REGISTERED NUMBER: 133921 (Scotland)

# Abbreviated Accounts

## for the Year Ended 31 March 2006

## for

## West End Wholefoods Limited
## Trading as Grassroots



West End Wholefoods Limited
Trading as Grassroots

Company Information
for the Year Ended 31 March 2006

| | |
|---|---|
| **DIRECTORS:** | Ms L C Duncan<br>A McGeachy |
| **SECRETARY:** | Ms L C Duncan |
| **REGISTERED OFFICE:** | 1 Golf Road<br>Clarkston<br>Glasgow<br>G76 7HU |
| **REGISTERED NUMBER:** | 133921 (Scotland) |
| **ACCOUNTANTS** | O'Haras<br>Chartered Accountants<br>Radleigh House<br>1 Golf Road<br>Clarkston<br>Glasgow G76 7HU |

**West End Wholefoods Limited**
**Trading as Grassroots**

**Abbreviated Balance Sheet**
**31 March 2006**

| | Notes | 31/3/06 £ | £ | 31/3/05 £ | £ |
|---|---|---|---|---|---|
| **FIXED ASSETS** | | | | | |
| Tangible assets | 2 | | 339,854 | | 16,083 |
| Investments | 3 | | 100 | | 100 |
| | | | 339,954 | | 16,183 |
| **CURRENT ASSETS** | | | | | |
| Stocks | | 51,516 | | 60,619 | |
| Debtors | 4 | 80,011 | | 101,923 | |
| Cash at bank and in hand | | 34,735 | | 23,404 | |
| | | 166,262 | | 185,946 | |
| **CREDITORS** | | | | | |
| Amounts falling due within one year | | 96,550 | | 32,096 | |
| **NET CURRENT ASSETS** | | | 69,712 | | 153,850 |
| **TOTAL ASSETS LESS CURRENT LIABILITIES** | | | 409,666 | | 170,033 |
| **CREDITORS** | | | | | |
| Amounts falling due after more than one year | 5 | | (262,269) | | |
| **PROVISIONS FOR LIABILITIES** | | | (194) | | (182) |
| **NET ASSETS** | | | 147,203 | | 169,851 |
| **CAPITAL AND RESERVES** | | | | | |
| Called up share capital | 6 | | 2 | | 2 |
| Other reserves | | | | | 4 |
| Profit and loss account | | | 147,201 | | 169,845 |
| **SHAREHOLDERS' FUNDS** | | | 147,203 | | 169,851 |

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 March 2006

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2006 in accordance with Section 249B(2) of the Companies Act 1985

The directors acknowledge their responsibilities for

(a) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements, so far as applicable to the company

The notes form part of these abbreviated accounts



continued

**Abbreviated Balance Sheet continued**
**31 March 2006**

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective January 2005)

The financial statements were approved by the Board of Directors on 18 August 2006 and were signed on its behalf by

Ms I C Duncan Director

A McGeachy Director

## Notes to the Abbreviated Accounts for the Year Ended 31 March 2006

### 1 ACCOUNTING POLICIES

**Accounting convention**
The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2005)

**Turnover**
Turnover represents net invoiced sales of goods, excluding value added tax

**Tangible fixed assets**
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life

| | |
|---|---|
| Freehold property | 2% on cost |
| Improvements to property | 15% on reducing balance |
| Fixtures and fittings | 20% on cost |
| Computer equipment | 33% on cost |

**Stocks**
Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items

**Deferred tax**
Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date

### 2 TANGIBLE FIXED ASSETS

| | Total £ |
|---|---|
| **COST** | |
| At 1 April 2005 | 100,937 |
| Additions | 328,333 |
| At 31 March 2006 | 429,270 |
| **DEPRECIATION** | |
| At 1 April 2005 | 84,854 |
| Charge for year | 4,562 |
| At 31 March 2006 | 89,416 |
| **NET BOOK VALUE** | |
| At 31 March 2006 | 339,854 |
| At 31 March 2005 | 16 083 |



continued

Notes to the Abbreviated Accounts continued
for the Year Ended 31 March 2006

## 3 FIXED ASSET INVESTMENTS

| | Unlisted investments £ |
|---|---|
| **COST** | |
| At 1 April 2005 and 31 March 2006 | 100 |
| **NET BOOK VALUE** | |
| At 31 March 2006 | 100 |
| At 31 March 2005 | 100 |

The company's investments at the balance sheet date in the share capital of companies include the following

**West End Wholefoods Catering Limited**
Nature of business Cafe bar

| Class of shares | % holding | 31/3/06 £ | 31/3/05 £ |
|---|---|---|---|
| Ordinary | 100 00 | | |
| Aggregate capital and reserves | | (56,878) | (55,760) |
| (Loss)/Profit for the year | | (1,118) | 25,322 |

## 4 DEBTORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

| | 31/3/06 £ | 31/3/05 £ |
|---|---|---|
| Westend wholefoods catering Ltd | 73,163 | 88,163 |

## 5 CREDITORS

Creditors include the following debts falling due in more than five years

| | 31/3/06 £ | 31/3/05 £ |
|---|---|---|
| Repayable by instalments | | |
| Bank loans more 5 yr by instal | 185 869 | |

## 6 CALLED UP SHARE CAPITAL

Authorised

| Number | Class | Nominal value | 31/3/06 £ | 31/3/05 £ |
|---|---|---|---|---|
| 500 | Ordinary | £1 | 500 | 500 |

Allotted and issued

| Number | Class | Nominal value | 31/3/06 £ | 31/3/05 £ |
|---|---|---|---|---|
| 2 | Share capital 1 | £1 | 2 | 2 |