

Regulatory Announcement

Go to market news section



Company	Gourmet Holdings PLC
TIDM	GRM
Headline	Issue of Options to Directors
Released	16:33 18-Sep-07
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Gourmet Holdings Plc ("Gourmet" or the "Company")

Issue of Options to Directors

On 17 September 2007 the Company granted 750,000 options over Ordinary Shares of 4p each in the Company ("Shares") to Salvatore Diliberto, Chief Executive, and 250,000 options over Shares to Neil Blows, Chairman. The options are immediately exercisable at 27.5p per Share, being the closing mid market price per Share on 14 September 2007, being the last dealing day prior to the date of grant and expire on the 10th anniversary of grant.

18 September 2007

Enquires:

Gourmet Holdings 0208 394 5555
Neil Blows

Arbuthnot Securities 020 7012 2000
Nick Marsh
Paul Vanstone

College Hill 020 7457 2020
Justine Warren

END

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