

12 November 2007

Gourmet Holdings Plc (“Gourmet” or the “Company”)

Posting of Annual Report and Accounts and Notice of AGM

Gourmet announces that the Annual Report and Accounts for the year ended 24 June 2007 that included the notice and form of proxy for the Annual General Meeting (AGM) have been posted to shareholders today and copies are available from the Company's offices at:

165 Queen Victoria Street
London
EC4V 4DD

or from the Company's website: <http://www.gourmetholdings.co.uk>.

The AGM will be held at the offices of Dechert LLP, 160 Queen Victoria Street, London EC4V 4QQ on Thursday, 13 December 2007 at 11.00 a.m.

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