

Regulatory Announcement

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Company	Gourmet Holdings PLC
TIDM	GRM
Headline	Notifiable Interest
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Gourmet Holdings plc ("the Company")

11 December 2007

Notification of Major Interest in Shares

The Company received on 10 December 2007 the following notification from LMS Capital plc regarding interests in its ordinary shares of 4p each ("Ordinary Shares"):

On 16 November 2007, Westpool Investment Trust plc transferred the beneficial ownership and control of voting rights over 8,786,020 Ordinary Shares to LMS Capital 2007 L.P. The registered shareholding remains in the name of Westpool Investment Trust plc.

Both LMS Capital 2007 L.P. and Westpool Investment Trust plc are part of the LMS Capital plc group of companies and LMS Capital plc is therefore interested in all shares held by these two companies.

Robert Anthony Rayne is an executive director of both Westpool Investment Trust plc and LMS Capital plc and a founder partner of LMS Capital 2007 L.P. Mr Rayne holds an additional 628,452 Ordinary Shares in his own name.

Richard Christou is an independent non-executive director of LMS Capital plc. Mr Christou holds an additional 60,000 Ordinary Shares in his Self Invest Pension Plan.

James Rhodes is a non-executive director of Gourmet Holdings plc and is an employee of LMS Capital plc. Mr Rhodes holds an additional 57,664 Ordinary Shares in his own name.

Accordingly, LMS Capital plc is interested, directly and indirectly, in a total of 9,532,136 Ordinary Shares, being 22.68% of the current issued share capital.

END

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