooks like at home and aspire to find a place in the kitchens of the world.



The press wrote about us!



Όταν μιλάει η παράδοση  
ΟΙ ΓΕΥΣΕΙΣ ΤΗΣ  
ΓΟΥΜΕΝΙΣΣΑΣ







## MAYONNAISE *with a homemade taste*

Mayonnaise with homemade taste Fluffy, velvety mayonnaise with homemade taste! Delicious with meat, sausages, salads and sandwiches.



*...just  
like Home!*

## MUSTARD MAYONNAISE SAUCE *with traditional Thessaloniki Mustard*

This Mustard - Mayonnaise Sauce «Goumenisses», gives meat, chicken, hamburgers, sausages and sandwiches, unparalleled flavor. Excellent as a salad dressing or to use in your cooking.



## MAYONNAISE *premium*

Enjoy this handmade Premium Mayonnaise «Goumenisses» made with extra virgin olive oil. Give a premium touch to grilled meat, sandwiches, potatoes or salads!



## VEGAN MAYO

Perhaps the best tasting Vegan Mayonnaise you 've ever tried! Egg Free but delicious, made with love by «Goumenisses»!

## Gourmet MAYONNAISE



Forget the ordinary...

A new tasting proposal to accompany grilled meats such as juicy fillet, burgers, starfish, milk steak, ribeye, chicken as well as baked potatoes and vegetables, salads or gourmet brios with cold cuts. Enhance your dishes with the creamy texture and the rich taste of this 4 Gourmet Mayonnaise «Goumenisses», Smoky, Truffle, Garlic and Smoked Paprika!



## Thessaloniki's MUSTARDS



Taste our best seller Thessaloniki's traditional mustard and its 2 alternatives; honey and spicy! This mustard is a traditional Thessaloniki's old recipe, that used to be served during the TIF (Thessaloniki's International Fair) and this is how it became famous thus the name «Thessaloniki's mustard». An indeed unique recipe that's worth a try since it is the only mustard made with real ingredients: flour and virgin olive oil! Perfect combination with with sausages, meatballs, roast meat kebabs, sandwiches and as dressing for salads.



## MUSTARD *dijon style & classic*

The Dijon style & Classic mustards by «Goumenisses», will boost the taste in anywhere you use it! Try them with grilled meat, as well as in sauces, with mayonnaise or vinaigrette and give that extra to your cooking.



## DRESSINGS

Experience flavorsome notes in your dishes!

From a refreshing salad, to roasted or fried potatoes or from a grilled meat to spicy sausages this «Goumenisses» dressings will accompany each of your dishes giving them delicious and flavorsome notes. Find them in two flavors, Rich Cheese Cream and Brandy Aroma, their creamy texture and delicious taste will delight you!



## Gourmet MUSTARDS



Five gourmet mustards, worth trying. Mild Classic, Smoothy with honey, Mediterranean with herbs, Crispy with mustard seeds and Hot with red pepper. Whatever you choose will enchant your taste.



# KETCHUP

*from ripe Greek tomatoes*

Fragrant, dark red Greek tomato ketchup made with «a different», worth trying flavor, Boosts tasty sandwiches, hot dogs, hamburgers and fries.

Try Barbecue sauce «Goumenisses» in roast meat, sausages and burgers on the grill. The wonderful smoky flavor and aroma will give extra delight to your meal.



# KETCHUP

## KIDDIE



NO  
ADDED  
SUGAR



Delicious and healthy! This children's Ketchup is made by ripe greek tomatoes, with no added sugar, so that our little friends can safely enjoy their favourite burgers, potatoes and sandwiches.





## flavorsome CHUTNEY



Made by Dimitra's «hand», with greek fruits, veggies and herbs, this gourmet chutneys «Goumenisses» will take you on a new delicious journey. Enjoy them with baked white cheeses, on a juicy burgers or with ripe yellow cheeses, with bruschettas and figs!



## TOMATO SAUCE *cooked and ready to serve*

With Basil & With thyme and oregano

Try this two melted homemade sauces with fresh herbs and juicy tomatoes that are made handmade in small bronze pots like the old times.

## PEPPER DIPS

This two delicious dips, by «Goumenisses», are made from ripe red peppers that are grilled until soften and then simmer with pure ingredients! Try them with meat balls, pasta, rice or potatoes and even as a spread on fresh bread!







# JAMS

*for a tastefull morning*

**92%**  
**FRUIT**

Our jams are made with no water - only fruit and sugar - in small copper pots, as in the past, to keep the wonderful flavors of Paiko fruits. For a delicious "good morning"!

They do not contain preservatives, color, water, pectins or other additives.



## STRAWBERRY

*Collection*

Taste the gourmet dessert «Strawberry Collection» for high gastronomic delights! Juicy whole strawberries combined with distinctive balsamic vinegar and vanilla flavor, or brown sugar and rum aroma, or the strawberry Gourmet Sweet Spread with chocolate couverture, that will excite your taste!

Enjoy it with various cheeses and cold cuts, as an accompaniment to sparkling wine or champagne, in your pancakes or with yoghurt, ice cream.



## FRUIT SPREADS

*Flavorful yet low in calories*

Wonderful fruity and rich in taste fruit spreads without added sugar, only fruits and grape juice, to get all the taste with low calories.

*Amazing Taste!*







## ALMOND BUTTER

*with Honey & with Chocolate*

Try out the Handmade Almond Butters «Goumenisses», made with pure Greek honey or Couverture chocolate, as a bread spread, with fruits, crepes or croissant and in recipes for food or desserts. Combine it's amazing taste with all the nutritional benefits of the almond!



## HAZELNUT BUTTER

*with Honey & with Chocolate*

Hazelnut butter from 100% selected hazelnuts made without added sugar! A nutritious treasure in two wonderful flavors Honey & Chocolate, perfect for a delicious breakfast or snack.

Try them in bread, with cereals, croissants, crepes, in yogurt or in recipes for cooking and pastry.



## NATURAL TAHINI

*without preservatives & additives*

This natural Tahinis, found in 4 amazing flavours, Natural, Whole Grain, with Honey and with Chocolate & Honey, by «Goumenisses» combine the rich nutritional value of sesame that is also extremely beneficial for our health, with the wonderful and authentic taste of Greek tradition. Try them, on fresh bread, plain or with honey, on cereals or in savory combinations in your cooking and pastry!

## PEANUT BUTTER

*soft & crunchy  
with Chocolate*

Taste the Handmade Peanut Butter «Goumenisses» in two amazing flavors Soft & Crunchy with Chocolate as a snack or as spread on a slice of bread, with fruits and in confectionery recipes, combining it's amazing taste with all the nutritional benefits of peanut.







## FRUIT PRESERVES

*the perfect topping  
for your cakes!*

The fruit preserves are made of carefully selected fruits, sugar and natural lemon juice. These are the only ingredients that we place into copper pans and let them boil very slowly in order to maintain their shape and freshness. They are the perfect toppings for your cheesecakes, served with ice creams...



## HALVA

*with Vanilla Flavor,  
με Almonds & Cocoa*

When tradition encounters flavor ...

The sesame halva «Goumenisses» is tasty, nutritious, and is a very flavorsome traditional Greek handmade dessert.

Made from tahini (ground sesame) with the addition of nuts, cocoa or vanilla. It's the Greeks first choice in traditional fasts but also an ideal dessert after lunch or an accompaniment to coffee.



## QUINCE PASTE

*the best you've ever tried*



Bring back childhood memories with this delicious Quince Paste by «Goumenisses». A wonderful delicatessen product, made from roasted quince and sugar, which is then pulped and simmered in small bronze pots until thickened.



## AMAZING TASTE

100% Natural Pulp



### HAZELNUT • ALMOND • PEANUT



Try our Natural Nuts Pulp «Goumenisses», with 100% Hazelnut, Almond and Peanut. Three great pulps for a super-nutritious and delicious breakfast. Rich in vitamins, minerals, antioxidants and fiber. No added Sugar & Salt - No Preservatives!



## MIX NUT SPREAD

Absolutely delicious and incredibly nutritious Nut Spreads with Mix Nuts by «Goumenisses». Peanut, Almond and Hazelnut. Ideal as a spread in bread, rice cakes, with yogurt topped with your favorite fruits or nuts!

## HANDMADE PICKLE

Cabbage  
Cauliflower, Carrot & Red Pepper  
Cabbage, Carrot, Red Pepper & Celery

Handmade Pickles by «Goumenisses» that for sure will remind you, of taste from the past! Enjoy it as an accompaniment to legumes, roast meat and salads. Excellent meze for ouzo and tsipouro.



## Handmade PEACH COMPOTE

with Greek Peaches

Try out this handmade peach compote by «Goumenisses» made with Greek Peaches from the Pella region. Taste it's rich flavor as a dessert plain or with whipped cream. You can also add them to cereals, sweet pies or fruit salads!





*Stuffed vine leaves*  
**GREEK DOLMADES**  
*with a light lemon sauce*



Taste this absolutely unique food, Dolmades by «Goumenisses», made with tender vine leaves from the mount Paiko, herbs from the Pella region and rice from rice paddies of Axios! Enjoy it as an appetizer with greek yogurt or as a main course with just the lemon sauce that accompanies them!



**SUNDRIED  
TOMATO**  
*in Olive Oil*

A wonderful Mediterranean ingredient that encloses the Greek Sun! The sundried tomatoes preserved in olive oil, by «Goumenisses» are a tasty appetizer that you can add to salads, omelets, sandwiches or in various sauces.

*Handmade*  
**GRINDED  
TOMATO**

In a slightly concentrated tomato juice  
 Made with love from Greek ripe juicy tomatoes, this handmade tomato delight will give your sauces a flavour taste! Just as if you made it at home!  
 Try it out!



**HUMMUS**  
*with tahini and lemon juice*

The tastiest appetizer with a Middle Eastern origin! The hummus «Goumenisses» is made with Greek chickpeas, Greek tahini and lemon juice, so you can enjoy its amazing taste on bread, tortilla, or flat bread. You can also serve it with grilled meats or as a dressing to salads, by simply adding olive oil.

*Ethnic Cuisine*  
**GUACAMOLE**

Guacamole, an authentic Mexican recipe, one of the world's favorite dips, made with love by «Goumenisses». Enjoy it with nachos, tortillas and chicken or veggies, bread sticks or if you are feeling adventurous with prawns or spicy meat balls!







## **RISOTTO** *ready to cook*

Perhaps the best, ready to cook, risotto in the Greek market, in two delicious recipes!  
Fragrant and creamy! Enjoy them!



## *traditional* **PASTA**



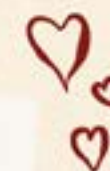
«Goumenisses» faithful to the revival of forgotten flavors, bring to your table a new set of traditional pasta that is worth trying. Made with cereals from the area of Pella and mountainous Chalkidiki, eggs and milk from certified farms in Kilis, we offer high quality handmade couscous, traditional trachana sweet & sour, excellent vegetable trachana as well as delicious bulgur!



## *classic* **PASTA**

So delicious you can  
to enjoy them plain!

Classic pasta «Goumenisses» are made only with semolina and water, without the addition of salt, in bronze molds and then dried under conditions of slow drying to preserve all their nutrients and their wonderful earthy taste.





## New Organic Series by «Goumenisses»



### Sugarcane MOLASSES

The organic Molasses by «Goumenisses» is extracted from sugarcanes with the traditional method, maintaining all the nutritional value of the Sugarcane. 100% natural and full of vitamins.

Add it on milk, tea or coffee, or even yogurt and waffles. They can also be used as a sugar substitute in baking or cooking!



### Organic LEGUMES

Speciality organic legumes by «Goumenisses» from the most fertile areas of Greece and are collected by selected organic growers. They are high in nutritional value and are cultivated without the addition of pesticides.

Medium **Beans** | White "Plake" **Beans**  
Giant **Beans** | Black Eye **Beans**  
Large **Chickpeas** | **Chickpeas**  
**Lentils** Smalls | **Split** Peas



### Grape Juice Syrup PETIMEZI

Petimezi is a traditional product from Cyprus. The grapes are collected and boiled in a cauldron within 24 hours.



### KETCHUP *No added Sugar*

Fragrant, ripe Greek tomatoes are cooked into this delicious Organic Ketchup, with no added sugar! Accompany you french fries with it, or add on burgers, hot dogs and sandwiches!



### HUMMUS

Creamy Organic Hummus, reknown for it's nutritional value and beloved taste! Perfect plain on bread or Arabic bread or even as a side dish for grilled meat or falafel!

You can also turn it into a dressing by simply adding olive oil!



### Organic & Greek VINE LEAVES *in Brine*



Our organic Vine Leaves are thin and tender by Sultana Vines, perfect to cook the most delicious Dolma!



### Organic & Greek ASPARAGUS *in Brine*

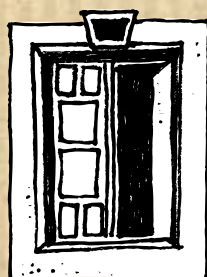


The asparagus by «Goumenisses» are Greek, organic but above all super tender! Enjoy the plain or accompany them with eggs, a perfect match of asparagus! You can also add the to soups, omletes, pizzas, pies or salads!



# Quality

- Our facilities are certified according to ISO 22000: 2005 ensuring the quality and safety of our products.
- We ensure daily that we comply with our quality policy. The selected raw materials and packaging materials meet strict health and safety standards and our trained staff ensures the superior quality of our products and services and the protection of environment.



«gouménisses»

**Dimitra Dartsi**

**Traditional Products**

14th Street 9, In. Area 57022, Sindos

☎ +30 23410795101-102

📍 / **fb** OiGoumenisses.gr