



Companies House

— for the record —

Company Name

**SAN AMVROSIA HEALTH FOODS
LIMITED**

363s Annual Return

MS215
102954

Company Type

**Private Company Limited By
Shares**

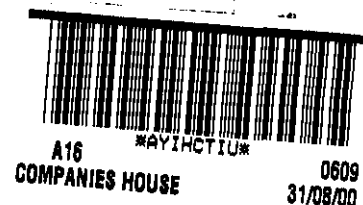
Company Number

3715112

Information extracted from
Companies House records on
3rd June 2000

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capitals.

Section 1: Company details



Ref: 3715112/01/01

	Current details	Amended details												
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	283 Green Lanes London N13 4XS	Address _____ _____ _____ UK Postcode L L L L L L												
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Address where the Register is held At Registered Office	Address _____ _____ _____ UK Postcode L L L L L L												
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Not Applicable	Address _____ _____ _____ UK Postcode L L L L L L												
> Principal Business Activities <i>If no entries are shown, please enter principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.</i>	MANUFACTURE OF HEALTH FOOD PRODUCTS.	<table border="0"> <tr> <td>SIC CODE</td> <td>Description</td> </tr> <tr> <td>1589</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> </table>	SIC CODE	Description	1589	_____	_____	_____	_____	_____	_____	_____	_____	_____
SIC CODE	Description													
1589	_____													
_____	_____													
_____	_____													
_____	_____													
_____	_____													

	Current details	Amended details
> Company Secretary <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Company Secretary must be notified on form 288.</i>	Name Demetrios GEORGIU Address 23 Petersfield Close London N18 1JJ	Name Address UK Postcode <u> </u> <u> </u> Date of change <u> </u> / <u> </u> / <u> </u> Date Demetrios GEORGIU ceased to be secretary (if applicable) <u> </u> / <u> </u> / <u> </u>
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Director must be notified on form 288.</i>	Name Panicos BYRON Address 14B Lausanne Road London N8 0HN Date of birth 24/06/1952 Nationality British Occupation Marketing Manager	Name Address <u>82 Pasteur Gardens</u> <u>Edmonton N.18</u> <u>London</u> UK Postcode <u>N18</u> <u>1JG</u> Date of birth <u> </u> / <u> </u> / <u> </u> Nationality <u> </u> Occupation <u> </u> Date of change <u> </u> / <u> </u> / <u> </u> Date Panicos BYRON ceased to be director (if applicable) <u> </u> / <u> </u> / <u> </u>
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Director must be notified on form 288.</i>	Name Demetrios GEORGIU Address 23 Petersfield Close London N18 1JJ Date of birth 02/02/1957 Nationality British Occupation Production Manager	Name Address UK Postcode <u> </u> <u> </u> Date of birth <u> </u> / <u> </u> / <u> </u> Nationality <u> </u> Occupation <u> </u> Date of change <u> </u> / <u> </u> / <u> </u> Date Demetrios GEORGIU ceased to be director (if applicable) <u> </u> / <u> </u> / <u> </u>

Section 3: Total Issued Share Capital**(B)**

- > Please enter the details of the company's total share capital in the space provided below.

Issued share capital details

- > Please fill in the details of total share capital by class (eg. ordinary, preference etc) that has been issued to the company's shareholders.

Class of Share

Number of shares issued

ORDINARY100

Aggregate Nominal Value of issued shares

100

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

- > Please fill in the total number of issued shares and their total nominal value.

Number of shares issued

100

Aggregate Nominal Value of issued shares

100

- > Please send a full list of shareholders with this annual return. Use Sections 4A (and 4B if appropriate) to give the details. You must name all the shareholders.

Section 4: Details of Current Shareholders

(A)

- > Please fill in the details of any persons or corporate bodies who are shareholders at the date of this return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please use Section 4B to give details of any persons or corporate bodies who have ceased to be shareholders since the last annual return or, in the case of a first return, since the incorporation of the company.
- > Please copy this page if there is not enough space to enter all the company's current shareholders.

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (If appropriate)	Date of registration of transfer (If appropriate)
Name <u>DEMETRIOS GEORGIOU</u> Address <u>23 PETERSFIELD CLOSE</u> <u>LONDON</u> UK Postcode <u>N 18 1 JJ</u>	50		
Name <u>PANICOS BYRON</u> Address <u>82 PASTEUR GARDENS</u> <u>146 LAUSANNE ROAD</u> <u>LONDON</u> UK Postcode <u>N 18 1 JG</u>	50		
Name _____ Address _____ _____ _____ UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u>			
Name _____ Address _____ _____ _____ UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u>			

Section 4B: Details of Former Shareholders

- > Please fill in details of any persons or corporate bodies who have ceased to be shareholders at the date of this return. Also, please give the dates that their shares were transferred.
- > Please copy this page if there is not enough space to enter all the company's former shareholders.

Former shareholders details	Class and number of shares or amount of stock transferred	Date of registration of transfer
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		



Companies House
— for the record —

363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and tick and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

1. Declaration

- ☐ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £15.

Signature

[Signature]
(Director / Secretary)

Date

23/06/2000

This date must not be earlier than the return date at 2 below

What to do now

Please detach and retain the covering letter, complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.

2. Date of this return

- ☐ This AR is made up to **18/2/2000** If you are making this return up to an earlier date, please give the date here

__ / __ / ____

Note: The form must be delivered to CH within 28 days of this date

3. Date of next return

- ☐ If you wish to change your next return to a date earlier than **18th February 2001** please give the new date here:

__ / __ / ____

4. Where to send this form

- ☐ Please return this form to:
Registrar of Companies
Companies House
Crown Way
Cardiff CF14 3UZ

Have you enclosed the filing fee with the company number written on the reverse of the cheque?

Cheque



Postal Order



Cheque / Postal Order

Number

102954

(Please complete as appropriate)

Contact Address

Please give the name and address of the person who should be contacted if there are any queries about this form.

Contact Name

P. CATTIN

Telephone number inc code

020 8 886 3672

Address

GEORGIADIS CHARALAMBOU & CO
REGISTERED AUDITORS
283 GREEN LANES
LONDON N13 4XS

DX number if applicable

DX exchange

Postcode
