

**PORTOBELLO HEALTH FOODS LTD**  
**UNAUDITED ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

**PORTOBELLO HEALTH FOODS LTD**  
**UNAUDITED ACCOUNTS**  
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**PORTOBELLO HEALTH FOODS LTD**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

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**Director** Cesar Manuel Nogueira Da Silva

**Company Number** 11729708 (England and Wales)

**Registered Office** 31 GREENWOOD TERRACE  
LONDON  
NW10 8PJ  
ENGLAND

**Accountants** Ronald Yep & Co Limited  
Congress House  
14 Lyon road  
Harrow  
Middlesex  
HA1 2EN

**PORTOBELLO HEALTH FOODS LTD**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 31 DECEMBER 2020**

|                                                                | Notes    | 2020<br>£      | 2019<br>£     |
|----------------------------------------------------------------|----------|----------------|---------------|
| <b>Fixed assets</b>                                            |          |                |               |
| Intangible assets                                              | <u>4</u> | 32,300         | 36,337        |
| Tangible assets                                                | <u>5</u> | 31,483         | 39,354        |
|                                                                |          | <u>63,783</u>  | <u>75,691</u> |
| <b>Current assets</b>                                          |          |                |               |
| Inventories                                                    |          | 3,174          | 6,344         |
| Debtors                                                        | <u>6</u> | 40,069         | 37,200        |
| Cash at bank and in hand                                       |          | 151,869        | 16,239        |
|                                                                |          | <u>195,112</u> | <u>59,783</u> |
| <b>Creditors: amounts falling due within one year</b>          | <u>7</u> | (80,013)       | (53,957)      |
| <b>Net current assets</b>                                      |          | <u>115,099</u> | <u>5,826</u>  |
| <b>Total assets less current liabilities</b>                   |          | <u>178,882</u> | <u>81,517</u> |
| <b>Creditors: amounts falling due after more than one year</b> | <u>8</u> | (130,000)      | (80,000)      |
| <b>Net assets</b>                                              |          | <u>48,882</u>  | <u>1,517</u>  |
| <b>Capital and reserves</b>                                    |          |                |               |
| Called up share capital                                        |          | 10             | 10            |
| Profit and loss account                                        |          | 48,872         | 1,507         |
| <b>Shareholders' funds</b>                                     |          | <u>48,882</u>  | <u>1,517</u>  |

For the year ending 31 December 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

The financial statements were approved by the Board and authorised for issue on 10 August 2021 and were signed on its behalf by

Cesar Manuel Nogueira Da Silva  
Director

Company Registration No. 11729708

**PORTOBELLO HEALTH FOODS LTD**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

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**1 Statutory information**

Portobello Health Foods Ltd is a private company, limited by shares, registered in England and Wales, registration number 11729708. The registered office is 31 GREENWOOD TERRACE, LONDON, NW10 8PJ, ENGLAND.

**2 Compliance with accounting standards**

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

**3 Accounting policies**

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

***Basis of preparation***

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

***Presentation currency***

The accounts are presented in £ sterling.

***Tangible fixed assets and depreciation***

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

|                   |                      |
|-------------------|----------------------|
| Plant & machinery | 25% reducing balance |
|-------------------|----------------------|

***Intangible fixed assets***

Intangible fixed assets (including purchased goodwill and patents) are included at cost less accumulated amortisation. Goodwill is being amortised over 10 years

***Turnover***

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes. Turnover from the sale of goods is recognised when goods have been delivered to customers such that risks and rewards of ownership have transferred to them. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

***Pension costs***

The company operates a defined contribution scheme for the benefit of its employees. Contributions payable are recognised in the profit and loss account when due.

**PORTOBELLO HEALTH FOODS LTD**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

**4 Intangible fixed assets**

**Goodwill**  
**£**

**Cost**

|                   |        |
|-------------------|--------|
| At 1 January 2020 | 40,375 |
|-------------------|--------|

|                     |        |
|---------------------|--------|
| At 31 December 2020 | 40,375 |
|---------------------|--------|

**Amortisation**

|                   |       |
|-------------------|-------|
| At 1 January 2020 | 4,038 |
|-------------------|-------|

|                     |       |
|---------------------|-------|
| Charge for the year | 4,037 |
|---------------------|-------|

|                     |       |
|---------------------|-------|
| At 31 December 2020 | 8,075 |
|---------------------|-------|

**Net book value**

|                     |        |
|---------------------|--------|
| At 31 December 2020 | 32,300 |
|---------------------|--------|

|                     |        |
|---------------------|--------|
| At 31 December 2019 | 36,337 |
|---------------------|--------|

**5 Tangible fixed assets**

**Plant &  
machinery**  
**£**

**Cost or valuation**

|                   |                   |
|-------------------|-------------------|
| At 1 January 2020 | At cost<br>49,192 |
|-------------------|-------------------|

|                     |        |
|---------------------|--------|
| At 31 December 2020 | 49,192 |
|---------------------|--------|

**Depreciation**

|                   |       |
|-------------------|-------|
| At 1 January 2020 | 9,838 |
|-------------------|-------|

|                     |       |
|---------------------|-------|
| Charge for the year | 7,871 |
|---------------------|-------|

|                     |        |
|---------------------|--------|
| At 31 December 2020 | 17,709 |
|---------------------|--------|

**Net book value**

|                     |        |
|---------------------|--------|
| At 31 December 2020 | 31,483 |
|---------------------|--------|

|                     |        |
|---------------------|--------|
| At 31 December 2019 | 39,354 |
|---------------------|--------|

**6 Debtors: amounts falling due within one year**

**2020**  
**£**

**2019**  
**£**

|                                |        |       |
|--------------------------------|--------|-------|
| Accrued income and prepayments | 14,622 | 8,200 |
|--------------------------------|--------|-------|

|               |        |        |
|---------------|--------|--------|
| Other debtors | 25,447 | 29,000 |
|---------------|--------|--------|

|  |        |        |
|--|--------|--------|
|  | 40,069 | 37,200 |
|--|--------|--------|

**7 Creditors: amounts falling due within one year**

**2020**  
**£**

**2019**  
**£**

|                           |   |     |
|---------------------------|---|-----|
| Bank loans and overdrafts | - | 485 |
|---------------------------|---|-----|

|                 |       |       |
|-----------------|-------|-------|
| Trade creditors | 4,582 | 6,151 |
|-----------------|-------|-------|

|                           |        |       |
|---------------------------|--------|-------|
| Taxes and social security | 13,475 | 4,212 |
|---------------------------|--------|-------|

|                      |        |        |
|----------------------|--------|--------|
| Loans from directors | 62,040 | 43,040 |
|----------------------|--------|--------|

|          |      |    |
|----------|------|----|
| Accruals | (84) | 69 |
|----------|------|----|

|  |        |        |
|--|--------|--------|
|  | 80,013 | 53,957 |
|--|--------|--------|

**PORTOBELLO HEALTH FOODS LTD**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

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| <b>8 Creditors: amounts falling due after more than one year</b> | <b>2020</b> | <b>2019</b> |
|------------------------------------------------------------------|-------------|-------------|
|                                                                  | <b>£</b>    | <b>£</b>    |
| Bank loans                                                       | 50,000      | -           |
| Other creditors                                                  | 80,000      | 80,000      |
|                                                                  | <hr/>       | <hr/>       |
|                                                                  | 130,000     | 80,000      |
|                                                                  | <hr/>       | <hr/>       |

**9 Average number of employees**

During the year the average number of employees was 6 (2019: 4).

