

Regulatory Announcement

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Company	Gourmet Holdings PLC
TIDM	GRM
Headline	Director/PDMR Shareholding
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19 October 2007

GOURMET HOLDINGS PLC

19 October 2007

DIRECTOR'S SHAREHOLDING

The Company received on 18 October 2007 notification from Mr Salvatore Diliberto, Chief Executive, that following the acquisition of 3,846,154 ordinary shares of 4p each in the Company ("Shares") pursuant to the Company's recent placing of new Shares, Mr Diliberto's interest now comprises 4,123,932 Shares representing approximately 9.84% of the Company's enlarged issued ordinary share capital.

This notification forms a confirmation of the information set out in the Company's announcement of 21 September 2007 which contained details of the placing.

END

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