



Companies House
— for the record —

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **17/01/2013**

X209K4JV

Company Name: **100% NATURAL FOODS LIMITED**

Company Number: **07406778**

Date of this return: **26/12/2012**

SIC codes: **10821**

Company Type: **Private company limited by shares**

Situation of Registered Office: **GORDON HOUSE 6 LISSENDEN GARDENS
LONDON
UNITED KINGDOM
NW5 1LX**

Officers of the company

Company Director **1**

Type: **Person**
Full forename(s): **JESSICA ELEANOR**

Surname: **ABIS**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **28/02/1991** Nationality: **BRITISH**

Occupation: **STUDENT**

Company Director **2**

Type: **Person**
Full forename(s): **CHARLOTTE JANE**

Surname: **MCMENEMY**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **14/03/1968** Nationality: **BRITISH**

Occupation: **HOUSEWIFE**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	100
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

THE ORDINARY SHARES SHALL BE NON REDEEMABLE BUT SHALL HOLD FULL RIGHTS IN RESPECT OF VOTING, AND SHALL ENTITLE THE HOLDER TO FULL PARTICIPATION IN RESPECT OF EQUITY AND IN THE EVENT OF A WINDING UP OF THE COMPANY. THE SHARES MAY BE CONSIDERED BY THE DIRECTORS WHEN CONSIDERING DIVIDENDS FROM TIME TO TIME.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	100
		<i>Total aggregate nominal value</i>	100

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 26/12/2012 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : 49 ORDINARY shares held as at the date of this return
Name: CHARLOTTE JANE ABIS

Shareholding 2 : 51 ORDINARY shares held as at the date of this return
Name: JESSICA ELEANOR ABIS

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.