



# **gouménisses**

*Traditional Cuisine  
With Modern Perspective*



CATALOGUE  
**2023**





Demetra in 2001



Our booth in Food Expo 2012



Chef's testings in Anuga exhibition

# Greek Producers!

## Demetra, Anna & Maria

### OUR STORY

Demetra Dartsi, born and raised in Goumenissa, Kilkis in Central Macedonia, founded «Goumenisses» in 2000. Inspired by the recipes, of her mother and grandmother and driven by years of knowledge of turning the juicier local fruits and vegetables into sweet marmalades, preserves, sauces and other delicacies, she began sharing with the world, her handmade local goods from her small factory, in Goumenissa Village.

Secret family recipes that go way back in time along with her devotion in tradition inspired her into hand-making sweet delicacies, which now decorate store shelves all over the world

In 2012, Anna Kezou, Demetra's daughter, returned from Brussels, after finishing her studies, and took a lot of initiatives, giving a new vision to the company. In 2017, Maria Kosmatopoulou, completed the strong women team, and helped out with her years long experience in marketing and sales.

Within a decade, these women have successfully created multiple new product ranges with plenty of love and passion, relocated in a new state-of-the-art facilities and modernized their equipment at the same time. Now, they are supplying more than 1000 spots in Greece and abroad.

From the first years «Goumenisses» excellent and delicious products, have won their place in well known Deli and traditional food stores, luxury hotels and super market chains all over the country.



## THE IMPORTANCE OF R&D

«Goumenisses» now produce more than 150 different handmade products in more than 20 different categories. However, this wasn't enough for them. They are constantly developing new delicatessen products, inspired by local traditional recipes. At the same time though, they adapted their R&D into international and Mediterranean food trends, as well as modern consumer needs. One of their main focus now is vegan, low salt, no sugar, gluten free and special nutrition products. With the experienced Christos Velianis, as head of the R&D department, they promise us new culinary journeys for the future.

## AWARDED GOUMENISSES

Over the years, «Goumenisses» were awarded by several prominent chef's and competitions in Greece and abroad.



## OUR NAME & LOGO

Demetra Dartsi, wanting to honor her birth place and its people, chose the name of her small village as the brand name. The logo is inspired from the authentic, handmade, wooden window of the region making a comparison with the purity and authenticity of her products. At the same time, an open window is also representing the willingness of Goumenisses to seek new challenges, dreams and of course flavors!



«The natural beauty of mount Paiko, filled with the colors and flavours of the Greek Macedonian land, Goumenissas's traditions, secret recipes of the elders, the simple, everyday people, who pick the best out of the Greek land and most importantly the hope that this world is not only industrial. I produce the same pure, authentic, traditional and healthy delicacies with which I raised my children...»

Demetra Dartsi





## Velvety Mayonnaise with a homemade taste



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



NEW

**Bacon  
Mayonnaise**

Gourmet  
**Mayonnaise**

TRUFFLE • SMOKY • MUSHROOM • TARRAGON, CHIVES & LIME • GARLIC

Forget the ordinary...  
Enhance your dishes with the creamy texture  
and the rich taste of this delicious Gourmet  
Mayonnaise by «Goumenisses»!



## Mayonnaise with mustard from Thessaloniki

NEW



## Mayonnaise with Dijon Mustard



A new creation by «Goumenisses» for Dijon mustard  
lovers. This wonderful Dijonnaise is based on our  
velvety mayonnaise combined with the internationally  
famous Dijon mustard. Great for sandwiches, meats,  
potatoes and as a base for salad dressing.



CREAMY BUTTERY SAUCE

## Hollandaise & Béarnaise



A delicious sauce can add flavor to your dishes and  
make your every meal special.  
Hollandaise and Bearnaise, are two of the most famous  
sauces of the French gastronomy that is preferred by  
those who knows good cuisine.

Made with real butter, they go well with many dishes but  
mainly fish such as salmon, shrimp, lobster, fine meats  
and vegetables, with the most common being asparagus  
and Benedict eggs.



## VEGAN MAYO

- egg free • gluten free
- sugars free • dairy free
- soy free • low salt
- keto friendly

Perhaps the best tasting Vegan  
Mayos you 've ever tried!  
Egg Free but absolutely delicious!

CLASSIC • WITH MUSTARD





## MUSTARDS



## Mustards dijon style & classic

The Dijon style & Classic mustards by «Goumenisses», will boost the taste of your food! Try them with grilled meat, as well as in sauces, with mayonnaise or vinaigrette and give an extra burst to your dishes.



## Gourmet Mustard

0000000000

Gourmet mustard, worth trying with Mediterranean herbs and Oil Free. It will certainly thrill you!

## HANDMADE CHUTNEYS



- ONION • TOMATO • SWEET PEPPER • FIG • APPLE
- STRAWBERRY • ORANGE • PLUM • SPICY BEETROOT
- SPICY CARROT • GREEN OLIVE • APRICOT • MANGO

Handmade by Dimitra, with greek fruits, veggies and herbs, this delightful chutneys by «Goumenisses» will take you on a gastronomic journey. Enjoy them with baked white cheeses, with a juicy burger or with bruschettas and figs!



## VINAIGRETTE



## Salad Dressings

Level up your salads with the three delicious dressings «Goumenisses». Mustard with Honey for caesar salads, Herbs to enhance even a simple lettuce salad and Citrus fruit for refreshing salads!

- CITRUS WITH ORANGE & LEMON JUICE, BALSAMIC & HONEY
- MUSTARD & HONEY • HERBS WITH TARRAGON & BASIL

## 3 NEW FLAVOURS

Apricot, Green Olive & Mango



## Bacon Chutney with crispy pieces of cured bacon

With pieces of crispy cured bacon, this «chutnet» will fascinate you! Enjoy this first of it's kind chutney in Greece with spicy or creamy cheeses, burgers, sausages and all kinds of grilled meats, scrambled eggs, french fries, in sandwiches and all kinds of culinary creations!





## Ketchup from ripe Greek tomatoes

Fragrant, juice Greek tomatoes are made into  
a ketchup worth tasting!

CLASSIC • SPICY • NO ADDED SUGAR



## Smoky Barbecue Sauce

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



## KETCHUP KIDDIE

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 favorite burgers,  
potatoes and sandwiches.



## Tomato Sauce cooked and ready to serve

- Basil - Thyme & Oregano
- Garlic - Spicy with Red & Green Peppers- with Green Olives

Melted homemade sauces with fresh herbs and  
juicy tomatoes that are made by hand in small  
bronze pots like the old times.

## Pizza Sauce with Basil



## Dressing Cheesy Cream

Perfect to pour over  
salads, grilled meats  
and potatoes.



## Handmade Ground Tomato

In a slightly concentrated  
tomato juice

✓Seasonal

## SPREADS



## Gourmedies

- SUNDRIED TOMATO SPREAD FOR BRUSCHETTAS
- ASPARAGUS PATE WITH GREEK FETA CHEESE

The series of Gourmedies by «Goumenisses», reflects the  
love for gourmet delights, appetizers and side dishes  
that add a touch of delicious luxury on our daily table.



## Feta Spreads

- FETA SPREAD WITH GREEN OLIVES
- FETA SPREAD WITH CHERRY TOMATOES

Enjoy the absolute Greek cheese, as a spread  
with Green Olives or Cherry Tomatoes, as a  
topping, in sandwiches or in your cooking.



## Stuffed vine Leaves Greek Dolmades with 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 Tomatoes 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.



## Aubergine Dip

WITH TAHINI



Eggplant dips have a place in every Greek table and it's consider it an authentic Greek appetizer. «Goumenisses» give depth and extra flavor in this classic eggplant recipe by adding Tahini, the main ingredient of the internationally beloved Baba Ghanoush recipe, which dominates the entire Middle East and has successfully traveled to Europe and America.



## Pepper Dip

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

## Ethnic Cuisine by Goumenisses



## Asian Influenced Tomato Sauce SWEET & SOUR with Apricots

We created this Sweet and Sour tomato sauce with apricots. Combine it with rice, chicken or grilled meats or accompany grilled vegetables.



## Sriracha

The famous sriracha sauce now made by «Goumenisses»! The reknown spicy sauce from Thailand is traditionally made with hot chili pepper paste but our version is made with red spicy cherry peppers. This spicy Sriracha has a sweet aftertaste, that will make you want more!

## Hummus with Tahini & Virgin Olive Oil

The tastiest appetizer with a Middle Eastern origin! The hummus «Goumenisses» is made with Greek chickpeas, tahini and virgin olive oil, so you can enjoy it's amazing taste on bread, tortilla, or flat bread.



## Olive Paste Black with Herbs & Green with Peppers

## Sliced Garlic in Oil



## Roasted Red Peppers

## Tasty Pesto

- PESTO WITH BASIL & CHEESES
- PESTO WITH GREEK FETA & BASIL
- PESTO ROSSO WITH TOMATO & MYZITHRA

Add the pesto to hot pasta of your choice and mix lightly.  
Add a little salt and extra cheese preferably.  
Enjoy them!





## Jams for a tasteful morning

Our jams are made with no water - only fruit and sugar - in small copper pots, just like the past, to keep the wonderful flavors of Paiko's fruits. For a delicious "good morning"! They do not contain preservatives, color, water, pectins or other additives.

92%  
FRUIT



NEW

Amazing  
Taste!



## Fruit Spreads

Flavorful, yet low in calories

Rich and fruity fruit spreads with no added sugar, just fruits and grape juice! Get all the taste with low calories.



100%  
FRUIT



SOUR CHERRY · CHERRY · GRAPE

## FRUIT PRESERVE

guilt free  
sweet delight

No Added Sugar,  
just fruit & grape juice!



## Sweet Preserve from ripe Greek fruits

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...

CHERRY · SOUR CHERRY · QUINCE · BERGAMOT · ORANGE · WILD FIG · CHESTNUT





## Peanut Butter Creamy & with Chocolate

### Nutritious Peanut Spreads!

Taste the Handmade Peanut Butter «Goumenisses» in two amazing flavors Creamy & 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.



## AMAZING TASTE 100% Nut & Seed Pulp

Natural pulps of Nuts & Seeds by «Goumenisses», for a super-nutritious & enjoyable breakfast. They are rich in vitamins, minerals, antioxidants & fiber.

**No Added Sugar & Salt • Without preservatives**

ALMOND • HAZELNUT • PEANUT



## Almond Butter & Hazelnut Butter with Honey & Chocolate

Try out the Handmade Almond & Hazelnut Butters, made with pure Greek honey or Couverture chocolate, as a bread spread, with fruits, crepes or croissant and in recipes for food or desserts.



## TAHINI



• PLAIN • WITH HONEY & CHOCOLATE

≡ **tahini** ≡  
without preservatives  
and additives

Find our natural Tahinis, in 3 amazing flavours. Combine the rich nutritional value of sesame, 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!



## Mix Nut Spreads & Chocolate

Absolutly delicious and ingredibly 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!



## Tahini Creme with Chocolate



## Strawberry Collection

Taste the gourmet desserts «Strawberry Collection» for an amazing culinary experience! Whole juicy strawberries combined with brown sugar and rum aroma, with chocolate couverture, will definitely excite you!



## PASTA & RISOTTO



BULGUR • COUSCOUS • VEGETABLE FRUMENTY • SOUR FRUMENTY • SWEET FRUMENTY

## Traditional Pasta

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

## Risotto

ready to be cooked

Perhaps the best, ready to cook, risotto in the Greek market, in a delicious recipe!

RISOTTO WITH PORCINI MUSHROOMS



## PICKLES

## Handmade Pickled Veggies

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

CABBAGE  
CAULIFLOWER, CARROT & RED PEPPER  
CABBAGE, CARROT, RED PEPPER & CELERY



## HANDMADE Gourmet Pickled Veggies

• CUCUMBER WITH HERBS • GREEN TOMATOES  
• CHERRY • MULTICOLORED PEPPERS

Accompany your «meze» or ouzo, with these delightful, gourmet pickled veggies by «Goumenisses».



## ORGANIC PRODUCTS



## Grape Juice Syrup Petimezi

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

BIO

## Ketchup

No added Sugar

Fragrant, ripe Greek tomatos 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!



## Organic Capers

A precious appetizer, the organic Caper by «Goumenisses», is collected in the Spring time in our sunny country and kept in brine to have it fresh in your table all year round. Wonderful in the Greek salad, in the «Fava», in sauces, mayonnaise and marinades, or potato salads.



## Garlic Paste



## 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!

## Greek Asparagus in Brine

✓Seasonal

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





# «gouménisses» in HORECA packaging

1kg • 4kg • 5kg



## Let's Connect!

FOLLOW US ON SOCIAL MEDIA

f & @: @oigoumenisses

## Quality

- Our new state-of-the-art facilities are being certified with ISO 22.000:2005, ensuring the safety of our products. At the same time we have an Organic Certification by Bio Hellas and a Vegan Certificate.
- Everyday, we invest in keeping our quality standards. By choosing the right raw and packaging materials along with state-of-the-art facilities, under strict rules when it comes to hygiene, employees' safety, and modernization of the equipment, we maintain the highest product and service quality.



## gouménisses

Production and Distribution of  
Delicatessen Vegan and Organic Products

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