

Regulatory Announcement

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Company Gourmet Holdings PLC
TIDM GRM
Headline Directors' Dealing
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Gourmet Holdings Limited (the "Company")

27 September 2007

Directors' Dealing

Notification of transactions by persons discharging managerial responsibilities.

Andrew Guy, on Monday 25 September 2006 purchased 12,500 shares at a price of 27p each. On Tuesday 26 September, Andrew Guy purchased another 12,500 shares at a price of 29.5p.

Richard Scott, today purchased 20,000 shares at a price of 28.5p.

The following table details the holdings of the respective directors following these transactions:

Name	Number of shares purchased	Number of Shares held	Percentage of issued share capital
Andrew Guy	25,000	411,535	1.20%
Richard Scott	20,000	45,000	0.13%

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