

16 November 2007

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

Director Appointment and Option Grant

Gourmet, the London restaurant/café operator, is pleased to announce the appointment today of Daniel Rapacioli as Operations Director with immediate effect.

Daniel John Rapacioli, 35, has over 15 years experience in the catering industry that included being a Director of Shirepond Limited where he was responsible for running Amato, the cafe/patisserie concept based in Old Compton Street, that was acquired by the Company in October 2007.

Following his appointment Daniel was granted 250,000 options over ordinary shares in the Company. The options can be exercised at any time between 3 and 10 years from the date of grant at a price of 27 pence per ordinary share, being the closing mid price on 15 November 2007.

Neil Blows, Chairman, commented “Daniel's operational experience at Amato where he has worked for 12 years will be highly valuable to the growth of our business and the development of our two core brands. We very much look forward to working with him.”

Under Schedule 2(g) of the AIM rules the following information is disclosed for Daniel Rapacioli:

Current Directorships:

None

Former Directorships:

Renshields Limited

Sands Catering Company Limited

Shirepond Limited

Supernote Limited

Tileyard Estates Limited

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