

Zois

FINE  FOOD



Gourmet handmade greek products!



Hello all, my name is Zoi and I would love to share with you where my passion for food derived from, I grew up in a village in southern Greece surrounded by fields and mountains. With its small, white cottages and winding river, it was reminiscent of a picture postcard.

I remember with great fondness, my grandfather's small garden, which he still to this very day lovingly tends to, although these days it is substantially larger in size! It was a garden with an abundance of fresh fruit and vegetables. The peaches he grew were undoubtedly the best I had ever tasted. His strawberries were small, sweet and deep red, the way they should be.

My grandmother had a small farm, so we were lucky enough to have fresh eggs every day, as well as home-made bread and feta cheese. My grandmother had also a reputation for her home-made dried tagliatelle ('chylopita' in Greek) which took no less than one week to make. Her ability to transform every ingredient she touched, allowed us to experience from home-made fruit preserves, vinegar and pickles, to salted sardines and cheese pies. Not surprisingly, my grandmother's home-made delicacies had a positive and memorable impact in my life.

I am lucky enough to have grown up with all these wonderful tastes and aromas from the Greek nature and I thank my Grandparents from whom I have learned every single aspect of food production. From cultivating the land through to the final dish on my dinner table, I learned what real, pure taste and flavor is and I am proud to have carried on this wonderful legacy with my own family and children to this day.

I would love to share with you where my passion for food derived from, I grew up in a village in southern Greece surrounded by fields and mountains...

Zois
FINE FOOD

Hard & white cheeses

Gourmet handmade greek products!

2



Easy Soufflé With Mix of Cheeses

Serves: 8

Ingredients:

- 400gr grated Hard cheese
- 400gr grated Semi-hard cheese
- 400gr grated Kaskavali Limnou
- 400gr grated Graviera Naxou
- 5 eggs
- 250gr cooking cream
- 12 beef slices
- 12 slices toast bread
- 1 tbs butter

Instructions:

1. Smear the baking pan with butter.
2. Spread toast bread after cutting the crust and diving into milk
3. Make a layer with the half of cheeses, then put beef and last the remaining cheeses.
4. Beat the eggs with the cream and pour over the soufflé.
5. Bake at 180°C until browning.

Enjoy a wide selection of authentic famous Greek cheeses!

Most products are awarded Protected Designation of Origin (P.D.O.) status, defining their areas of origin and methods of production. Produced all over Greece, made from fresh goat's, sheep's or cow's milk, our fine selection of cheeses can compliment any meal.



Semi Hard Cheese Ellassonitiko
This semi hard cheese is made from sheep's, goat's and cow's milk. It is a firm, good melting yellow cheese, which has a nice balance of sweetness and saltiness.



Ellassona Hard Cheese (kefalotyri)
Hard salty yellow cheese (kefalotyri) made from cow's milk. It can be consumed on its own, fried in olive oil for a dish called "saganaki" or added to foods such as pasta dishes and cooked vegetables. It is especially suited for gratingfruity flavor.



Goat Cheese
Mevgal's goat cheese is a white cheese that promises unique gastronomic pleasures. It is exclusively produced from 100% pasteurized goat's milk. It has a slightly peppery taste and can accompany perfectly salads, or used as an ingredient to various recipes. Use it in salads, in sandwiches, or as a side dish. It will add an interesting touch to pasta and to various pies.



Graviera from Crete Island
Graviera is one of the most popular cheeses in Crete. It is a hard cheese with a light yellow color, and has a slightly sweet and nutty taste. The Cretan version (there is also a graviera made in Naxos) is made with sheep milk, or sheep milk with a small amount of goat milk.



Graviera Naxou (Gruyere) P.D.O.
Graviera is Greece's second most popular cheese after feta. Graviera Naxou is produced in the island of Naxos, in the Cyclades. It is a hard cheese, made of cow's milk with a pleasant taste and light aroma. Available in the classic version or the exquisite, gourmet smoked and aged for three months.



Kaskavali Cheese
Produced in the island of Lemnos, it is one more cheese characterized by its origin. The local, fresh sheep's and goat's milk used, along with the unique production process, gives it that light-yellow color and makes it stand out for its sharp aromatic character and milky, savory notes.



Kalathaki Lemnou P.D.O.
Kalathaki Lemnou is a white cheese from the island of Lemnos. Similar to Feta, with a mild and very distinctive flavor, made from fresh sheep and goat milk. It is produced with a unique traditional method in small baskets where the cheese takes its final characteristic shape.



Smoked Cheese of Thessaloniki
The Smoked Cheese of Thessaloniki is an exceptional semi hard cheese that is produced and smoked with the traditional way. For the production of that cheese it is used exclusively fresh cow's and goat's milk. Pleasant cheese with the smoked aroma, matches harmonically with strong taste dishes.

Gourmet handmade greek products!

3

Feta, the most popular of Greek cheeses

Feta has received the Protected Designation of Origin P.D.O. status in 2002. According to the relevant EU legislation, only those cheeses produced in a traditional way in some areas of Greece, made from sheep's milk, or from a mixture of sheep and goat's milk, may bear the name feta.



Original Greek feta Ellassona P.D.O.

Traditional feta cheese with fresh goat's milk mixed with sheep's milk, of animals grazing on the ever green pastures of Thessaly Macedonia and central Mainland Greece.



Feta Souliotis P.D.O.

The result of matching tradition with technological progress is the original Greek feta made from sheep's milk. Rich and creamy, with hard texture, delicious taste and a tangy finish, it tends to be ideal for salads and cheese platters, as well as accompanying a variety of dishes.



Anthotyro Cheese

Anthotyro Cheese is a whey milk product resulting from the production process of feta cheese, and enhanced with fresh sheep and goat milk. It is a low fat dietary product of low salinity. It is traditionally used as a filling in Greek pies, while it can also be combined with fruits such as figs, pears and apples for a delicious taste.



White Cheese Orino

Made entirely from pasteurized cow's milk, it is a light white cheese, with a slightly grainy appearance, similar to Greek feta cheese.



Barrel Aged Feta Cheese P.D.O.

A product of excellent quality with a slight acidity and full aroma. It is made of sheep's and goat's milk that are freely grazing. This feta matures in wooden barrels, its structure is solid and easy to cut in serving portions.



Greek Cow's Strained Yogurt

Yogurt from pure fresh Koukakis Farm cow milk, with 10% fat. Enjoy the full taste of strained yoghurt with the traditional, rich flavor and essential nutrients necessary for the human body. Available in 1Kg packaging.

Greek yogurt

Top quality, traditionally made Greek yogurt, important part of a healthful Mediterranean diet!

Enjoy it plain or accompanied by spoon sweets toppings, jams, honey fruits and nuts!

Ideal also for cooking and pastry creations!



Saganaki With Feta Cheese P.D.O.

Serves: 8

Ingredients:

- 6 pieces of Feta cheese PDO
- Flour and oil for frying
- Freshly ground pepper
- 1 lemon

Instructions:

1. Heat the oil in a pan.
2. Sprinkle the slices of Feta cheese P.D.O. with flour and fry until golden.
3. Place them on a plate and pour lemon juice on top.
4. Season with pepper and serve immediately.

Oil Olive & Olives



Lemon and Olive Oil Dressing

Ingredients:

- 1 tbs sea salt
- ½ cup fresh lemon juice
- ½ cup high quality extra virgin olive oil
- 1 grated lemon (optional)

Preparation:

1. Mix together all the ingredients in a tightly closed container.
2. Shake well.

Serve:

Pour over fresh fish and salmon, salads, slices of hot bread and rusks, chicken and steamed vegetables.

Gourmet handmade greek products!

“Every Olive Leaf dripped...light” Nikos Kazantzakis

The sacred olive tree and the precious oil of its fruit are inseparable from Greek civilization. It was a particularly important symbol for ancient Greeks connected to their diet and religion and considered a symbol of peace wisdom and victory. Nowadays, the vigor of the golden-green olive oil offers Greek cuisine worldwide acceptance and keeps Greeks' robust health and longevity.



Paste Green & Black Organic Olives

Rich flavor and smooth texture! A pure product of exceptional quality with unique component none other than Organic Olives. The olive tapenade is an exquisite product that promises to impress and win a place at your table. Try it in sauces for pasta, salads, as a spread on sandwiches or as a dip to accompany cheese dishes, bread sticks, nuts and bites of warm bread.



Halkidiki Olives Mammoth Whole

The original mild tasting green olives from selected olive groves in Halkidiki, with a naturally fresh, slightly bitter and peppery flavour.



Mixed Olives Kalamon Variety/ Green / Black

Can't make up your mind? Want to try them all? Add fun and colour in every dish with a selection of the healthiest and tastiest pick' n mix!



Kalamon Variety Olives Extra Large

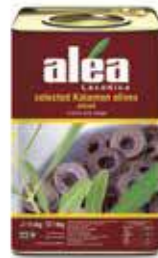
Purple-black, naturally ripened, plump and delicious, a tasty and healthy treat, can be served as a snack or an appetizer. Green color and a fruity, bittersweet taste which coexists with a soft essence of fruits, with a predominant apple taste.



Green Olives Halkidikis in Tin

Famous Halkidikis Olives whole, in tin with drained weight 13kg. Nice option for your salads or served as a side dish ! Ideal for professional use as well.

Gourmet handmade greek products!



Kalamon Sliced Olives in Tin

Kalamon variety olives cutted in slices , in tin drained weight 10 kg. Perfect match for your salads or stuffed in your sandwich wraps.
Ideal for professional use as well.



Elea Terra Extra-Virgin Olive Oil

An extra virgin olive oil P.D.O. characterized by golden-green color, and a pungent flavour of medium intensity. Low acidity and rich in vitamin E, produced by a group of farmers in a small village near Sparta.



Kalamata Olives

kalamata olives whole, in tin with drained weight 13kg.ideal for professional use as well.



Olive Oil - Elixir of Life

Extra virgin olive oil of premium quality 250ml. Carefully selected Koroneiki variety, perfect mature timing, controlled farming and processing, the crushing of the fruit within the first 12 hours and the separation in temperature no higher than 27c endows to this olive oil its intense golden green color and intense fruity flavor. Bottled in dark colored glass bottle in order to preserve its organoleptic qualities. Prefer with fresh salads and grilled vegetables. Ideal for garnishing.



Kalamon Olives Pitted

Ideal mainly for professional use but not exclusively. One can enjoy these olives as a snack or starter accompanied with feta cheese topped with oregano and olive oil, or adding them to salads or tradiotional pies.



Aenaon Extra Virgin Green Olive Oil

The extra virgin green olive oil is the oil of the first unripe olives and it is special. It is the valuable and beneficial green olive oil, the pure first oil, coming from olives pressed early on during the harvest, produces in early November, each olive harvest period. It is available in limited quantities, due to its special nature, and only for a short period of time.





Aenaon Extra Virgin Olive Oil

This extra virgin olive oil comes from Koroneiki Variety - the queen of Greek varieties. It is made from the world famous Kalamata olives, in the region of Messinia which yield olive oil of the highest quality, rich aroma, spicy and fruity flavor.



Bio Organic Extra Virgin Olive Oil

Organic extra virgin olive oil derives from their renowned Minoan Phaistos olive groves. Rich in the mouth with fruity and aromatic characteristics. In every drop you can discover the coolness of freshly cut grass and distinguished notes of green apple, citrus & flowers. Distinct spicy flavor, admirably balanced with a long aftertaste.



Extra Virgin Olive Oil 0.2 Acidity

Premium extra virgin olive oil from olives harvested by hand. Rich fruity aroma, with an essence of Cretan herbs and spices with an intense aftertaste of freshly -cut grass and subtle notes of citrus fruits, which gives a remarkable balance. Produced in extremely limited quantities. Olive oil has proven to promote human health and protect against diseases. Ancient Greeks were well aware of its beneficial effects. Hippocrates, the father of Medicine, recorded over 60 medicinal uses for olive oil. A whole host of nutrients links olive oil to wellbeing and longevity..



Esti Extra Virgin Olive Oil

An extra Virgin Oil from Koroneiki variety of olives which grow in the abundant olive cultivarum of Mani, a region of Messinia, at the foot of Mt.Taygetos. Olives are handpicked from November until Christmas and their juice is extracted, just a few hours after harvest. This olive oil's very low acidity and rich content of polyphenols make it superior quality, exquisite extra virgin olive oil. It has deep, bright green color and a fruity, bittersweet taste which coexists with a soft essence of fruits with a predominant apple taste.

Exquisite vinegar and elixirs for the demanding

Oxos vinegar has many advantages due to the unique method of its production. It helps decrease the danger of cardiovascular diseases, it contains many amino acids, peptides nucleic acids, vitamins etc, large amounts of metals and trace elements and can also be used as a weight loss aid. Vinegar Elixirs are made from mixing Oxos vinegar with the nectar of small fruit and herbal extracts and are completely alcohol free. All ingredients are combined to create an excellent product with dual usage. They can be used in cooking or as an aperitif.



Oxos Vinegar

OXOS is the vinegar in the ancient Greek Language. To produce this unique vinegar, local grape varieties are used. It is aged for five years consecutively, in barrels of oak and chestnut. This aging process softens the flavour and gives a velvet feel. Its color is dark brown. It can be used in all kind of salads, in cooked vegetables, to fry off meats, in grilled freshwater fishes and for marinade hunting and other meats.



Isis Elixir

A volcano in your mouth. We have mixed our OXOS vinegar with nectar concentrate from cherries, blueberries and cranberries along with a variety of pepper and cardamon extracts. The result is explosive with spicy, sweet and sour flavours. Use it on grilled steak or drink it straight as a shot with crushed ice as an aperitif. Ideal for closing a meal or between courses. Non alcohol drink.



Amelie Elixir

For those who love exotic scents Elixir (vinegar's nectar) is a drink without alcohol. In this elixir-based OXOS concentrated fruits are mixed like cherries, blueberries, and cranberries and they are extracted with cinnamon cloves and coriander. The outcome is sweet aromas with sweet and sour taste. Use it to roast veal liver or drink it straight with crushed ice.



Jasmine Elixir

An explosion of freshness. Elixir (vinegar's nectar) is a drink without alcohol. In this elixir-based OXOS concentrated, fruits are mixed like cherries, blueberries, and cranberries and they are extracted with spearmint mint and verbena. The result is a refreshing fragrance with flowering flavours. Use it on grilled fish or drink it straight with crushed ice.

Vinegar & Elixirs

Caramelized eel with Isis elixir and "Koxylia Kipeftikon" pasta salad

Ingredients:

- 200 g smoked eel
- 150 g 'Koxylia Kipeftikon' pasta
- ½ bunch of parsley
- 100 ml elixir Isis
- 2 - 3 tbs of Oxos
- 1 tbs honey Kipseli

Mustard sauce:

- 1 egg yolk • 100 g mustard • 100 ml extra virgin olive oil • 80 ml water • 1 tbs lemon juice • Salt and pepper

Instructions:

1. Boil the "Koxylia" pasta. Strain and let cool.
2. Make the mustard sauce by adding the lemon juice, the mustard, the egg yolk, salt and pepper in a blender and beat on high speed adding extra virgin olive oil until they begin to blend just like mayonnaise.
3. Add the water and continue beating for a few more seconds. Pour the mustard sauce in a large bowl and pour over the cold pasta while tossing to cover it all.
4. Chop half eel and add it to the pasta salad and stir to mix the ingredients. Cut the remaining eel in strips.
5. In a frying pan heat the elixir until it starts to caramelize and then add to the eel making sure it is covered with the elixir.
6. Add the honey in the pan and mix gently until it dissolves and is mixed with the rest materials.



Bio **Balsamic Vinegar With Cayenne Pepper**

Balsamic vinegar with spicy aftertaste from grapes (product of organic farming) combined with hot pepper extract chilli. Its spicy and special flavor will give to your dishes another different taste. You can use it in salads, grilled meats, and of course cooking.



Petimezi Patriki

This sweet dark red liquid, derived from several hours of boiling the wort of a variety of carefully selected grapes. It leaves an aftertaste of caramel that comes to remind to the older their favorite eating habits and to introduce to the youngers a magic ingredient of the Greek cuisine. The molasses, has the ability to tie any tomato sauce, to improve its color and texture, while at the same it can be combined with any European plate, but still maintaining its Greekness.



White Balsamic Vinegar With Apple extract

15 degrees apple balsamic vinegar is a type of vinegar made from apple and has a pale to medium amber color. It is used in salad dressings, marinades, vinaigrettes, food preservatives, and chutneys among other things.



Bio **Balsamic Cream With Mandarin**

Hand picked ripe grapes are vinified at low temperatures in order to give out a wine with rich aroma bouquet, from which a white grape vinegar, vivid with high acidity is produced. With light yellow color with rose highlights and typical aromas of Chios mandarin, tropical fruits, clove and cinnamon, it has a strong sour taste with a hint of spices and an exquisite aftertaste of citrus fruits and spices.



Bio **Aged Balsamic**

Sweet vinegar, aged in French oak barrels for three years. The result is a balsamic vinegar with complex aromas of vanilla and spices, rich body and intense aftertaste. Ideal for green salads with nuts and dried fruits, marinades hunting and fatty fish.



Bio **Vine leaves Elinos 950gr**

Vine Leaves from Xinomavro of organic farming without additives and preservatives.

All natural, high quality sauces straight from the Greek countryside

Traditional home-making techniques with the use of advanced modern technological equipment, result in preserving all the freshness and nutrients of fresh fruits and vegetable. In cooking, sauces add flavor, moisture, and visual appeal to any dish. They are essential elements in cuisines worldwide.



Aubergine Salad With Smoked Tea 350gr

Aubergine salad is a classic appetizer that one can enjoy in many varieties. This unique eggplant spread fascinates with a deep earthy taste of smoked Szechuan tea. Spread on freshly baked bread, accompany bread or vegetable sticks, grilled meat or sausages..



Cost Ligure Italian Pestos

Italian products that have a lot of admirers around the world . Made with olive oil they are products that bring home a piece of Italy. Classical pesto Genovese or with Teartufo, both of them are having unique flavor! Abandon your self to their flavors!.



Tomato & Aubergine Sauce With Papardelles

Serves : 4

Ingredients:

- Papardelles 500gr
- Tomato & Aubergine sauce
- 2 tbs Extra Virgin Olive Oil

Instructions:

1. Cook papardelles according to package directions.
2. Drain papardelles in a colander over a bowl.
3. Heat 2 tbs olive oil in a medium sauce pan over medium heat.
4. Add Tomato & Aubergine sauce and cook for 5 minutes.
5. Remove from heat and stir in pasta.



bio **Tomato Pulp 350g**

Three kilos of organic tomatoes are used to produce only one kilo of this tomato pulp. A little amount is needed to give any dish a unique taste, even on a piece of bread. No added salt. No preservatives. 100% Organic Tomato.



bio **Tomato Sauce With Seeds 700gr**

An organic sauce made from grated tomatoes in a traditional way. A healthy option used in all dishes and gives a flavor of freshly grated tomato. It has no added salt and no preservatives. Ideal for pasta recipes. 100% Organic Tomato.



bio **Chopped Tomatoes 700gr**

Fresh organic tomatoes chopped in cubes. Tomatoes chosen one by one, by hand, for those who want to refine their talent in cooking. No added salt. No preservatives. Ideal for pasta recipes and casseroles. 100% Organic Tomato.



bio **Tomato Saltsa With Basil 350gr**

An organic tomato saltsa combined with basil, to satisfy any taste with its light and home-cooked flavor. Made by carefully selected fresh tomatoes you just simply heat the saltsa and consume it on a variety of dishes. Easy to cook, you can add it on pasta, use it for pizza base or spread it on bread.



Tomato and Basil Sauce

The classic choice. The world basil derives from the Greek word *vasileus* which means *king*. So hence basil is considered the king of herbs. This jammed packed with basil content makes the difference in taste, aroma and culinary experience.



Tomato and Aubergine Sauce

The beauty of the taste of the aubergine, the purple wonder, together with the tomato blend poetically. The sweet taste of the aubergine combines with the sun kissed sweetness of the tomatoes for a glorious culinary experience. Simply beautiful.

Greek Pasta

Take a trip to the unforgettable taste of the original Greek pasta products. Thanks to its traditional preparation and recipe, all of our pasta are so delicious they can be eaten even... without sauce or cheese. Enjoy!



Traditional Small Tagliatelle With Fresh Eggs and Butter

Greek chyloptes owe their distinctive taste to the traditional recipe from Pelion. Made by pure materials (using durum wheat flour, without admixture with white flour), they are all produced by small family businesses with simple production processes and handmade products.



Tagliatelle With Fresh Eggs and Milk

Tagliatelle with fresh eggs and milk are produced by small domestic units using pure ingredients and following authentic Greek traditional recipes. Their unique taste, high nutritional value and incomparable quality, make them a selective nutritional choice for those who want to taste authentic pasta taste from Greece.



Traditional Papardelle

The secret lies in the old peasant recipes of a grandmother from a small Greek Village, in their natural production process, in the pure ingredients based on durum flour (semolina) without immixture with white flour and in their hand-made preparation.



Spaghetti Tricolore Traditional Pasta of Epirus

Using the traditional recipes from Epirus and the purest of ingredients from the area, along with passion and love for pasta-making, we bring to you this colorful Spaghetti. Kneaded only with durum wheat semolina and water, with excellent elasticity it stays al dente when boiled, becoming an inspiration for many pasta recipes.



Traditional pasta Makaroni- Patsitsio No3

Traditional pasta 'Makaroni No3' ideal for the famous dish Greek Pastitsio. Handmade with pure raw materials, mainly from local producers established in Laconia region in the South Greece. Ready in 9-10 min you can also serve them with tomato sauce and feta cheese, or with beef cooked in a thick fresh tomato sauce.



Spaghetti N010 Adamantina

Fine durum wheat pasta made by pure Laconian ingredients. Combine it with fresh tomato sauce and grated feta cheese for an extra flavored dish!

Greek Pasta

Orzo

Greek Cochilia Kipeftikon Salad Serves: 4

Ingredients

- 280g cochilia kipeftikon , cooked, rinsed, and drained
- 35g diced celery
- 25g minced red onion, soaked in cold water for 5 minutes, drained
- 5g minced flat-leaf parsley
- 75g diced vine-ripened tomato (optional)
- 120g prepared mayonnaise
- ¼ tsp dry mustard
- 1½ tsp sugar
- 25ml Oxos vinegar
- 35g sour cream
- ½ tsp salt, plus more to taste
- Freshly ground black peppe

Instructions:

1. In a large bowl combine the cochilia, celery, onion, parsley and tomato, if using.
2. In a small bowl, whisk together the mayonnaise, mustard, sugar, vinegar, sour cream and salt.
3. Pour the dressing over the salad and stir to combine.



Kritharaki or Orzo

Made of durum wheat semolina and fresh ingredients, the below traditional pasta was used since ancient years as a main food for the human being. Today it is consumed from many countries world wide.



Pearl Barley Kritharaki 500gr

Kritharaki or Orzo for Italians, it is a form of short-cut pasta, shaped like a large grain of rice. Made with pure ingredients from Laconian land it can be served alone, as a soup accompaniment, as part of a salad or pilaf or giouvetsi or baked in a casserole. This pasta is very popular in Greece especially, although it is used in other Mediterranean and Middle Eastern nations. Its small size and boiling time make it ideal for culinary experiments. You can use three cups of water per cup of pasta. Store in an air tight container. Ready in 6 min!



Sweet Frumentary

Traditional handmade sweet frumentary made by fresh milk and cut wheat , all pure ingredients from Laconian land. Ideal fro soups , and one of the children's favourite food! Ready in 5-6 min



Cochilia Kipeftikon Traditional Pasta of Epirus

This playful, tasty, home-made, shell-shaped pasta can make any dish stands out. Prepare delicious and beautiful recipes using this traditional Greek pasta that comes to you without artificial coloring and preservatives.



Skioufixta Cretan Pasta 1kg

Traditional homemade pasta all the way from Crete Island! Pasta with round shape made 100% by semolina and water!.

Healthy Legumes

In the region of Kastoria and Prespes pulses have been grown since the end of the 17th century. The altitude, soil components and abundance of water, combined with the micro climate of the region, create the perfect conditions for growing excellent quality pulses. The cultivation of such products in regions close to lakes is especially favorable due to the atmospheric humidity. The secrets of this traditional cultivation pass from generation to generation. In this area, the growers handle the soil with much care. The use of the machinery is limited due to the density of the planting, the volume and sensitivity of the plants. Pulses contain high amounts of protein, larger than any other cultivated food.



Greek Medium Beans

These tasty, healthy beans are cultivated at an altitude of about 540m. at fields extend around the Vegoritida lake in Northern Greece. The microclimate conditions of the area makes these beans delicious, soft and high in nutrients. They are buttery in texture, rich in aroma, thin-skinned and easy to prepare. Excellent for soups and salads. Organic farming.



Greek Small Lentils

Kastoria has a long tradition in cultivating lentils; so long that it dates back thousands of years, since archeologists found lentils at the excavation of the prehistoric settlement Lemneon next to Kastoria lake. Their full taste and rich Mediterranean aroma reflect the purity of the environment they grow in. They are delicious for salads and ideal for soups due to their creamy texture. Organic Farming.



Greek Colored Giant Beans

Our colored Giant Beans are grown around the Prespa and Kastoria Lakes areas. The colored Giant Beans from West Macedonia is a local variety with unique characteristics, distinguished by the large size of beans and their purple-black color. They have extra antioxidants and a unique taste. Rich taste and aroma similar to that of chestnut and sweet potato Ideal for salads. Organic Farming.



Greek Long Grain Rice

This long grain parboiled rice, also known as yellow rice, was grown in a small family farm in the delta of Thessaloniki's rivers and coastal areas, in ideal microclimate conditions. It is ideal for pilaf and numerous recipes because it remains granular. This top-quality parboiled rice has a natural salty taste due to the nearby sea at the cultivation area. Organic Farming.



Greek Fava Beans

These excellent organic yellow split peas, called Fava in Greek, they are grown at an altitude close to 800m, around Feneos Lake, at Korinthia Prefecture, South Greece. The distinctiveness of the land, the microclimate conditions and the calcium-rich soil of the small family farms they are grown in, make them delicious, rich in taste and aroma. Tasting: This top-quality yellow split pea melts when boiled into a delicious velvety puree, typically served with raw onions and olive oil.



Greek Giants Beans

These Gigantes Elephantes beans were grown in a small family farm in the Kastoria lake area and its ideal microclimate conditions.

- Find also all the legumes variety in bulk packages of 5kgs ! Ideal for professional use.



Greek Bean Soup

Serves : 8

Ingredients:

- 1 pound of Greek medium beans
- water
- 1 cup of extra virgin olive oil
- 1/2 teaspoon of ground black pepper
- 2/3 tbs of Simply Greek tomato pasta sauce
- 2 carrots, sliced
- 1 medium potato, peeled and cut in small cubes
- 2-3 stalks of celery with leaves, chopped
- 2-3 small hot red peppers (to taste)
- 1/2 teaspoon of sea salt

Instructions:

- Day 1:** Soak the beans overnight in lukewarm water.
- Day 2:** Drain and rinse the beans, and place in a soup pot with enough water to cover. Bring to a boil, cook for 5 minutes, and drain.
- Place beans in a clean pot with enough water to cover by about 1 1/4 inch. Add oil, ground pepper, tomato paste, sliced carrots, cubed potato, celery, onion, and hot peppers
- When full boil resumes, reduce heat, cover, and simmer on low heat for about 1 hour and 45 minutes. The beans should be soft and creamy, but not to the point of disintegrating. Beans may need to be cooked 2 hours or more.

Rusks & Health

Gourmet handmade greek products!



'Elite' crackers mediterranean oregano & feta cheese flavor 105gr

'Elite' crackers with oregano and feta cheese flavour! A balanced flavour ideal for your daily snack!



Rusks Salad With Tomatoes, Feta and Capers

Serves: 4

- Ingredients**
- 4 cups Wholegrain Barley Bites
 - 2 pounds tomatoes that have not been refrigerated
 - 1 large white onion, thinly sliced
 - 3-4 tbs capers, drained
 - 1/2 cup basil leaves torn to pieces with the fingers
 - 2 1/2 cups diced Feta Cheese P.D.O.
 - 1 tbs dry Greek oregano
 - 2 tbs OXOS Vinegar
 - 1/2 cup extra virgin olive oil
 - Freshly ground pepper, to taste
 - Salt, to taste

- Instructions:**
1. Spread the rusks at the bottom of a salad bowl or container.
 2. Cut the tomatoes into small pieces and scatter them over the rusks and let the juices penetrate the bread.
 3. Put the onion rings over the tomatoes and sprinkle the capers and basil. Top with Feta Cheese P.D.O and sprinkle with the oregano.
 4. In a bowl, whisk together the vinegar and olive oil. Add the chilies, black pepper and some salt (capers and feta are quite salty so you may not need extra).

Cretan Rusk and Health

The famous nutrition study by the American researcher Ancel Keys, who studied the eating habits of residents from certain areas in seven countries, showed that Crete has the healthiest habitants. His study attributed their good health to their proper nutrition. Of course, the Cretan rusk is part of every-day eating habits of the Cretans. Rich in fiber, vitamins B and E, as well as trace elements, it gives boost to the human system. Today we find these rusks both at the table of a simple home cooked dinner, as well as in expensive restaurants. The bread of the poor, as it was once called, was transformed into haute-cuisine. Rusks from Crete, an important part of Mediterranean nutrition, are placed on the top of a balanced and healthy lifestyle.



Whole Grain Barley Bites

Tasty and crunchy, a vital part of every healthy nutritious meal, rich in natural fiber and vitamins, helping the digestive system and contributing to lower cholesterol and weight control. They are an excellent substitute to bread because they do not contain butter, chemical additives or preservatives found in bread. Ideal for household and professional use.



Mini Olive Oil Rusks

With devoted fans, as one of the most famous Cretan rusks worldwide, they are part of every-day eating habits. They are crispy, but not hard. Enjoy them with hard cheese like Graviera, eat them as a snack drizzled with honey or crumble them in salads like croutons.



Barley Rusks Kritharokouloura

Cut barley rusks made of the best materials from Crete, based on old traditional recipe with no preservatives. They stand out for their taste and quality. Enjoy them on their own or with spreads, accompany them with cheeses, cut them in small pieces and use them as croutons in soups! Ideal for preparing Greek Ntakos: soaked with grated tomato, oil and grated feta cheese with a sprinkle of oregano on top.



No Sugar Carob Rusks

No sugar carob rusks made by traditional Cretan recipe. With pure ingredients and no preservatives, carob rusks are an excellent source of calcium and phosphorus.



Elite Wheat Rusks 0.4% Salt 250gr

The Greek traditional and tasteful rusks in slices ideal for a delicious breakfast and snack! With 0.4% salt, it's the healthy option for those who want to enjoy!



Elite Wheat and Rye Rusks 0.7% Salt 180gr

The Greek traditional and tasteful brown slices rusks with only 0.7% salt! Crusty with close cell structure they are ideal for a delicious and healthy breakfast

Gourmet handmade greek products!

Honey... the sweet gold!

In Greece, 12,000 tones of honey are produced annually. The vast majority of forest honey production involves pine honey, fir honey and oak honey. The uniqueness of it derives from the rich Greek flora, which comprises numerous wild flowers and herbs. Honey was the first sweetener Greeks had in their diet and even now, it remains the most prestigious one



Melion Fir of Menalon Honey P.D.O.

Greek honey recognized with Protected Designation of Origin status, is produced in early summer on the fir-covered peaks of Arcadia region. A particularly thick honey that captivates the eye with its splendid iridescence, while a delicious richness of rare intensity and unusual sweetness unfolds on the palate.



Honey with Honeycomb

Taste the Organic honey & flowers forest "Axion Esti" together with a piece of honeycomb, which is the original place of honey in the hive. The jar of organic honeycomb is a jewel not only for its taste but for the fact it combines honey and honeycomb in one jar so you can taste both in one spoonful.



Melion Honey & Chios Mastiha

Melion Honey & Chios Mastiha uniqueness derives from the precious resin of the mastiha tree, which is produced nowhere else in the world but in the island of Chios, world famous for its mastiha 'tears'. By combining its divinely-scented extract, the mastiha oil, with top-quality Greek forest honey, create a heady mixture that can be savored on its own or become part of imaginative culinary experiments.



Honey Flowers & Forest

Its flavor is full and sugary while breath-taking aromas emerge with the opening of each jar. Flowers and Forest Organic Honey is harvested from bee colonies far away from conventional crops and known for rich native vegetation. There, the bees gather the nectar from thousands of different flowers and from the honeydew of coniferous trees, such as: pine, spruce, linden, bush, heather and ivy.



Kipseli Honey

The bee hive of gods. Ideal honey for special breakfasts and confectionary creations, with a shiny gold color and wonderful texture. Widely known for its advantages, it has antioxidants, boosts the immunity system, is a great supplement for amino acids and vitamins, it improves appetite, metabolism, and overall health. It also increases the amount of red blood cells and the levels of iron.



Honey Chestnuts

The chestnut trees, the lordly-ladies of the forests on Mount Parnon, freely allow the bees to collect nectar from their flowers creating a fine honey with strong flavor, dark brown color and full bodied sweet-ish taste. Chestnut Honey is of high nutritious value because of its high density in pollen grains. It helps the digestive system, increases the mental clarity, has hydrating properties and is recommended for prostate problems and general diseases of the urinary system.

Honey



Easy Traditional Breakfast With Honey

Ingredients:

- Toasted bread slices
- Graviera Naxou Cheese
- Honey

Instructions:

1. Cut Graviera Cheese in the shape of fingers and place them on the bread
2. Pour over them a big dose of honey



Cretan Honey from Wild Herbs & White Thyme
 A honey with a delicious taste attributed to white thyme, a rare type of thyme that grows on the Cretan mountains at an altitude of 1500 meters. The low atmospheric humidity and the warm and dry climatic conditions of the specific area give a unique aroma and a coherent texture to this type of honey. Available in the glass jars.



Cretan Honey from Wild Herbs & White Thyme
 A honey with a delicious taste attributed to white thyme, a rare type of thyme that grows on the Cretan mountains at an altitude of 1500 meters. The low atmospheric humidity and the warm and dry climatic conditions of the specific area give a unique aroma and a coherent texture to this type of honey. Available in the glass jars.



Cretan Woodland Honey With Thyme & Wild Herbs Meligyris
 An organic certified honey collected by the noblest herbs of the Cretan flora: savory, thyme, malotira (sideritis syriaca), ebenos (ebenus cretica) and other woodland plants. This honey is light in color, full bodied and of high nutritional value. Available in the glass jars.



Cretan Woodland Honey With Thyme & Wild Herbs Meligyris
 An organic certified honey collected by the noblest herbs of the Cretan flora: savory, thyme, malotira (sideritis syriaca), ebenos (ebenus cretica) and other woodland plants. This honey is light in color, full bodied and of high nutritional value. Available in the glass jars.



Cretan thyme honey
 Wild Cretan thyme offers a honey with a strong taste and a golden color. It is a premium honey with antibacterial properties, especially effective for healing respiratory and digestive problems. Available in the glass jars.



Cretan Thyme Honey
 Wild Cretan thyme offers a honey with a strong taste and a golden color. It is a premium honey with antibacterial properties, especially effective for healing respiratory and digestive problems. Available in the glass jars.



Pelion Honey
 Top quality Organic Greek honey from mountainous blossoms and young pine-woods of Central Greece. The most nutritious treat that nature offers.



Melitheon Honey Thyme Herbs
 Melitheon honey the 'Honey of Gods' with the Greek sense in it's meaning is a 100% raw supreme quality, Greek in origin product, derived from the fertile valleys and wild mountains of the wider Arcadian region It is mainly based on Fir Tree and Thyme..



Melitheon Honey Thyme Herbs in Box
 Melitheon honey the Honey of Gods with the Greek sense in it's meaning is a 100% raw supreme quality, Greek in origin product, derived from the fertile valleys and wild mountains of the wider Arcadian region. It is mainly based on Fir Tree and Thyme.

Delicious, Healthy Snacks

Nutritious Biscuits and Bars made from pure raw materials based on honey, nuts and dried fruit!
Rich in nutritional value they are an ideal healthy snack for our daily balanced diet and help strengthen our overall system. All of their ingredients are great sources of natural energy and contribute significantly to a better health.



Sesame Bar Bites Pasteli

These small bites of pasteli contain all the nutritious ingredients of sesame, enclosed in a small, convenient to use, jar. Put it in your purse, have it at work, and enjoy little bites of sweet snacks at all times.



Crispy Sesame Bar Sugar Free

Crispy sesame bar "Pasteli". Sesame has a high content in polyunsaturated fatty acids, protein and various micronutrients. Great snack to boost your system with healthy energy! No added sugar, Gluten and Lactose free product, suitable for diabetics.



Sesame Snack

Sesame snack is distinguished among all the snacks for its flavor and also for its unique characteristics. Made of special selected sesame seeds, it is a healthy and delicious choice.



Gluten Free Cinnamon Biscuits With Olive Oil

"Parea" is a new series of innovative Greek food without gluten. The "Parea" fills the inability of a part of the population consumes gluten, as well as the growing need for healthy eating, creating, for starters, Mediterranean snacks both savory and sweet, free from five main allergens, GMO-free and preservative. Enjoy along with a cup of coffee or tea during your breakfast or snack break!



Gluten Free Almond Biscuits With Olive Oil

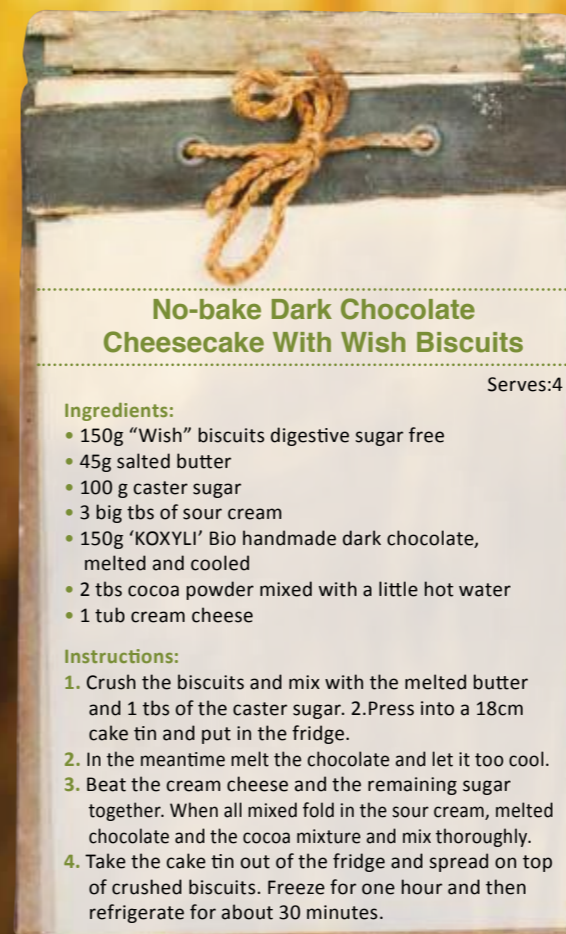
Parea is a new series of innovative Greek food without gluten. Parea fills the inability of a part of the population consumes gluten, as well as the growing need for healthy eating, creating, for starters, Mediterranean snacks both savory and sweet, free from five main allergens, GMO-free and preservative. Enjoy along with a cup of coffee or tea during your breakfast or snack break!



Gluten Free Mini Rusks With Olive Oil

Parea is a new series of innovative Greek food without gluten. The "Parea" fills the inability of a part of the population consumes gluten, as well as the growing need for healthy eating, creating, for starters, Mediterranean snacks both savory and sweet, free from five main allergens, GMO-free and preservative. Enjoy them during your breakfast, along with your food or as a snack!

Biscuits & Bars



No-bake Dark Chocolate Cheesecake With Wish Biscuits

Serves:4

Ingredients:

- 150g "Wish" biscuits digestive sugar free
- 45g salted butter
- 100 g caster sugar
- 3 big tbs of sour cream
- 150g 'KOXYLI' Bio handmade dark chocolate, melted and cooled
- 2 tbs cocoa powder mixed with a little hot water
- 1 tub cream cheese

Instructions:

1. Crush the biscuits and mix with the melted butter and 1 tbs of the caster sugar. 2. Press into a 18cm cake tin and put in the fridge.
2. In the meantime melt the chocolate and let it too cool.
3. Beat the cream cheese and the remaining sugar together. When all mixed fold in the sour cream, melted chocolate and the cocoa mixture and mix thoroughly.
4. Take the cake tin out of the fridge and spread on top of crushed biscuits. Freeze for one hour and then refrigerate for about 30 minutes.



Jams and Spreads

Serving Suggestions:

1. Jams & Spreads is a great filling for crepes
2. Apply spoon sweets above Greek yogurt and ice-creams. Top with nuts.
3. Make a perfect glaze on a fresh fruit tart using light strawberry jam
4. Use cherry spoon sweet on top off a plain cheesecake, make wild cherry juice, spread on top of a bread (toasted) slice, and also pour over pancakes for breakfast
6. Bake a bit of mandarin jam into muffins
7. Have a tasteful party, serving Graviera Naxou cheese with sweet spoons, jams and crackers

Tasteful Jams & Spreads

Find a great variety of jams which combine full taste and aroma due to their high content of fruit. Using home-making techniques and meeting the strictest hygiene requirements these jams preserve most of the freshness and nutrients of fresh fruits and offer high nutritional value, without any additives or preservatives. Jams which contain stevia sweetener instead of sugar have low calorific value ideal for those you look after their daily nutrition. Alternatively, the low-fat chocolate spreads satisfy chocolate fans, offering a tasteful choice at all times. Fully conformed to the latest trends in healthy eating, these delicious spreads combine novel taste experience with chocolate properties.



Pistachio Creme Spread 190gr
 Delicious pistachio cream with 30% pistachio!
 Ideal spread for your breakfast or snack!
 Gluten free product!



Strawberry Stevia Jam
 With 60% less calories this newly-launched line of jam combines great rich taste, aroma and nutritional benefits due to its high content in fruit. Made from stevia sweetener instead of sugar, it won the 2013 great taste gold award. A healthier alternative for all jam lovers!



Wish Spread With Hazelnut Cream
 The most healthy & nutritious praline spread, fulfilling your desire for healthy enjoyment without any added sugar. A unique combination of hazelnut and cocoa with high quality and nutritional ingredients.



Orange Stevia Jam
 Tasteful orange jam with 60% less calories. Made from fresh oranges this jam combines rich taste, citrus aroma and nutritional benefits due to its high content in fruit. Made from stevia sweetener instead of sugar, it is ideal for those who wish to avoid excess calories. A healthier alternative for all jam lovers!



Orange Marmalade
 In the sweet preserves and jams produced by Mastos you will meet natural, soft and at the same time powerful tastes. Made by fruits which are selected from small farmers who trust nature and leave her free of fertilizers and chemicals thus ensuring the excellent quality that characterises them.



All - Natural Mandarin Marmalade
 Prepared with carefully selected freshly cut fruits, straight from the Greek countryside. Extra high content of fresh fruit. Only natural ingredients, sugar and fresh lemon juice - does not contain any pectins, colors, artificial flavors preservatives or additives. Rich fruity flavor. Pure Mandarin Marmalade available in packaging 250 gr

Sweet, Greek Hospitality

Greek traditional sweets date back centuries. They mainly consist of products found in the Greek nature. Fresh fruit, spices and natural sugar, all combine to indulge you with sweetness. They are a symbol of Greek hospitality and can be consumed on their own, or used in numerous recipes.



Loukoumi (Greek delight) in Various Flavors

Loukoumi, a chewy, rubbery-textured candy dusted in powdered sugar. It is made from gelatin or cornstarch, sugar, honey and fruit juice. Our mixed flavoured loukoumi (rose, mastic, lemon, orange, must) is perfectly packaged in order to preserve taste and quality.



Homemade Traditional Spoon Sweet Black Cherry

Traditional Greek 100% homemade black cherry spoon sweet with no preservatives. Enjoy it sole, served along with vanilla ice cream, yoghurt or use it in dessert recipes. Great as Cheesecake toping.



Submarine With Vanilla Flavor

In Greece, vanilla fondant is often served as a "spoon sweet". You dip your spoon in the fondant, scoop a little, dunk it in a glass of cold water and lick it like a lollipop. The longer it's exposed, the softer it becomes and the easier it is to eat this sugary goodness! You also sip the water as you proceed to finish it off.



Homemade Traditional Spoon Sweet Wild Sour Cherry

Traditional Greek 100% homemade wild cherry spoon sweet with no preservatives. Enjoy it with any ice cream flavor, yogurt or as cheese cake toping.



Submarine With Mastiha Flavor

Submarine dessert is one of the most traditional Greek treats. It is a spoonful of sugar paste, flavoured with Chios mastiha, which is dipped into a glass of iced water. Thus, the unusual name submarine. With a chewy texture, rich flavour and white colour.



Homemade Traditional Spoon Sweet Olive

Traditional Gree 100% homemade olive spoon sweet with no preservatives. Savory served with a glass of water and a cup of coffee.



Chestnut Spoon Sweet 280gr

Delicious traditional spoon sweet that you can serve it over meringues with whipped cream, sink it to the bottom of a mug of hot chocolate and savour it at the end and of course many other options according to your taste.



Cherry Spoon Sweet Korakis 450gr

Traditional Greek Sour cherry spoon sweet directly from Chios Island! Homemade spoon sweet ideal for yogurt toping, for serving it plain along with greek cofee in a china plate or for using it preparing your favorite cake! Enjoy

Traditional Sweets

Vanilla Submarine: How to serve

I'd like to share with you one of the most famous traditional, and really easy to make, desserts we have in Greece. It's called "vanilia ypovrixio" which literally means "vanilla submarine". Funny name yet fully describes the concept, as this sweet is actually dived into water. Vanilla submarine consists of one single ingredient; vanilla fondant. Get a spoonful of the fondant, dip into a cool glass of water, lick it like a lollipop and then drink the sweetened water that's left in the glass. The secret to this dessert is the way the fondant gets the coolness of the water and the water the sweetness of the fondant. It's a refreshing dessert, perfect for those hot summer afternoons!



Lemon Spoon Sweet Mastos 460g

In the sweet preserves and jams produced by Mastos you will meet natural, soft and at the same time powerful tastes. Made by fruits which are selected from small farmers who trust nature and leave her free of fertilizers and chemicals thus ensuring the excellent quality that characterises them. Citrus fruits, namely oranges, tangerines, grapefruits and lemons are organic and certified, Serve them in a china plate along with a cup of greek coffee. Use them as a yogurt or ice cream topping , also as crepes or croissantt filling. Enjoy!



Strawberry Spoon Sweet Mastos 460g

In the sweet preserves and jams produced by Mastos you will meet natural, soft and at the same time powerful tastes. Made by fruits which are selected from small farmers who trust nature and leave her free of fertilizers and chemicals thus ensuring the excellent quality that characterises them. Citrus fruits, namely oranges, tangerines, grapefruits and lemons are organic and certified, Serve them in a china plate along with a cup of greek coffee. Use them as a yogurt or ice cream topping , also as crepes or croissantt filling. Enjoy!



Walnut Spoon Sweet Mastos 460g

In the sweet preserves and jams produced by Mastos you will meet natural, soft and at the same time powerful tastes. Made by fruits which are selected from small farmers who trust nature and leave her free of fertilizers and chemicals thus ensuring the excellent quality that characterises them. Citrus fruits, namely oranges, tangerines, grapefruits and lemons are organic and certified, Serve them in a china plate along with a cup of greek coffee. Use them as a yogurt or ice cream topping , also as crepes or croissantt filling. Enjoy!



Wild Fig Spoon Sweet Mastos 460g

A classic sweet fruit preserve made with freshly picked, selected wild figs.



Eggplant Spoon Sweet 460g

In the sweet preserves and jams produced by Mastos you will meet natural, soft and at the same time powerful tastes. Made by fruits which are selected from small farmers who trust nature and leave her free of fertilizers and chemicals thus ensuring the excellent quality that characterises them. Citrus fruits, namely oranges, tangerines, grapefruits and lemons are organic and certified, Serve them in a china plate along with a cup of greek coffee. Use them as a yogurt or ice cream topping , also as crepes or croissantt filling. Enjoy!



Macedonian Tahini With Orange / Chocolate / Natural flavor

It is a delicious and highly nutritional sesame paste. Tahini contains proteins of high biological value and it is rich in vitamin E and unique antioxidants, which contribute to the reduction of cholesterol, the regulation of blood pressure and the overall defensive and anti-aging fortification of the body.



Macedonian Halva With Vanilla or Cocoa Flavor

Macedonian Halva has been produced for over 90 years in a traditional way, without any chemicals, conservatives or additives, always with the same focus on quality and respect for consumers. Produced by tahini (i.e. 100% crushed sesame seeds), it is an excellent natural nutrition and an ideal snack for every day.



Traditional Kourabiedes

Traditional Greek handmade sweets Kourabiedes, a delicious sweet for celebrating special occasions!



Traditional Melomakarona

Traditional Greek handmade sweets Melomakarona for celebrating any special occasion!



Pistachio Nuts Roasted and Salted

Savour the Hellenic Pistachio nut, harvested by hand. Unfold its protective shell to reveal the tender and moist texture of Cosmos Pistachio.

Relish the flavour and zest of nature and treat yourself in abundance. Only a handful contains 10% of your daily needs in vitamins and minerals such as vitamin B6, thiamine, magnesium, phosphorus and copper as well as fibres.

Appreciated throughout the Cosmos (meaning 'globe' in Greek), a super food, ideal from starting the day.

Ingredients: pistachios (Aegina variety), salt





Green Mountain Tea

In Greek: pronounced TSAH-ee too voo-NOO

Ingredients:

- 1/2 ounce of the dried leaves and flowers
- 1 quart of boiling water

Instructions:

1. Pour boiling water over the tea and let steep for no longer than 10 minutes.
2. Strain and drink (with honey, sugar, or plain).
Serving suggestions: Serve Mountain Tea at breakfast or before retiring at night. You can accompanied it with 'Wish' digestive biscuits or Tahini Bars.

Savor the Flavor, Reap the Rewards

Greece is blessed with fertile lands and year around sunshine, making it a great place for herbs and spices to grow. Both may help protect against certain chronic conditions, such as cancer, diabetes, and heart disease. Herbs come from plants and plant parts. Spices often come from the seeds, berries, bark, or roots of plants.



Green Mountain Tea Bouquet

Hand harvested & hand packed. Contains no caffeine. You boil a bough of tea together with water. Pour it in a cup and try with one spoon of honey & a slice of lemon! Suppress symptoms of common cold, aids digestion. Rich in antioxidants.



Oregano

Oregano is an important culinary herb, used for the flavor of its leaves. It has aromatic, warm and slightly bitter taste. It is used to add flavor to Greek salad, and is usually added to the lemon-olive oil sauce that accompanies many fish or meat barbecues and some casseroles.



Laurel Leaves

Laurel is a herb used in a wide variety of recipes, particularly among Mediterranean cuisine. Most commonly, the aromatic leaves are added whole to Italian pasta sauces. Their smell is fragrant and their taste is slightly bitter.



Allspice Ground

It is called so due to its aroma that reminds combination of spices as cinnamon, nutmeg and clove. The ground allspice is suitable for meat and chicken marinades. You can also use it for adding flavor in sauces and pies, cakes and biscuits.



Coarse Sea Salt

Salt is a natural seasoning and preservative, aids digestion and is part of a healthy and balanced diet. It is essential for life and is important link in the food chain. Solar evaporation is the most ancient method of recovery still widely in use today. Greece, with sunny shores, is inductive to the formation of salt crystals. It comes in coarse grain size - ideal for food preparation.



Fleur de Sel - Sea Salt Foam

The 'Fleur de Sel' is hand harvested in the form of flakes from the sea surface. This salt has not been processed by any means and as it melts in the mouth, creates an explosion of tastes. Ideal for cooking and salads.



Chamomile

In boiled water you put the chamomile flowers and you keep boiling for 2 min. Remove the chamomile and drink! Add also some honey according to your preference. One of the most important herbs in Greek nature, it helps stress elimination, relieves of headaches, relaxes and helps insomnia, helps with neuralgia and migraines, contains fat-soluble substances against obesity and has antiseptic properties.



Mix For Chicken

An extra touch for your chicken recipes! Add some of the mixture and enjoy an delicious and full of flavor dish!



Mix For Greek Salad

The famous Greek salad is now easier to make using the ideal mixture, always of course with fresh tomatoes, cucumber and onions!



Chili Peppers 30gr

Whole chili peppers 30gr from Crete Island! 100% natural product! For those who like spicy!



Mix Of Salts

A mix of 6 different types of salts 40g each jar. Use them to give an extra flavor to your favorite food!



Mix for BBQ

Including different herbs like oregano, paprika, thyme, pepper and cumin it's the ideal mix for your BBQ. Enjoy!



Mix For Fish

The ideal mix for giving flavor to your favourite fish! Oregano, rosemary, white pepper, coriander and chilli will give an extra touch!



Mix For Tzatziki

Mix for one of the most famous Greek dips is now at your disposal! Use strained cow yogurt, the mix, olive oil, cucumber and some drops of vinegar and Tzatziki is ready! Enjoy!



Chilli Powder 50gr

Chilli seasoning for food 50gr in powder from Crete island! 100% natural product. Give a spicy touch in your foods!



Olive Leaves

According to Greek Mythology the first olive tree was planted by the goddess Athena at the Acropolis. The antimicrobial properties of olive leaves are now universally recognised. The leaves are hand-picked from trees cultivated with organic methods and can be enjoyed as a herbal tea served with honey or lemon.



Professional

The products consist mainly of traditional Greek products that may be used mostly by Food & Beverage businesses, but by retail consumers as well. Find a variety of products with multiple uses that can accompany and complete many dishes, be it Greek cuisine or not.

Turkish (Greek) Coffee

- Ingredients:**
- Greek coffee
 - Sugar (if used)
 - A briki (pronounced BREE-kee)
 - Demitasse cups
 - Cold water

- Instructions:**
1. Add a cup of cold water to a briki.
 2. Put 1 tsp. of the coffee into the briki. More coffee may be added to achieve a thicker foam, but less than 2 tsp. (10 ml) of ground coffee should be sufficient.
 3. Add your desired amount of sugar.
 4. Use the measuring teaspoon to stir the coffee and sugar into the briki's water. Remove the teaspoon from the briki.
 5. Place the briki over a gas burner. A gas camping stove works well for this.
 6. Heat the briki on low until the water just starts to boil. An incomplete ring of foam should form on the coffee's surface. An incomplete ring of foam should form on the coffee's surface.
 7. Remove the briki from the heat before the foam ring closes. Pour the coffee into its cup and serve.

The best way to accompany it is with Loukoumi!



Pita Bread

Pita can be used to scoop sauces or dips such as hummus and taramosalata, or to wrap kebabs, gyros or falafel in the manner of sandwiches. It can also be cut and accompany several dishes replacing bread. In Greece, it is used mostly for pita-souvlaki as it wraps the souvlaki or gyros with tzatziki, tomatoes, onions and french fries.



Original White Taramas

The original white tarama is the raw material for two very common and delicious recipes that are really famous in many countries: tarama balls and Tarama-salad (a creamy dip made by stirring extremely salty cod eggs with oil, lemon, and alternatively boiled potato or bread soaked) and for many other dishes.



Greek Coffee

A uniquely aromatic blend from exceptional coffee varieties, treated with the utmost respect towards the rules of the long-standing tradition of Greek coffee.



Red Tarama

Red Tarama made from fish roe is also popular for making appetizer. Tarama is usually served with toasted pita bread and garnished with black olives, parsley or celery and drizzled with olive oil.

Traditional Frozen Pies

Traditional frozen pies with original Greek flavor! Made with pure ingredients based on old family recipes. Ideal for impressing your guests or attending your family, serving them as an appetizer or main course. Ideal for professional use as well.



Snail Pie With Spinach and Cheese Frozen

Enjoy a snail pie with an extra crispy pastry phyllo sheet and rich cheese and spinach filing. An authentic Greek pie produced in Serres (Northern Greece) savory ideal for serving as breakfast or to be eaten as snack. Also ideal as side dish to your meal/dinner. A healthy option for your children's school lunch break.



Snail Pie With Cheese Frozen

Enjoy a snail pie with an extra crispy pastry phyllo sheet and rich cheese filing. A traditional Greek savory ideal to accompany your breakfast or to be eaten as snack.



Bougatsa From Serres Frozen

A pastry filled with sweet cream. Very famous especially in North Greece, started to be so popular from Konstantinoupolis and Asia Minor seashores, wherein housewives prepared it stuffed with different fillings for family breakfasts, afternoon snacks or as a hospitality gesture for visitors. It is usually served dusted in powdered sugar and sprinkled with cinnamon. Ideal for professional use as well.



Snail Pie With Spinach & Cheese Frozen

Enjoy a snail pie with an extra crispy pastry phyllo sheet and rich cheese and spinach filing. A traditional Greek savory ideal to accompany your breakfast or to be eaten as snack. A healthy option for your children's school lunch break. You can accompany with extra pieces of feta cheese.



Pies
Frozen



Traditional Handmade Cheese Pie 1,8kg

Handmade traditional rectangular frozen pie with rich flavor and handmade phyllo.



Traditional Handmade Cheese & Spinach Pie 1,8kg

Handmade traditional rectangular frozen pie with rich flavor and handmade phyllo.



Traditional Handmade Green Herbs Pie 1,8kg

Handmade traditional rectangular frozen pie with rich flavor and handmade phyllo. Ideal also for vegans.



Apple Mini Pies

Traditional mini apple pies made with fresh apple and pure ingredients without any preservatives or additives. Small delicious bites with the flavor of apple, they will become your favorite snack for all the times. Ideal as accompaniment to coffee or tea.



Puff Pastry Phyllo Nineli 800gr

Authentic and traditional puff pastry phyllo french type. Made by a small Greek producer with pure ingredients it has no preservatives or additives.



Grandma's Traditional Dough Nineli 800gr

Four pieces of authentic and traditional dough ideal for traditional delicious pies. Made by a small Greek producer with pure ingredients it has no preservatives or additives.



Politiko Pastry Sheet

Authentic and traditional phyllo pastry ideal for sweets and pies. Made by a small Greek producer with pure ingredients it has no preservatives or additives.



Kantaifi Sheet 480g

Traditional handmade kantaifi phyllo pastry for kantaifi sweet! Made by pure ingredients it is ideal for your desserts, savories and your culinary experiments !

*Traditional greek handmade syrup sweets
Indulge your sweet tooth and treat your beloved ones and your guests with these fabulous
Greek deserts. Perfect ending to a festive gathering.*



Baklavas Mini 1kg

Traditional all the way Greek Baklava in mini pieces , ideal for impressing your guests with original flavors!
Enjoy it.



Kantaifi Mini nest 28pcs

Kantaifi dough, enclosed chopped walnuts, sugar, cinnamon and an aromatic syrup made of honey, makes this desert one of the most popular and delicious Greek deserts.
Baked



Galaktoboureko 1kg (unbaked)

Delicious traditional Galaktoboureko, ready for baking it and enjoy it very freshly



Galaktoboureko kataifi Mini Nest 1kg

Traditional galaktoboureko along with kataifi made in mini nests, a recipe ideal for impressing your guests with original Greek flavors.
Enjoy.

greek sweets



cake



Frozen whole cakes

Let the senses take you in an unprecedented pleasure. The origins and the rigorous selection of raw materials, formulation processing, checks and devotion to quality, are what makes our Greek sweets to stand out.



Cake Mixed Triangle Individual 140g

A delicious piece of mixed chocolate cake in triangular shape!
Ideal for chocolate lovers!



Cake Oreo Cookies 1kg

A whole cake with oreo cookies flavor!
Ideal for impressing your guests!
Enjoy!



Cheese Cake Individual 140g

A delicious piece of a tasty cheese cake ,
the ideal dessert of any demanding pallete !
Enjoy it!



Cheese Cake Clack Cherry 1kg

A delicious whole cheese cake with black cherry topping !
Ideal for impressing your guests!
Enjoy it!



Cake praline Sugar Free 110g

Delicious sugar free praline for those who want a healthy option!



Cake Hemisphere Praline - Hazelnut 1kg

Delicious cake in hemisphere shape!
Ideal for impressing your guests.

Traditional Greek Mini Pies

Greek cuisine is known worldwide for its tradition of recipes, the quality of raw materials and also for the food culture, the classic Mediterranean diet.



Breadstick With Sesame

Delicious traditional breadstick with sesame (koulouri), a healthy option for your breakfast or snack!
Bake only for a few minutes and enjoy!!



Cheese Pie Mini Traingular 1kg

Cheese mini pies traingular ideal finger food for your buffet!



Cheese Pie Mini Triangular 4 Cheeses 1kg

Mini 4 cheeses pies in triangular shape.
Ideal finger food for your buffet!
Bake only for 30min.



Mushroom Pie Mini Triangular 1kg

Delicious mushroom pies ideal finger food for your buffet!
Bake only for 30min.



Spinach Cheese Pie Mini Triangular 1kg

Spinach and cheese pies in traingular shape.
Ideal finger food for your buffet!
Bake only for 30 min.



Traingular Potato Mini Pies 1kg

Potato pies in traingular shape.
Delicious finger food for your buffet!
Bake only for 30 min.



Triangular Mediterranean Mini 1kg

Delicious mini triangular mediterranean pies ideal finger food for your buffet!
Bake only for 30 min.

mini pies





Croquettes With 4 Cheeses 1kg

Croquettes stuffed with 4 cheeses, delicious option for your buffet!



Croquettes With 4 Kasseri 1kg

Croquettes stuffed with kasseri, a delicious option for your buffet !



Croquettes With Mozzarella

Croquettes stuffed with mozzarella, a delicious option for your buffet!



Croquettes With Potato 1kg

Croquettes stuffed with potato !
Delicious choice for your buffet!



Flutes Cheese Mini 1kg

Mini flutes with cheese, ideal finger food for your buffet!
Bake only for 30 min.



Flutes Cream Cheese Mini 1kg

Mini flutes with cream cheese ideal finger food for your buffet !
Bake only for 30min.



Flutes Tomato - Olives Mini 1kg

Mini delicious flutes stuffed with tomato and olives ,
ideal finger food for your buffet!



Flutes With Honey Mini

Delicious mini flutes with honey, ideal for your buffet!



Rolls Mini With Cheese 1kg

Delicious mini rolls with cheese !
Ideal finger food for your buffet !
Bake only for 30 min!



Rolls Mini With Spinach 1kg

Delicious mini rolls with spinach!
Ideal finger food for your buffet!
Bake only for 30min!



Kalitsouni Lychnaraki 1kg

Traditional Kalitsouni made by Cretan myzithra !
A special finger food for your guests!



Zea Bread 350g

Delicious zea bread in round shape.
The best choice for a healthy bread!
Only bake for a few minutes and enjoy!



Twist Mini Cheese 1kg

Twist cheese mini pies ideal finger food for your buffet !
Bake only for 30min!



Twist spinach - Cheese Mini 1kg

Mini spinach-cheese pies ideal finger food for your buffet!
Bake only for 30 min!



Tsoureki Politiko

Traditional tsoureki all the way Greek!
Just bake it and let its unique essence and flavor travel you back in Greece !





Refreshing Soft Beverages in Different Flavors!

The freshness and the distinct aroma of the fruits, create a unique tasteful drink ideal for every hour!



Loux Mix Orange Manadarine Lemon Carbonated Drink 330ml Pet

A new enjoyable and refreshing drink made with citrus fruit juice. The sweetness of orange, the freshness of lemon and the distinct aroma of mandarin mixed in one, creating a unique tasteful drink.



Loux Orange Juice Drink Carbonated 330ml Pet

Orange Drink just like.....Greece! Natural juice from 100% Greek oranges, high-quality water source from the spring of Kefalovryso, and a balanced quantity of carbonates, is the classic, recipe for Loux orange drink. Natural Greek delight, without any additives, enchants anyone who tastes it and today is Greece's favorite orange drink.



Loux Cola 330ml Pet

Loux Cola is the first cola based drink made in Greece, with continuous increase in market share due to deliberate turn of consumers towards quality Greek products.



Loux orange Juice Drink No Carbonated 330ml Pet

Orange Drink just like.....Greece! Natural juice from 100% Greek oranges, high-quality water source from the spring of Kefalovryso, and a balanced quantity of carbonates, is the classic, recipe for LOUX orange drink. Natural Greek delight, without any additives, enchants anyone who tastes it and today is Greece's favorite orange drink.



Loux Gazoza 330ml Pet

Loux Lemon Soda Drink is the traditional refreshment, best known and loved from the past. It quenches thirst sweetly and is refreshing with its particular taste of green lemon combined with water from the spring of Kefalovryso and a balanced quantity of carbonates.



Loux Sour Cherry Drink 330ml Pet

Loux Sour Cherry Drink is sweet, cool and one of our favorite flavors from our childhood years, containing natural juice from sour cherries. The authentic traditional recipe, the deep scarlet color, the extremely fruity taste, its intoxicating aroma and the ideal balance of soda makes it extremely tasteful.



Loux lemon Juice Drink 330ml Pet

Loux Lemonade is a fresh, cool, refreshing drink with unique sweet & sour flavor and intense aroma, in combination with water from the spring of Kefalovryso, and a balanced quantity of carbonates.

Natural Sparkling Mineral Water

Souroti Sparkling Water 250ml

SOUROTI Natural Carbonated Mineral Water
Water unaltered through time!

The water springs directly from under the ground and it contains approximately 1000 mg/l of dissolved solids and minerals making it one of the richest mineral waters in the world.

One litre of SOUROTI water covers approximately one fifth of the daily needs in calcium and approximately one sixth of the daily needs in magnesium of an adult person.

The water is an excellent digestive, particularly refreshing, and it helps regulate the functions of the digestive and urinary systems. It is rich in bicarbonates, in beneficial minerals and trace elements (such as calcium, magnesium, potassium, lithium) which are all as necessary as vitamins to maintain good physical health and a fit body. A water unique, incomparable and beloved!



Souroti Sparkling Water 750ml

SOUROTI Natural Carbonated Mineral Water
Water unaltered through time!

The water springs directly from under the ground and it contains approximately 1000 mg/l of dissolved solids and minerals making it one of the richest mineral waters in the world.

One litre of SOUROTI water covers approximately one fifth of the daily needs in calcium and approximately one sixth of the daily needs in magnesium of an adult person.

The water is an excellent digestive, particularly refreshing, and it helps regulate the functions of the digestive and urinary systems. It is rich in bicarbonates, in beneficial minerals and trace elements (such as calcium, magnesium, potassium, lithium) which are all as necessary as vitamins to maintain good physical health and a fit body. A water unique, incomparable and beloved!



Mastiha Water 330ml

The naturally-flavoured sparkling mastiha water is a product of the distillation of pure mastiha, using steam. Bringing all the beneficial properties of mastiha, is based on an authentic recipe originating from ancient Mediterranean traditions. It is a blend of spring water and mastiha, a unique ingredient indigenous to the small island of Chios.





Mineral Greek Water



Ydor Mineral Water Glass 1lt

Totally balanced – Totally healthy!

The excellent-quality natural non-carbonated water “Ydor Sourotis” comes from the region of the Anthemountas’ basin. “Ydor Sourotis” originates from exploitation of a water-bearing formation that is more than 130 meters deep and owes its excellent quality to the surrounding rock formation from which it gets all its various beneficial characteristics. Its particular features include a high magnesium content, an ideal calcium to magnesium ratio, and a low sodium content. Its perfect chemical balance of minerals and trace elements make it a high-quality water which is also particularly tasty.



Ydor Natural Mineral Water Pet 1.5lt

Totally balanced – Totally healthy!

The excellent-quality natural non-carbonated water “Ydor Sourotis” comes from the region of the Anthemountas’ basin. “Ydor Sourotis” originates from exploitation of a water-bearing formation that is more than 130 meters deep and owes its excellent quality to the surrounding rock formation from which it gets all its various beneficial characteristics. Its particular features include a high magnesium content, an ideal calcium to magnesium ratio, and a low sodium content. Its perfect chemical balance of minerals and trace elements make it a high-quality water which is also particularly tasty.



Ydor Mineral Water Pet 500ml

Totally balanced – Totally healthy!

The excellent-quality natural non-carbonated water “Ydor Sourotis” comes from the region of the Anthemountas’ basin. “Ydor Sourotis” originates from exploitation of a water-bearing formation that is more than 130 meters deep and owes its excellent quality to the surrounding rock formation from which it gets all its various beneficial characteristics. Its particular features include a high magnesium content, an ideal calcium to magnesium ratio, and a low sodium content. Its perfect chemical balance of minerals and trace elements make it a high-quality water which is also particularly tasty.



All our products contain pure ingredients, are HACCP certified and stored in our warehouse under the best conditions.

***Zois Fine Food** is available via online delivery and through selected stockists. You can also order by telephone or through email.*

Having a wide variety of packaging such as hampers, disks, pocket for newspaper, metal and bamboo baskets, we can create hampers of your choice for you or your friends!

Warehouse

ZOI'S FINE FOOD

Dubai Investments Park 2,
PO Box 22142
Dubai, United Arab Emirates

CONTACT US

Phone: +971 0488 52546
Mobile: +971 05287 65944
E-mail: zois@zoisfinefood.com
Facebook: Zois Fine Food
Instagram: zoisfinefood
Skype: zoisfinefood

Zois
FINE FOOD

Zois



www.zoisfinefood.com