

PORTOBELLO HEALTH FOODS LTD
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2022

PORTOBELLO HEALTH FOODS LTD
UNAUDITED ACCOUNTS
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PORTOBELLO HEALTH FOODS LTD
COMPANY INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2022

Director	Cesar Manuel Nogueira Da Silva
Company Number	11729708 (England and Wales)
Registered Office	31 GREENWOOD TERRACE LONDON NW10 8PJ ENGLAND
Accountants	Evolve Accounting and Tax Solutions Ltd Congress House 14 Lyon Road Harrow Middlesex HA1 2EN

PORTOBELLO HEALTH FOODS LTD
STATEMENT OF FINANCIAL POSITION
AS AT 31 DECEMBER 2022

	Notes	2022 £	2021 £
Fixed assets			
Intangible assets	<u>4</u>	24,224	28,262
Tangible assets	<u>5</u>	20,459	25,186
		<u>44,683</u>	<u>53,448</u>
Current assets			
Inventories		3,840	4,174
Debtors	<u>6</u>	50,699	45,250
Cash at bank and in hand		200,338	249,865
		<u>254,877</u>	<u>299,289</u>
Creditors: amounts falling due within one year	<u>7</u>	(56,656)	(113,607)
Net current assets		<u>198,221</u>	<u>185,682</u>
Total assets less current liabilities		242,904	239,130
Creditors: amounts falling due after more than one year	<u>8</u>	(108,565)	(118,333)
Net assets		<u>134,339</u>	<u>120,797</u>
Capital and reserves			
Called up share capital		10	10
Profit and loss account		134,329	120,787
Shareholders' funds		<u>134,339</u>	<u>120,797</u>

For the year ending 31 December 2022 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 7 May 2023 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 2022

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	20% reducing balance
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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
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4 Intangible fixed assets

Goodwill
£

Cost

At 1 January 2022 40,375

At 31 December 2022 40,375

Amortisation

At 1 January 2022 12,113

Charge for the year 4,038

At 31 December 2022 16,151

Net book value

At 31 December 2022 24,224

At 31 December 2021 28,262

5 Tangible fixed assets

**Plant &
machinery**
£

Cost or valuation

At 1 January 2022 49,192

Additions 388

At 31 December 2022 49,580

Depreciation

At 1 January 2022 24,006

Charge for the year 5,115

At 31 December 2022 29,121

Net book value

At 31 December 2022 20,459

At 31 December 2021 25,186

6 Debtors

2022

2021

£

£

Amounts falling due within one year

Accrued income and prepayments 18,324 16,250

Other debtors 32,375 29,000

50,699 45,250

PORTOBELLO HEALTH FOODS LTD
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2022

7 Creditors: amounts falling due within one year	2022	2021
	£	£
Bank loans and overdrafts	10,000	10,000
VAT	5,027	3,502
Trade creditors	-	2,836
Taxes and social security	12,615	25,382
Other creditors	1	2,456
Loans from directors	29,013	69,431
	<u>56,656</u>	<u>113,607</u>
	<u><u>56,656</u></u>	<u><u>113,607</u></u>
8 Creditors: amounts falling due after more than one year	2022	2021
	£	£
Bank loans	28,565	38,333
Other creditors	80,000	80,000
	<u>108,565</u>	<u>118,333</u>
	<u><u>108,565</u></u>	<u><u>118,333</u></u>

9 Average number of employees

During the year the average number of employees was 5 (2021: 6).

