

Regulatory Announcement

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Company	Gourmet Holdings PLC
TIDM	GRM
Headline	Holding(s) in Company
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Gourmet Holdings PLC (the "Company")

The Company has been informed today by a letter dated 17 January 2007 that Amberstar Limited has a notifiable interest of 2,152,388 ordinary shares of 4 pence each ("Ordinary Shares") in the Company, representing 6.29 per cent of the total issued share capital of the Company.

24 January 2007

END

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