

CHEF'S TOUCH

BY  **efz**in
"εὖ ζῆν"





WELCOME TO YOUR TABLE

WHO WE ARE

Ef Zin Greece Company was founded in 2012, in Athens by a group of people who live by the essence of the Mediterranean diet and decided to bring it around the world.

Carrying on the tradition of our ancestors throughout the centuries and by ensuring the best quality standards, we can now offer over 1.500 different products around the Globe.

WHY OUR CLIENTS TRUST US

What make us unique as a company is the professionalism and flexibility to cover the needs of our clients.

We can:

- Deliver either in small or big quantities for over 1.500 different products.
- Deliver in many different packaging sizes for all our product categories.
- Deliver EX WORK, FOB, CIF or DDP.
- Design and deliver Private Label products.

CURRENT OPERATIONS

We are currently sending in more than 60 countries around the world all the categories of products that you can think of. Starting on fresh, dry food, reefer or frozen.

In any way imaginable through land, sea or air cargo. We are delivering as fast and as safe as it can be done.



OUR NEED TO SERVE YOU

CHEF CONSULTING

Restaurant Consulting chef services are wide in terms of the heart of restaurant operation. This in depth approach reaches to seek the best balance between client's needs and satisfactions but also serve both your business sustainability.

The chefs that have trusted us, each with unique experience as culinary gastronomy & pastry professionals, understand the need to lead by example and create an environment of growth, enthusiasm and viability in any kitchen.

The objective is clear:

- Bringing the best raw materials and finest ingredients
- Achieve maximum clients culinary and overall satisfaction
- Holding budget needs of the establishment with all available resources
- Creating the best possible standards
- Maximize the profits of each organization

Restaurant consulting holds a large range of requirements. This overall approach is our goal. From restaurateur to staff organization, to supplies and to final product, we are here to help.



OUR SERVICES

EXISTING RESTAURANT

- Menu creation or changes
- Menu profitability analysis & budget
- Staff training
- Improving Systems and Procedures

NEW RESTAURANT

- Food product consultations
- Menu creation & pricing
- Food Costing
- Vendor selection
- Kitchen design & layout
- Kitchen equipment selection
- Procedure creation
- Staff training



CHEF Yiannis Kaldanis

CONTACT INFORMATION

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SKILLS

Food & Desserts Preparation and Presentation

Innovative menu development and planning

Budget administration

Food/beverage & labor cost control

Healthy & vegan desserts

Brunch & snack all day menu

Staff training and development

Quality assurance & control

EDUCATION

L'Ecole du grand chocolate Valrhona Lyon France

Previous seminars

Karim bourgi -Pâtissière

Johan martin -viennoiserie

Restaurant desserts by Philippe

Givre L'Ecole Valrhona

Stefano Tarquinio - Gelato

Oriol balaguer-pastries at l'ecole valrhona

Gianluca fusto -pastries

Bonbons chocolate-restaurant

dessert plates-pâtissier at L'Ecole valrhona by Nikola serano

EXPERIENCE

USA

New York Lola restaurant 2019-2023/ Limani restaurant 2016-2024
Boston Limani restaurant 2022-2024

DUBAI

Zabeel palace ROYAL FAMILY OF DUBAI 04/2018- until today
Nammos world Four seasons Jumeira beach 2019 until 2023

DOHA-QATAR

Nammos for WORLD CUP 10/2022 until 01/2023

RIYADH SAYDI ARABIA

NAMMOS A desert 11/2021 until 01/2022

KUWAIT

Private chef in-house 9/2019 -2022

PARIS

Kalamata greek restaurant pastry chef 02/2023 until today
Yacatan mexican restaurant pastry chef 02/2023 until today

MONACO

Pacific restaurant in Monte Carlo pastry chef 06/2022 until 09/2022

ST TROPEZ

Kalamata beach restaurant pastry chef 06/2023 until today

IBIZA

JUL'S fine dining restaurant pastry chef 06/2018 until today

LONDON

Onima restaurant pastry chef 08/2018 - 09/2019

JOHANNESBURG

Ethos restaurant ex chef in all menu 4/2020 until 12/2022

Rock dinner restaurant ex chef menu 4/2020 until 12/2022

CYPRUS

Nammos Park Lane Hotel 06/2022-11/2023

GREECE

MYKONOS

Hakkasan Ling Ling Mykonos

Ex pastry chef consultant summer 2016-2019

Casa tu mykonos 6/2018 -10/2018

Nammos restaurant Mykonos 2008-until today

Coo restaurant mykonos : ex pastry chef 2010-2014

Rakkan restaurant Mykonos ex pastry chef 2014 -2016

Interni restaurant mykonos 5/2014 until today

Interni ftelia beach restaurant 6/2018 -09/2018

Alemagou restaurant 06/2021-09/2022

Lotus restaurant 06/2021-09/2022

Familia restaurant 06/2021-10/2021

Koursaros restaurant 2015 until today summer season

Marenga milk bar mykonos

ATHENS

Tsirou pastry 1995-2000 pastry

Orizontes lykavitos :pastrychef 2002-2004

Gold haf-χρυσος σκουφος

Bebek club restaurant:pastry chef 2004-2005

Kitchen bar :pastry chef 2005-2006

Lis cafe restaurant:pastry chef 2006-2008

Baron all day restaurant 2008-2014

Rich restaurant :pastry chef 2011-2012

Olympico Cafe pastry chef during Olympic Games 2004

Oscar cafe pastry chef

Dome belle Helene pastry chef 2012-2014

Sea n city restaurant pastry chef 2011

La bouche pastry shops pastry chef 2012-2014

Akrotiri club restaurant pastry chef

Verde cafe :pastry chef 2013-2015

Baraonda restaurant 2012-2018

Goya latino gastro restaurant 2020 unfill now

Papillon restaurant 2018 unfill now

40 astir beach restaurant 2018 unfill now

Tesoro mio italian restaurant 2015-2017

ZUKA asian restaurant 2019 until today

KENKO SUSHI restaurant 2020 until today

Cucunari pastry shop 2018 until today

Emilys all day 2020 until today

Hama japanese restaurant 2015-2017

Li li shu asian restaurant 2016-2017

Ithaki restaurant athens 5/2007 until today

Royal beach 05/2021-10/2023

Opus inner pleasure 10/2010 until today

WESUD /chef/pastry chef 5/2021-12/2022

SANTORINI

Rocabella hotel santorini 1/5 2018 until today

MONTENEGRO

Astoria hotel budva 4/2008 until today



CHEF Panagiotis Kordalis

CONTACT INFORMATION

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SKILLS

Restaurant menu creation and staff training

Menu creation for events, catering and restaurants

Cost/Budget for food and management

SPECIALIZES IN

Menu design from costing to presentation.

Menus of creative Mediterranean Cuisine

Private Chef

Chef for events

EDUCATION

- Technical lyceum of Athens
- Diplomat of culinary arts of army
- Certificate of attendance of the 2nd
- Mediterranean competition of cooking, pastry and bakery
- Diplomat of culinary arts (le monde)
- 6 months internship at hotel Iakytiras (Kos)
- Athens gastronomy festival
- Certificate of training (effective customer service) Athens
- EFET certificate (single food control body)
- 6th Pancyprian professional competition of gastronomy 2001

PROFESSIONAL EXPERIENCE

- CHEF MOYZAKI PALACE, KARDITSA
- CHEF ALTE SUITE, SANTORINI
- CHEF MEZEDOPOLIO I PALIA SOFITA
- CHEF 18 GRAPES HOTEL, NAXOS
- CHEF AMMOS BEACH BAR, KALAMATA
- CHEF BIANCO NERO HOTEL, KOS
- CHEF AIOLOS BOUTIQUE RESORT, ZAKYNTHOS
- CHEF CRYSTAL BEACH HOTEL, ZAKYNTHOS
- CHEF A PRESIDENTIAL PALACE
- Visiting the President of Portugal, Mr. Marcelo Rebelo de Sousa
- CHEF A PRESIDENTIAL PALACE
- Visiting the President of India, Mr. Ram Nath Kovind
- CHEF A PRESIDENTIAL PALACE
- Visiting the Prince of Wales and the Duchess of Cornwall
- CHEF A PRESIDENTIAL PALACE
- Visit of the President of Estonia, Ms. Kersti Kaljulaid
- CHEF SAINT CONSTANTINE HOTEL, KOS
- CHEF TENNIS CLUB FILOTHEIS
- CHEF APOLLONION VILLAS COMPLEX PORTO RAFTI
- CHEF VINTAGE ESTATE, TATIOI

PROFESSIONAL PROFILE & SKILLS

- Creativity and imagination
- Communication skills
- Team spirit
- Leadership skills
- Physical and emotional stamina
- Willingness to learn
- Methodological time management ability
- Ability to work under pressure.



CHEF

Stelios

Chatzinikolaou

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SKILLS

Restaurant menu creation and cost calculation

Degustation menu creation

Restaurant organization and staffing, staff training

Marketing analysis/target group evaluation for revenue optimization

SPECIALIZES IN

Menu design from costing to presentation.

Menus of creative Mediterranean Cuisine

Private Chef

Live Cooking

EDUCATION

- Professional training programme << A' la Carte Plating >> 6 month Gastronomy Seminar
- "PRAXIS" vocational education college, Chef
- Metamorphosis technical school, «Computer networks and security systems engineer»
- 1st Technical school of Athens, «Electronic audiovisual devices and infrastructure engineer»

PROFESSIONAL EXPERIENCE

- Executive Chef Su Casa Glyfada
- Executive Chef Panorama Landhouse Austria
- Chef at Mama Goose, Athens, Greece
- Executive Chef at Mare Marine, Xilokastro, Greece
- Executive Chef at Kouzoumama, Kissamos (Crete), Greece
- Executive Chef at Shindig, Nafplio, Greece
- Private Chef / site owner (www.mediterranean-cuisine.com)
- Executive Chef at AMMOS restaurant, Kiparisia, Greece
- Executive Chef at Restaurant Le Kuhn
- Executive Chef at Mad Hatters Bistrot, Paros, Greece
- Head Chef at Helios restaurant, Bahrain, UAE
- Sous Chef at Hotel Perrakis, Andros, Greece
- Assistant cook at CASMIR Italian restaurant, Karpenisi, Greece

PROFESSIONAL PROFILE & SKILLS

- Strong emphasis on teamwork
- Achieve Professional Goals
- Skilled in managing kitchen staff
- Goal-oriented with a focus on quality service
- Accountability and willingness to lead
- Interest in continuous learning and personal development



CHEF Dimitrios Koumis

CONTACT INFORMATION

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SKILLS

Menu planning
Kitchen management
Performance assessments
Fine-dining expertise
Forecasting and planning
Employee training and development
Payroll and scheduling
Cost reduction
Engaging leadership style

SPECIALIZES IN

Accomplished Executive Chef with 10 years of experience. Strictly monitors kitchen activities and maintains food safety and hygiene standards. Offers strong organisational and leadership skills. Specialises in Mediterranean cuisine & seafood.

EDUCATION

Graduate Chef : Culinary Arts , 2015
OTEK Peloponnese - Peloponnese, Greece
Certificate : Leadership & Team Development, 2022
International Business Managements Institute - Berlin
High School Diploma, 2009
Papastratios - Athens, Greece

PROFESSIONAL EXPERIENCE

SWOT Hospitality - Istanbul, Turkey 08/2025 - current

Executive chef 10/2024 - 07/2025
Hideaway - Riyadh, Riyadh Region Pre opening phase

Executive chef 11/2023 - current
Via Mercato Sela Entertainment Company -
Riyadh, Riyadh Region

Chef De Cuisine (Pre opening) 05/2023 - 09/2023
St Regis Riyadh Marriot international - Riyadh, Riyadh Region

Head Chef 11/2020 - 04/2023
Meraki Riyadh, Mandarin Oriental Alkhozama invst -
Riyadh, Saudi Arabia

Senior Sous Chef 10/2018 - 12/2019
Meraki London - London , UK

Sous Chef 05/2018 - 09/2018
KC KOOK Costa Navarino - Messinia, Peloponnese , Greece

Chef De Partie 10/2017 - 01/2018
Colubia Resort - Limassol , Cyprus

Commis Chef 04/2017 - 09/2017
Costa Navarino, Luxury collection Barbouni Res -
Messinia, Peloponnese , Greece

Demi Chef De Partie 11/2016 - 03/2017
Capital Ship Corporation, Vammos Restaurant -
Athens, Greece

Commis Chef 04/2016 - 09/2016
Costa Navarino, Luxury collection Barbouni Res -
Messinia, Peloponnese , Greece

Commis Chef 11/2015 - 04/2016
InterCatering - Athens , Greece

Commis Chef 04/2015 - 09/2015
Costa Navarino, Luxury collection Barbouni Res -
Messinia, Peloponnese , Greece

Internship Trainee 04/2014 - 09/2014
Costa Navarino, Luxury collection Omega Restaurant -
Messinia, Peloponnese , Greece



CHEF Elena Feida

CONTACT INFORMATION

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SKILLS

Extensive experience in preparing Mediterranean – and especially Greek – cuisine dishes, in hotel restaurants and small businesses. Expertise in plating and presentation of fine dining and comfort food dishes.

Creation of desserts for restaurant menus.

Ability to adapt menus to the style and budget of each business.

Pairing dishes with wines and cocktails.

Costing of ingredients per dish and optimization of production and serving processes.

Excellent teamwork and kitchen organization skills.

SPECIALIZES IN

Menu design from costing to presentation.

Creation of Greek menus featuring original, creative meze as well as set fine dining menus.

Menu budgeting and financial planning.

Kitchen organization.

EDUCATION

- Tertiary Education
- Vocational Training Institute (IEK): Culinary Arts - Head Chef at “Etoile by Les Chefs EPE”
- EOPPEP Certification (State diploma).
- Butcher Certification – 2022 (State diploma).
- Graduate of Technological Educational Institute (TEI): Business Administration – 2009
- ERASMUS in Spain – one year studying Business Organization and Administration
- English and Spanish – Level B2
- EFET Certificate: “Basic Principles of Food Hygiene and Safety”
- Fire Safety Seminar for professional spaces
- Private seminars in creative cuisine and seminar by the Ministry of Tourism via the European College of Athens

PROFESSIONAL EXPERIENCE

- Coral Hotel (Palαιο Faliro) – chef de partiè, À la carte restaurant(2023 – present)
- The Dolli at Acropolis – Grecotel – Chef de partiè , À la carte at the Roof GGardenrestaurant(2023)
- Titania Hotel:- Olive Garden Restaurant (2016–2022) and Brasserie Lobby Restaurant – Brunch, snacks, burgers (2019–2020)
- Hannover Restaurant (Mani, Laconia – Summer 2021) – Chef de Partie, hot kitchen, sauté station
- Skoumbri Restaurant (Koukaki, Athens – Winter 2012–2013) – Cold and hot kitchen
- Pasta House “Tha Sou Kano Makaronia” (Acropolis area – 2015–2016) – Hot kitchen
- Regal All Day Bar (Acropolis area – 2022) – Chef de Partie
- Grecotel Olympia Riviera Resort – Buffet service (Summer seasons 2013 & 2014)
- Divani Caravel Hotel – Service at Browns and Constantinople Restaurants (2012–2013)

PROFESSIONAL PROFILE & SKILLS

- Strong emphasis on teamwork
- Excellent communication skills
- Passion for the culinary arts
- Skilled in managing hot and cold kitchens (including pass coordination, filleting, deboning, meat cutting)
- Goal-oriented with a focus on quality service
- Menu creation knowledge
- Passion for Greek cuisine
- Interest in continuous learning and personal development




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