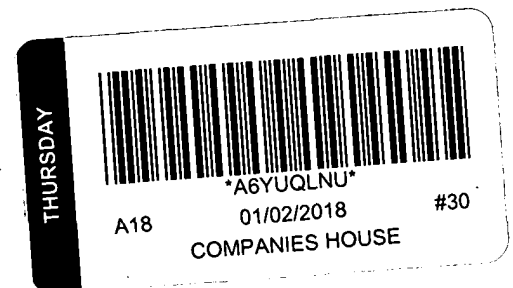


*Companies House*

Registered number  
5805295

Earth Natural Foods Ltd  
Unaudited Abridged Accounts  
31 October 2017

Smithfield Accountants LLP  
Chartered Accountants  
117 Charterhouse Street  
London EC1M 6AA



**Earth Natural Foods Ltd**  
**Registered number:**  
**Abridged Balance Sheet**  
**as at 31 October 2017**

5805295

	Notes	2017 £	2016 £
<b>Fixed assets</b>			
Tangible assets	5	60,007	84,732
<b>Current assets</b>			
Stocks		180,919	168,131
Debtors	6	22,769	29,890
Cash at bank and in hand		89,210	229,091
		<u>292,898</u>	<u>427,112</u>
<b>Creditors: amounts falling due within one year</b>	7	(259,728)	(206,396)
<b>Net current assets</b>		<u>33,170</u>	<u>220,716</u>
<b>Total assets less current liabilities</b>		<u>93,177</u>	<u>305,448</u>
<b>Creditors: amounts falling due after more than one year</b>	8	(45,000)	-
<b>Net assets</b>		<u>48,177</u>	<u>305,448</u>
<b>Capital and reserves</b>			
Called up share capital		60	100
Revaluation reserve	11	40	-
Profit and loss account		48,077	305,348
<b>Shareholders' funds</b>		<u>48,177</u>	<u>305,448</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The Profit and Loss Account and Directors' Report have not been delivered to the Registrar of Companies.

All of the members have consented to the preparation of abridged accounts in accordance with Section 444(2A) of the Companies Act 2006.

J Grayson  
 Director

Approved by the board on 25 January 2018

**Earth Natural Foods Ltd**  
**Notes to the Abridged Accounts**  
**for the year ended 31 October 2017**

**1 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

***Turnover***

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

***Tangible fixed assets***

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Plant, Machinery, Fixtures & Fittings	10% Straight Line
Leasehold Premises	Over 15 Years

***Stocks***

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost is determined using the first in first out method. The carrying amount of stock sold is recognised as an expense in the period in which the related revenue is recognised.

***Debtors***

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

***Creditors***

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

**Earth Natural Foods Ltd**  
**Notes to the Abridged Accounts**  
**for the year ended 31 October 2017**

***Taxation***

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

***Pensions***

Contributions to defined contribution plans are expensed in the period to which they relate.

**2 Taxation**

Balance sheet

Corporation tax payable on 01.08.2018	13,147	42,110
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**3 Tangible fixed assets**

	Plant and machinery etc £	Leasehold land and buildings £	Total £
<b>Cost</b>			
At 1 November 2016	154,927	225,008	379,935
Additions	-	-	-
Surplus on revaluation	-	-	-
Disposals	-	-	-
At 31 October 2017	<u>154,927</u>	<u>225,008</u>	<u>379,935</u>
<b>Depreciation</b>			
At 1 November 2016	145,201	150,002	295,203
Charge for the year	9,725	15,000	24,725
Surplus on revaluation	-	-	-
On disposals	-	-	-
At 31 October 2017	<u>154,926</u>	<u>165,002</u>	<u>319,928</u>
<b>Net book value</b>			
At 31 October 2017	<u>1</u>	<u>60,006</u>	<u>60,007</u>
At 31 October 2016	<u>9,726</u>	<u>75,006</u>	<u>84,732</u>

**Earth Natural Foods Ltd**  
**Notes to the Abridged Accounts**  
**for the year ended 31 October 2017**

<b>4 Debtors</b>	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
Trade debtors	2,457	12,638
Deferred tax asset	1,995	616
Other debtors	18,317	16,636
	<u>22,769</u>	<u>29,890</u>

<b>5 Creditors: amounts falling due within one year</b>	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
Loan from former director	100,000	-
Trade creditors	133,586	153,524
Corporation tax	13,147	42,110
Other taxes and social security costs	7,669	5,539
Other creditors	5,326	5,223
	<u>259,728</u>	<u>206,396</u>

<b>6 Creditors: amounts falling due after one year</b>	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
Loan from former director	45,000	-
	<u>45,000</u>	<u>-</u>

The loan is from former director and shareholder G Haslop. The loan is interest free and is repayable within two years.

**7 Provision for liabilities**

Deferred tax:

Accelerated capital allowances

Deferred tax brought forward	(616)	1,920
Charge/(credit) to profit and loss account	(1,379)	(2,536)
	<u>(1,995)</u>	<u>(616)</u>

**Earth Natural Foods Ltd**  
**Notes to the Abridged Accounts**  
**for the year ended 31 October 2017**

<b>8 Share capital</b>	<b>Nominal value</b>	<b>2017 Number</b>	<b>2017 £</b>	<b>2016 £</b>
Authorised Ordinary shares	£1 each	60	<u>60</u>	<u>100</u>
Allotted, called up and fully paid: Ordinary shares	£1 each	1,000,000	<u>1,000,000</u>	<u>1,000,000</u>

During the year, the company redeemed the shares of Ms G Haslop, consisting of 40 ordinary £1 shares, out of reserves for £245,000.

<b>9 Capital redemption reserve</b>	<b>2017 £</b>	<b>2016 £</b>
At 1 November 2016	-	-
Shares redeemed out of reserves	40	-
At 31 October 2017	<u>40</u>	<u>-</u>

**10 Events after the reporting date**

At the date of signing the accounts, an additional £75,000 has been paid of the amount owing to G Haslop (note 8).

**11 Controlling party**

The company is jointly controlled by its two directors, each of whom has an equal share in the company.

**12 Presentation currency**

The accounts are presented in British Pounds Sterling.

**13 Other information**

Earth Natural Foods Ltd is a private company limited by shares and incorporated in England. Its registered office is:

117 Charterhouse Street  
London  
EC1M 6AA

**Earth Natural Foods Ltd**  
**Notes to the Abridged Accounts**  
**for the year ended 31 October 2017**

**14 Reconciliations on adoption of FRS 102**

**Profit and loss for the year ended 31 October 2016**

Profit under former UK GAAP	147,957
Adjustments	-
	<hr/>
Profit under FRS 102	147,957
	<hr/>

**Balance sheet at 31 October 2016**

Equity under former UK GAAP	305,448
Adjustments	-
	<hr/>
Equity under FRS 102	305,448
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**Balance sheet at 1 November 2015**

Equity under former UK GAAP	157,491
Adjustments	-
	<hr/>
Equity under FRS 102	157,491
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