

Regulatory Announcement

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

17 November 2006

Notification of interest

The Company has been informed today by a letter dated 17 November 2006 that Westpool Investment Trust plc ("Westpool") has purchased 275,000 ordinary shares of 4 pence each ("Ordinary Shares") in the Company. The total interest of Westpool is 4,754,738 ordinary shares representing 13.9025 per cent. of the total issued share capital of the Company.

The Hon. Robert A Rayne, a Director of Westpool, currently holds 595,562 Ordinary Shares representing 1.74 per cent. of the entire issued share capital of the Company

The total interest of the Hon. Robert A Rayne and Westpool therefore amounts to 5,350,300 Ordinary Shares, representing 15.64 per cent. of the entire issued share capital of the Company.

Westpool is part of the Leo Capital plc group of companies and, accordingly, Leo Capital plc is interested in all such shares. In addition to being a Director of Westpool, The Hon. Robert A Rayne is also a Director of Leo Capital plc.

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