REGISTERED NUMBER: SC133921 (Scotland)

Abbreviated Accounts

for the Year Ended 31 March 2009

for

West End Wholefoods Limited
Trading as Grassroots

WEDNESDAY


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SCT 23/12/2009 316
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 2009

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:	SC133921 (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 2009

	Notes	2009 £	2009 £	2008 £	2008 £
FIXED ASSETS					
Tangible assets	2		314,057		324,631
Investments	3		-		100
			314,057		324,731
CURRENT ASSETS					
Stocks		62,543		60,062	
Debtors	4	2,735		70,736	
Cash at bank and in hand		5,981		2,490	
		71,259		133,288	
CREDITORS					
Amounts falling due within one year		98,339		73,278	
NET CURRENT (LIABILITIES)/ASSETS			(27,080)		60,010
TOTAL ASSETS LESS CURRENT LIABILITIES			286,977		384,741
CREDITORS					
Amounts falling due after more than one year			(222,090)		(243,426)
PROVISIONS FOR LIABILITIES			-		(1,077)
NET ASSETS			64,887		140,238
CAPITAL AND RESERVES					
Called up share capital	5		2		2
Profit and loss account			64,885		140,236
SHAREHOLDERS' FUNDS			64,887		140,238

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 March 2009.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2009 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 2009

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 14 October 2009 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 2009

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 2008 and 31 March 2009	442,197
DEPRECIATION	
At 1 April 2008	117,567
Charge for year	10,573
At 31 March 2009	128,140
NET BOOK VALUE	
At 31 March 2009	314,057
At 31 March 2008	324,630

continued...

Notes to the Abbreviated Accounts - continued
for the Year Ended 31 March 2009

3. FIXED ASSET INVESTMENTS

	Investments other than loans £
COST	
At 1 April 2008	100
Disposals	(100)
At 31 March 2009	-
NET BOOK VALUE	
At 31 March 2009	-
At 31 March 2008	100

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

The aggregate total of debtors falling due after more than one year is £0 (2008 - £67,871).

5. CALLED UP SHARE CAPITAL

Authorised:

Number:	Class:	Nominal value:	2009 £	2008 £
500	Ordinary	£1	500	500

Allotted and issued:

Number:	Class:	Nominal value:	2009 £	2008 £
2	Share capital 1	£1	2	2