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Company	Gourmet Holdings PLC
TIDM	GRM
Headline	Circular and EGM
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Gourmet Holdings PLC

25 May 2007

Gourmet Holdings PLC

("Gourmet" or the "Company")

Posting of Circular and Notice of Extraordinary General Meeting

Further to the announcement made on 21 May 2007 regarding the sale of BDC Holdings Limited, which holds the Bel & Dragon chain of four pub restaurants, to Ultimate Leisure Group PLC (the "Transaction") a circular ("Circular") has been posted to Shareholders to convene an extraordinary general meeting of the Company to be held at the offices of Dechert LLP, 160 Queen Victoria Street, London EC4V 4QQ at 11.00 a.m. on 12 June 2007, at which an ordinary resolution will be proposed to approve the Transaction.

Copies of the Circular will be available during normal business hours on any week day (Saturday, Sunday and public holidays excepted) from the Company's offices at 3rd Floor, Eternit House, 56-58 Putney High Street, London, SW15 1SF up to and including 11 a.m. on 12 June 2007.

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