

Regulatory Announcement

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Company	Gourmet Holdings PLC
TIDM	GRM
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Gourmet Holdings plc ("Gourmet" or "the Company")

AIM Rule 26

Gourmet is pleased to announce that the information required by AIM Rule 26 is now available on the Company's website at www.gourmetholdings.co.uk.

For further information contact:

16 August 2007**Enquires:****Gourmet Holdings**

Neil Blows

0208 394 5555

Arbuthnot Securities

Nick Marsh

Paul Vanstone

020 7012 2000

College Hill

Justine Warren

020 7457 2020

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