

SH01

Return of allotment of shares



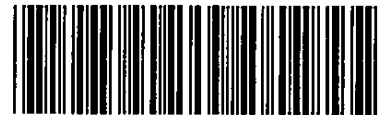
You can use the WebFiling service to file this form online.

Please go to www.companieshouse.gov.uk

☒ **What this form is for**
You may use this form to give
notice of shares allotted following
incorporation

☐ **What this form is NOT for**
You cannot use this form to give
notice of shares taken by subscrip-
tion on formation of the company or
for an allotment of a new class of
shares by an unlimited company

FRIDAY



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08/04/2011

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COMPANIES HOUSE

1 Company details

Company number 0 5 4 9 8 2 3 7

Company name in full EAT THE REAL FOOD COMPANY LIMITED

→ **Filing in this form**
Please complete in typescript or in
bold black capitals

All fields are mandatory unless
specified or indicated by *

2 Allotment dates ①

From Date 29 03 2011
To Date

① **Allotment date**
If all shares were allotted on the
same day enter that date in the
'from date' box. If shares were
allotted over a period of time,
complete both 'from date' and 'to
date' boxes

3 Shares allotted

Please give details of the shares allotted, including bonus shares
(Please use a continuation page if necessary)

② **Currency**
If currency details are not
completed we will assume currency
is in pound sterling

Class of shares (E.g. Ordinary/Preference etc.)	Currency ②	Number of shares allotted	Nominal value of each share	Amount paid (including share premium) on each share	Amount (if any) unpaid (including share premium) on each share
ORDINARY A	GBP	100000000	0.10	0.10	0.00

If the allotted shares are fully or partly paid up otherwise than in cash, please
state the consideration for which the shares were allotted

Continuation page
Please use a continuation page if
necessary

Details of non-cash
consideration

If a PLC, please attach
valuation report (if
appropriate)

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Statement of capital

Section 4 (also Section 5 and Section 6, if appropriate) should reflect the company's issued capital at the date of this return

4 Statement of capital (Share capital in pound sterling (£))

Please complete the table below to show each class of shares held in pound sterling. If all your issued capital is in sterling, only complete Section 4 and then go to Section 7

Class of shares (E.g. Ordinary/Preference etc.)	Amount paid up on each share ①	Amount (if any) unpaid on each share ①	Number of shares ②	Aggregate nominal value ③
SEE ATTACHED SCHEDULE				£
				£
				£
				£
Totals				£

5 Statement of capital (Share capital in other currencies)

Please complete the table below to show any class of shares held in other currencies.
Please complete a separate table for each currency.

Currency				
Class of shares (E g Ordinary / Preference etc)	Amount paid up on each share ❶	Amount (if any) unpaid on each share ❶	Number of shares ❷	Aggregate nominal value ❸
Totals				

Currency				
Class of shares (E g Ordinary/Preference etc)	Amount paid up on each share ❶	Amount (if any) unpaid on each share ❶	Number of shares ❷	Aggregate nominal value ❸
Totals				

6 Statement of capital (Totals)

	Please give the total number of shares and total aggregate nominal value of issued share capital	④ Total aggregate nominal value Please list total aggregate values in different currencies separately. For example: £100 + €100 + \$10 etc.
Total number of shares		
Total aggregate nominal value ④		

① Including both the nominal value and any share premium

② E.g. Number of shares issued multiplied by nominal value of each share

③ Total number of issued shares in this class

Continuation Pages

Please use a Statement of Capital continuation page if necessary

Please complete the table below to show any class of shares held in other currencies. Please complete a separate table for each currency.

<p>1 Including both the nominal value and any share premium</p> <p>2 Total number of issued shares in this class</p>	<p>3 E.g. Number of shares issued multiplied by nominal value of each share</p>
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Statement of capital (Prescribed particulars of rights attached to shares)

Please give the prescribed particulars of rights attached to shares for each class of share shown in the statement of capital share tables in **Section 4** and **Section 5**

Class of share	£0 10 CUMULATIVE CONVERTIBLE PARTICIPATING PREFERENCE SHARES OF 10P EACH
Prescribed particulars ①	The shares have attached to them full voting and dividend rights. They will rank second for return of capital on liquidation. Interest shall accrue if the participating dividend is not paid by 30/09 of any year.
Class of share	£0 10 Ordinary A
Prescribed particulars ①	The shares have attached to them full voting, dividend and capital distribution (including on winding up) rights, they do not confer any rights of redemption.
Class of share	£0 10 Ordinary B
Prescribed particulars ①	The shares have attached to them full voting, dividend and capital distribution (including on winding up) rights, they do not confer any rights of redemption.

① Prescribed particulars of rights attached to shares

The particulars are

- a particulars of any voting rights, including rights that arise only in certain circumstances,
- b particulars of any rights, as respects dividends, to participate in a distribution,
- c particulars of any rights, as respects capital, to participate in a distribution (including on winding up), and
- d whether the shares are to be redeemed or are liable to be redeemed at the option of the company or the shareholder and any terms or conditions relating to redemption of these shares

A separate table must be used for each class of share

Continuation page

Please use a Statement of Capital continuation page if necessary

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Signature

I am signing this form on behalf of the company

Signature

Signature

X  X

This form may be signed by

Director ①, Secretary, Person authorised ①, Administrator, Administrative receiver, Receiver, Receiver manager, CIC manager

② Societas Europaea

If the form is being filed on behalf of a Societas Europaea (SE) please delete 'director' and insert details of which organ of the SE the person signing has membership

③ Person authorised

Under either section 270 or 274 of the Companies Act 2006

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Statement of capital (Prescribed particulars of rights attached to shares)

Class of share	£0 10 Ordinary B	
Prescribed particulars	The shares have attached to them full voting, dividend and capital distribution (including on winding up) rights, they do not confer any rights of redemption	

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Statement of capital (Prescribed particulars of rights attached to shares)

Class of share	£0 10 Ordinary B	
Prescribed particulars	The shares have attached to them full voting, dividend and capital distribution (including on winding up) rights, they do not confer any rights of redemption	

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7 Statement of capital (Prescribed particulars of rights attached to shares)		
Class of share	£0 10 Ordinary B	
Prescribed particulars	The shares have attached to them full voting, dividend and capital distribution (including on winding up) rights, they do not confer any rights of redemption	

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Statement of capital (Prescribed particulars of rights attached to shares)

Class of share	£0 10 Ordinary C	
Prescribed particulars	On return of capital on liquidation or otherwise, the assets of the Company available for distribution these shares will rank fourth The B Shares & C Shares shall rank pari passu in all respects as though they constituted one class of shares	

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7 Statement of capital (Prescribed particulars of rights attached to shares)		
Class of share	£0 10 Ordinary D	
Prescribed particulars	The shares have attached to them full voting, dividend and capital distribution (including on winding up) rights, they do not confer any rights of redemption	

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Statement of capital (Prescribed particulars of rights attached to shares)

Class of share	£1 00 Preference	
Prescribed particulars	The shares have no rights to receive any dividend or distribution out of profits of the Company in respect of such shares. They will rank first on the return of capital on liquidation, or otherwise the assets of the Company, available for distribution amongst the members.	

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**Presenter information**

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.

Contact name **WDT**Company name
TRAVERS SMITH LLPAddress **10 SNOW HILL**Post town **LONDON**

County/Region

Postcode

E	C	1	A	2	A	L
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Country **UNITED KINGDOM**DX **DX1111079**Telephone **020 7295 3000****Checklist**

We may return the forms completed incorrectly or with information missing

Please make sure you have remembered the following:

- ☐ The company name and number match the information held on the public Register
- ☐ You have shown the date(s) of allotment in section 2
- ☐ You have completed all appropriate share details in section 3
- ☐ You have completed the appropriate sections of the Statement of Capital
- ☐ You have signed the form

**Important information**

Please note that all information on this form will appear on the public record.

**Where to send**

You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below:

For companies registered in England and Wales:

The Registrar of Companies, Companies House,
Crown Way, Cardiff, Wales, CF14 3UZ
DX 33050 Cardiff

For companies registered in Scotland:

The Registrar of Companies, Companies House,
Fourth floor, Edinburgh Quay 2,
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF
DX ED235 Edinburgh 1
or LP - 4 Edinburgh 2 (Legal Post)

For companies registered in Northern Ireland:

The Registrar of Companies, Companies House,
Second Floor, The Linenhall, 32-38 Linenhall Street,
Belfast, Northern Ireland, BT2 8BG
DX 481 N R Belfast 1

**Further information**

For further information please see the guidance notes on the website at www.companieshouse.gov.uk or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.companieshouse.gov.uk