REGISTERED NUMBER: SC133921 (Scotland)

Abbreviated Accounts

for the Year Ended 31 March 2012

for

West End Wholefoods Limited
Trading as Grassroots

West End Wholefoods Limited
Trading as Grassroots (Registered number: SC133921)

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for the Year Ended 31 March 2012

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West End Wholefoods Limited
Trading as Grassroots

Company Information
for the Year Ended 31 March 2012

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 (Registered number: SC133921)

Abbreviated Balance Sheet
31 March 2012

	Notes	31/3/12 £	£	31/3/11 £	£
FIXED ASSETS					
Tangible assets	2		310,062		301,023
CURRENT ASSETS					
Stocks		42,000		50,260	
Debtors		6,428		1,654	
Cash at bank and in hand		2,072		3,199	
		50,500		55,113	
CREDITORS					
Amounts falling due within one year		132,158		114,966	
NET CURRENT LIABILITIES			(81,658)		(59,853)
TOTAL ASSETS LESS CURRENT LIABILITIES			228,404		241,170
CREDITORS					
Amounts falling due after more than one year			161,536		181,830
NET ASSETS			66,868		59,340
CAPITAL AND RESERVES					
Called up share capital	3		2		2
Profit and loss account			66,866		59,338
SHAREHOLDERS' FUNDS			66,868		59,340

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2012.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2012 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 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 Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 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 2012

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 17 September 2012 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 2012

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 April 2008).

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 arises as a result of including items of income and expenditure in taxation computations in periods different from those in which they are included in the company's accounts. Deferred tax is provided in full on timing differences which result in an obligation to pay more (or less) tax at a future date, at the average tax rates that are expected to apply when the timing differences reverse, based on current tax rates and laws.

Deferred tax is not provided on timing differences arising from the revaluation of fixed assets where there is no commitment to sell the asset.

Deferred tax assets and liabilities are not discounted.

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 2011	444,985
Additions	12,447
At 31 March 2012	457,432
DEPRECIATION	
At 1 April 2011	143,962
Charge for year	3,408
At 31 March 2012	147,370
NET BOOK VALUE	
At 31 March 2012	310,062
At 31 March 2011	301,023

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3. CALLED UP SHARE CAPITAL

Allotted and issued:

Number:	Class:	Nominal value:	31/3/12 £	31/3/11 £
2	Share capital 1	£1	2	2

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.