



Dieta Mediterranea

Amvrosia Gourmet has been producing fine foods for years. Artisan and award winning, our range is very impressive and includes a vast array of Mediterranean flavours.

With spreads, pates, salts, herbs in oil, garlic products, sweet flavours our range offers a whole Mediterranean range that is remarkably extensive.

Made with the finest ingredients, we do not use any additives or artificial ingredients; we make our products just like we do when making them at home!

We produce in retail **sizes**, foodservice sizes for HORECA and also for the gift market in 100gr.

With our Great Taste Award achievement, we also have internationally proven **Great Taste!**



Red Pepper Spread

Great Taste Award 2015

Made with succulent red peppers offering a sweet roasted pepper flavour. Incredibly versatile, it can be enjoyed as a spread, a dip, a sauce, a condiment, a pizza topping.

Let us take on a journey of incredible
flavours ...

Our range...





Our Spreads / Vegetable Pates

Our spreads can be enjoyed as dips, condiments, sauces as well as spreads....



Caper Spread

Made with the caper berry, that small green wonder with the salty taste. A strong flavoured spread that can be enjoyed in numerous dishes.

Exquisite with smoked salmon!



Leek Spread

Quite a unique idea we had when we created this spread. Leeks are not known for making a flavour bursting spreads...but they do!

Very Moorish!



Roasted Aubergine Spread

Common in all Mediterranean cuisines, the aubergine spread is much loved throughout the region & far beyond it....

Made with succulent roasted aubergines that give that adorable smoked aroma and taste. To be enjoyed with anything really...fabulous with baked potato!



Imam Bayildi

Based on a traditional dish; this is a superb combination of roasted aubergine and feta cheese as a base that create a powerful taste. A rich flavour that entices...



Sun Dried Tomato Spread

With tomatoes kissed & blessed by the sun...a spread that captivates all the glory of the heated ball in the skies. A rich sun dried tomato taste to be enjoyed with almost anything...even mixed in scrambled eggs!



Red Pepper Spread

Made with roasted sweet red peppers. A classic taste of the Med! Extremely versatile... heavenly with pasta!



Beetroot Spread

That luscious pinkish – purplish wonder made into a spread to enjoyed at all hours; even mixed in with mashed potato!



Spinach Spread

Popeye's favourite spread!!! The mineral flavour of the spinach is apparent in every bite; unique & delicious with anything it's spread on... even bruschetta.



Chili Sauce

Everyone loves a spicy "kick" in the food. This is our Mediterranean chili sauce to offer a sun kissed kick!



The classics....



Hummus

Probably the most famous of all Mediterranean flavours. The crushed chickpea in all its glory mixed with tahini, a sesame paste, to create the much loved hummus.

Olive Spreads



Black Olive

The classic olive paste, tapenade, spread... call it what you will... we all love & enjoy it the world over. As a spread, a dip, a sauce even, it is probably the most well know staple of the Mediterranean region and the cuisine.



Green Olive

The classic as above but with green olive....



BBQ Sauce

Our bbq sauce inspired by Mediterranean flavours; a mix of sun dried tomatoes and roasted red peppers as its base.

Herbs in oil

Freshly cut herbs, finely chopped preserved in olive oil to be available for use from the pantry.

A fantastic way to always have fresh herbs in the kitchen ready to be used as cooking concentrates for sauces, marinades, bases for homemade pesto, brushing sauces, pizza toppings.....

Available in 6 flavours...



Dill



Tarragon



Basil



Thyme

And also...

Oregano

Spearmint



Sun Dried Tomato

Tomatoes kissed by the sun, dried with traditional methods.



Sun Dried Tomatoes in Balsamic Vinegar

Ready for use, in salads, meals, sauces, marinades, pizza, sandwiches & plain, as is as a wonderful accompaniment with drinks

Whole Sun Dried Tomatoes

With rehydration with some warm water for about 20 minutes, they are ready to use as desired...



Our Salt Selections



Mesologhi Coarse Rock Salt

From Greece's largest lagoon.



Crushed Salt with Mediterranean Herbs

Crushed salt from Mesologhi combined with a herb mixture of basil, thyme, mint and oregano. For meats, fish, veggies, soups, bbqs, sandwiches, pasta... anywhere!



Fleur De Sel

The purest kind of salt; handpicked from the rocks, this salt has a crystal, flake like texture & is the finest of salts.



Salt & Pepper

Salt from Mesologhi mixed with whole peppercorns, red, black & green.

Our salt selection includes fusion salts – all are based with salt from Mesologhi, Greece’s largest lagoon, together with a second salt.



Smoked Salt from Cyprus

Naturally smoked salt together with Mesologhi salt. A strong and distinct smoked aroma and flavour that is excellent with meats both red and white, poultry and vegetables.



Lemon Salt from Cyprus

A mixture of naturally scented salt with lemon and Mesologhi salt. To be enjoyed where one would use lemon; salads, fish, chicken, vegetables.... even margaritas!



Blue Persian Salt

Blue Persian salt is one of the rarest salts to be found, each bead has a unique bluish white colour. Mixed with Mesologhi salt.



Red Hawaiian Salt

Red Hawaiian salt was created from the volcano in the region & has a slightly nutty taste. Great with meats.



Pink Himalayan Salt

Known as the salt of the kings, the pink Himalayan salt formed over 200 million years ago from dried up seas. Mixed with Mesologhi salt. Very versatile, great for common use.



Black Indian Salt

Black Indian salt is a volcanic salt that takes its colour and flavour from the iron sulfide it contains. A distinct taste which is a bit like a boiled egg, it can be enjoyed with almost anything.

Our Glass Jar Salt Grinders



Mesologhi Salt

Mesologhi Salt with Herbs

Mesologhi Salt with Rosemary

Mesologhi Salt with Orange Zest

Mesologhi Salt with Lemon Zest

Mesologhi Salt with Citrus Salt

Mesologhi Salt with Smoked Salt

Mesologhi Salt with Red Hawaiian Salt

Mesologhi Slat with Blue Persian Salt

Mesologhi Salt with Black Indian Salt

Mesologhi Salt with Pepper

Refillable & with 2 grinding capacities





Garlic & Capers

People need solutions for quick & easy cooking.....

We have peeled the garlic for you & preserved it in a marinade ready for use...

Preserved in apple vinegar and spices.

Garlic Cloves in brine with Basil

Marinated in basil, these cloves have the aroma of the Mediterranean!

Garlic Cloves in brine with Chilli

Marinated in chilli for an extra spicy boost!



Finely Chopped Garlic

For the lazy chef! Washed, peeled and finely chopped ready for use!



Garlic Dip

Made with a chickpea base, this is a flavour bursting garlic dip / sauce to use for dipping, accompanying, spreading...



Caper Products

That wonder berry with its incredible salt based flavours that adds its magnificence to sauces, pizzas, casseroles, bruschetta, salads, roasts, and more...



Capers in brine

Whole salty caper berries in brine.



Caper Apples in Brine

The caper apple, the larger caper berry preserved in brine, ready for use.



Our Sweet Flavours



Marm..elia

Elia in Greek means olive. A unique jam made with black olives and a hint of green olives. Perfectly balanced, the acidity of the olive is apparent as well as the sweetness of the sugar.

To be enjoyed also with meats and cheeses.



Raisin & Cinnamon

We don't call it a jam, we don't call it a spread; in fact we don't call it anything, you decide!

Made with sun kissed raisins, the much loved spice of Greek cuisine, cinnamon & a splash of balsamic vinegar.

To be enjoyed with sweet & savoury combinations.



Caramelised Onions

Made with onions that have slowly been caramelised to create a heavenly relish to enjoy with sausages, hot dogs, bbqs, meats, cheese &

