REGISTERED NUMBER: 133921 (Scotland)

Abbreviated Accounts

for the Year Ended 31 March 2008

for

West End Wholefoods Limited
Trading as Grassroots

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COMPANIES HOUSE

West End Wholefoods Limited
Trading as Grassroots

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West End Wholefoods Limited
Trading as Grassroots

Company Information
for the Year Ended 31 March 2008

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

West End Wholefoods Limited
Trading as Grassroots

Abbreviated Balance Sheet
31 March 2008

	Notes	31/3/08 £	£	31/3/07 £	£
FIXED ASSETS					
Tangible assets	2		324,631		337,239
Investments	3		100		100
			324,731		337,339
CURRENT ASSETS					
Stocks		60,062		55,100	
Debtors	4	70,736		72,542	
Cash at bank and in hand		2,490		11,798	
		133,288		139,440	
CREDITORS					
Amounts falling due within one year		73,278		77,115	
NET CURRENT ASSETS			60,010		62,325
TOTAL ASSETS LESS CURRENT LIABILITIES			384,741		399,664
CREDITORS					
Amounts falling due after more than one year	5		(243,426)		(249,685)
PROVISIONS FOR LIABILITIES			(1,077)		(1,469)
NET ASSETS			140,238		148,510
CAPITAL AND RESERVES					
Called up share capital	6		2		2
Profit and loss account			140,236		148,508
SHAREHOLDERS' FUNDS			140,238		148,510

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 March 2008

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2008 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

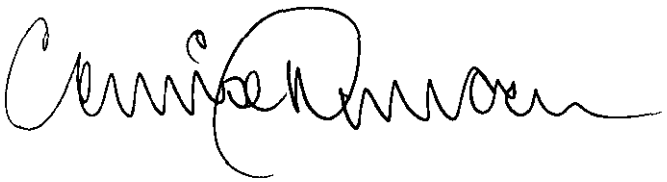
The notes form part of these abbreviated accounts

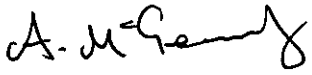
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Abbreviated Balance Sheet continued
31 March 2008

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies

The financial statements were approved by the Board of Directors on 22 September 2008 and were signed on its behalf by

Ms L C Duncan Director 

A McGeachy Director 

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts for the Year Ended 31 March 2008

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 2007)

Turnover
Turnover represents the amounts derived from the provision of goods and services, excluding value added tax and trade discounts

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	not provided
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

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease

2 TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 April 2007	440,870
Additions	1,328
At 31 March 2008	442,198
DEPRECIATION	
At 1 April 2007	103,630
Charge for year	13,937
At 31 March 2008	117,567
NET BOOK VALUE	
At 31 March 2008	324,631
At 31 March 2007	337,240

continued

Notes to the Abbreviated Accounts continued for the Year Ended 31 March 2008

3 FIXED ASSET INVESTMENTS

	Investments other than loans £
COST	
At 1 April 2007 and 31 March 2008	100
NET BOOK VALUE	
At 31 March 2008	100
At 31 March 2007	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 Café bar

Class of shares	% holding
Ordinary	100 00

	31/3/08 £	31/3/07 £
Aggregate capital and reserves	(66,089)	(62,085)
Loss for the year	(4,004)	(5,207)

4 DEBTORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

The aggregate total of debtors falling due after more than one year is £67,871 (31/3/07 £69,371)

5 CREDITORS

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

	31/3/08 £	31/3/07 £
Repayable by instalments		
Bank loans more 5 yr by instal	193,026	173,285

6 CALLED UP SHARE CAPITAL

Authorised

Number	Class	Nominal value	31/3/08 £	31/3/07 £
500	Ordinary	£1	500	500

Allotted and issued

Number	Class	Nominal value	31/3/08 £	31/3/07 £
2	Share capital 1	£1	2	2