



gouménisses

A journey through Taste!



CATALOGUE
2023

Greek Producers!

Demetra, Anna & Maria

OUR STORY



Demetra in 2001



Our booth in Food Expo 2012



Chef's testings in Anuga exhibition

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.



Mayonnaise
 with mustard
 from Thessaloniki



TUFFLE · SMOKY · TARRAGON, CHIVES & LIME · BACON

Gourmet
Mayonnaise

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

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



DRESSINGS



Salad Dressing

- MUSTARD & HONEY
- MUSTARD, HONEY & CITRUS

Level up your salads with the three delicious
 dressings «Goumenisses». Mustard with Honey for
 caesar salads, and Citrus fruit for refreshing salads!



Dressing
Cheesy Cream

Perfect to pour over salads, grilled
 meats and potatoes.



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.



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!



Gourmet Mustard

MILD WITH HONEY • MEDITERRANEAN • SPICY
Gourmet mustard, worth trying with Mediterranean herbs and Oil Free. It will certainly thrill you!

PESTO



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!

3 NEW FLAVOURS

Apricot, Green Olive & Mango



Bacon Chutney
with crispy pieces of cured bacon

With pieces of crispy cured bacon, this «chutney» 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
- 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



Handmade Ground Tomato

In a slightly concentrated tomato juice

✓Seasonal

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.



SPREAD



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.



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.



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!



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!



Olive Paste Black with Herbs & Green with Peppers



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.

Handmade Pickled Veggies



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



CUCUMBER WITH HERBS • GREEN TOMATOES
CHERRY • MULTICOLORED PEPPERS



Roasted Red Peppers



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.



Sliced Garlic in Oil



Garlic Paste

BIO



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.

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.



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!



Tahini Creme with Chocolate

NEW

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%



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**

NEW



NEW

SOUR CHERRY · CHERRY · FOREST FRUITS

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...

«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

14^η Οδός, ΒΙ.ΠΕ.Θ. 57022 Σίνδος

info@oigoumenisses.gr

+302310795101-102

fb oigoumenisses.gr