

# LIQ02

## Notice of statement of affairs



Companies House

For further information, please  
refer to our guidance at  
[www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)

### 1 Company details

Company number 0 8 6 5 5 5 1 2

Company name in full Munch Fit Limited

#### → Filling in this form

Please complete in typescript or in  
bold black capitals.

### 2 Liquidator's name

Full forename(s) Elias

Surname Paourou

### 3 Liquidator's address

Building name/number 3rd Floor

Street 37 Frederick Place

Post town Brighton

County/Region Sussex

Postcode B N 1 4 E A

Country

### 4 Liquidator's name ①

Full forename(s) Brian

Surname Burke

#### ① Other liquidator

Use this section to tell us about  
another liquidator.

### 5 Liquidator's address ②

Building name/number High Holborn House

Street 52-54 High Holborn

Post town London

County/Region

Postcode W C 1 V 6 R L

Country

#### ② Other liquidator

Use this section to tell us about  
another liquidator.

LIQ02

Notice of statement of affairs

**6** Date of statement of affairs

Date 

<sup>d</sup>	1	<sup>d</sup>	0	<sup>m</sup>	1	<sup>m</sup>	1	<sup>y</sup>	2	<sup>y</sup>	0	<sup>y</sup>	2	<sup>y</sup>	2
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**7** Statement of affairs

I attach:

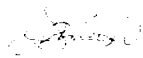
- ☐ Statement of affairs by the liquidator under section 95(1A) of the Insolvency Act 1986
- ☒ Statement of affairs by a director under section 99(1) of the Insolvency Act 1986
- ☐ Statement of concurrence

**8** Sign and date

Liquidator's signature

Signature

X



X

Signature date

<sup>d</sup>	2	<sup>d</sup>	2	<sup>m</sup>	1	<sup>m</sup>	1	<sup>y</sup>	2	<sup>y</sup>	0	<sup>y</sup>	2	<sup>y</sup>	2
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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 **Jamie Balding**

Company name **Quantuma Advisory Limited**

Address **3rd Floor**

**37 Frederick Place**

Post town **Brighton**

County/Region **Sussex**

Postcode **B N 1 4 E A**

Country

DX

Telephone **01273 322400**

**Checklist**

**We may return 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 attached the required documents.
- ☐ You have signed the form.

**Important information**

**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 address below:**

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

**Further information**

For further information please see the guidance notes on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse) or email [enquiries@companieshouse.gov.uk](mailto:enquiries@companieshouse.gov.uk)

**This form is available in an alternative format. Please visit the forms page on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)**

## Statement of Affairs

Statement as to affairs of

Munch Fit Limited

Company Registered Number: 08655512

on the 10 November 2022, being a date not more than 14 days before the date of the resolution for winding up

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### Statement of truth

I believe that the facts stated in this Statement of Affairs are true. I understand that proceedings for contempt of court may be brought against anyone who makes, or causes to be made, a false statement in a document verified by a statement of truth without an honest belief in its truth.

Full Name

Angus Kay

Signed



Dated

10/11/22

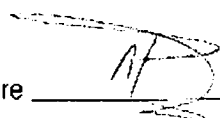
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Munch Fit Limited  
Company Registered Number: 08655512  
Statement Of Affairs as at 10 November 2022

**A - Summary of Assets**

Assets	Book Value £	Estimated to Realise £
<b>Assets subject to fixed charge:</b>		
Furniture, Fittings & Equipment Aldermore	NIL	4,685.00
Deficiency c/d		(28,447.00)
		<u>(23,762.00)</u>
Vehicle, Furniture, Fittings & Equipment Catfoss		11,500.00
Deficiency c/d		(13,840.00)
		<u>(2,340.00)</u>
Furniture, Fittings & Equipment ProSeal	NIL	7,315.00
Deficiency c/d		(13,038.00)
		<u>(5,723.00)</u>
<b>Assets subject to floating charge:</b>		
<b>Uncharged assets:</b>		
Leasehold Property	41,136.00	NIL
Furniture, Fittings & Equipment	6,560.00	NIL
Motor Vehicles	21,356.00	3,750.00
Stock/WIP	123,054.52	NIL
Accounts Receivable	71,814.91	Uncertain
Shares & Investments	110.00	NIL
Other Tangible Assets	127,005.00	NIL
Intangible Assets	115,489.00	NIL
Prepayments	75.00	NIL
Cash at Bank	49,388.77	49,388.77
Rent Deposit	45,865.83	NIL
<b>Estimated total assets available for preferential creditors</b>		<u>53,138.77</u>

Signature



Date

11/11/22

Munch Fit Limited  
 Company Registered Number: 08655512  
 Statement Of Affairs as at 10 November 2022

**A1 - Summary of Liabilities**

		Estimated to Realise £
<hr/>		
<b>Estimated total assets available for preferential creditors (Carried from Page A)</b>		53,138.77
<b>Liabilities</b>		
Preferential Creditors:-		
Employee Arrears/Hol Pay (Count=16)	20,630.50	20,630.50
		<hr/>
<b>Estimated deficiency/surplus as regards preferential creditors</b>		32,508.27
2nd Preferential Creditors:-		
HMRC PAYE/NIC (Employees)	282,820.80	282,820.80
		<hr/>
<b>Estimated deficiency/surplus as regards 2nd preferential creditors</b>		(250,312.53)
Debts secured by floating charges pre 15 September 2003		
Other Pre 15 September 2003 Floating Charge Creditors		NIL
		<hr/>
		(250,312.53)
Estimated prescribed part of net property where applicable (to carry forward)		NIL
<b>Estimated total assets available for floating charge holders</b>		<hr/>
		(250,312.53)
Debts secured by floating charges post 14 September 2003		
		NIL
		<hr/>
<b>Estimated deficiency/surplus of assets after floating charges</b>		(250,312.53)
Estimated prescribed part of net property where applicable (brought down)		NIL
<b>Total assets available to unsecured creditors</b>		<hr/>
		(250,312.53)

Signature



Date

15/11/22

Munch Fit Limited  
 Company Registered Number: 08655512  
 Statement Of Affairs as at 10 November 2022

# A1 - Summary of Liabilities

		Estimated to Realise £
<hr/>		
Unsecured non-preferential claims (excluding any shortfall to floating charge holders)		
Deficiency b/d	31,825.00	
Trade & Expense Creditors	439,210.76	
Employees(Count=17)	54,781.96	
Feast Fit Limited - in Administration	278,685.23	
Directors	3,531.86	
Banks/Institutions	58,843.40	
HM Revenue and Customs - PAYE/NIC	5,051.63	
Consumer Creditor(Count=82)	10,896.75	
		<hr/> 882,826.59
<b>Estimated deficiency/surplus as regards non-preferential creditors (excluding any shortfall in respect of F.C's post 14 September 2003)</b>		<hr/> (1,133,139.12)
<b>Estimated deficiency/surplus as regards creditors</b>		<hr/> (1,133,139.12)
<hr/>		
Issued and called up capital		
Ordinary Shareholders	102.00	
Share Premium Account	2,583,489.33	
		<hr/> 2,583,591.33
<b>Estimated total deficiency/surplus as regards members</b>		<hr/> <u>(3,716,730.45)</u>

Signature



Date

10/11/22

**Quantuma Advisory Limited**  
**Munch Fit Limited**  
**Company Registered Number: 08655512**  
**B - Company Creditors**

Key	Name	Address	£
CA01	Air Products	Hersham Place Technology Park, Molesey Road, Hersham, Walton-on-Thames, KT12 4RZ	1,203.54
CA02	Amazon	1 Principal Place, Worship Street, London, EC2A 2FA	86.69
CA03	Amazon EU S.a.r.l.	38 Avenue John F. Kennedy, Luxembourg 1855, Luxembourg	1,159.29
CA04	Appetite 4 Recruitment Ltd	First Floor, Sollys Mill, Mill Lane, Godalming, Surrey, GU7 1EY	9,720.00
CA05	Arctic Traders	Unit 1 Tripp Hill Buildings, Fittleworth, West Sussex, RH20 1ER	36,750.00
CA06	ATS-Tanner Banding Systems	Catalyst House, 720 Centennial Court, Centennia Business Park, Elstree, Hertfordshire, WD6 3SY	2,883.12
CA07	Angus Fay		3,531.86
CA08	Aldemore Lease	Apex Plaza, Forbury Road, Reading, RG1 1AX	28,447.00
CB00	Bayliss Print	Coach Close, Shireoaks Triangle, Worksop, S81 8AP	6,970.22
CB01	Belazu Ingredient	The Riverside Building, Livingstone Road, Hessle, HU13 0DZ	1,534.75
CB02	Bespoke Business Software (Workhorse)	15 Bell Street, Reigate, England, RH2 7AD	654.00
CB03	Brimit	WTC (Tower C, Level 5), Strawinskylaan 555, 1077 XX Amsterdam, Netherlands	101,286.00
CB04	Barclays (Credit Card)	1 Churchill Place, London, E14 5HP	5,281.53
CB05	Barclays (Loan)	1 Churchill Place, London, E14 5HP	13,533.40
CB0B	Bunzl Uk Ltd trading as Tri-Star Packaging	Unit 4, The Arena, Mollison Avenue, Tenfield, EN3 7NL	7,762.03
CC01	C N Foods Distributors	Unit 10 Lake Business Centre, Tariff Road, London, N17 0YX	290.50
CC03	Cambridge Commodities	203 Lancaster Way Business Park, Ely, Cambridgeshire, CB6 3NX	1,312.34
CC04	Capestone Organic Poultry Limited	Capeston Farm, Walwyns Castle, Haverfordwest, Pembrokeshire, SA62 3DY	662.60
CC05	Catax Tax Relief Uncovered	Catax House, 3 Scott Drive, Altrincham, Cheshire, WA15 8AB	4,848.65
CC06	CitySprint Group	Red Central, 60 High Street, Redhill, RH1 1SH	24,889.69
CC07	Club Cultured	Dephna Kitchens, 26 Chase Road, London, NW10 6QN	195.00
CC08	Coles Refrigeration Ltd	15 Boleyn Drive, Bognor Regis, West Sussex, PO21 3LG	193.44
CC09	Catfoss Leases (3)	Elite House, Spellowgate, Driffild, East Yorkshire, YO25 5UP	13,840.00
CC0G	CHEP UK	Weybridge Business Park, Addlestone Road, Addlestone, Surrey, KT15 2UP	2,677.62
CD00	Dephna Estates	2 Portal Way, Gypsy Corner, London, W3 6RT	2,400.00
CD01	Dephna Impex	2 Portal Way, Gypsy Corner, London, W3 6RT	900.00
CD02	DG Web Services		2,000.00

Signature





**Quantuma Advisory Limited**  
**Munch Fit Limited**  
**Company Registered Number: 08655512**  
**B - Company Creditors**

Key	Name	Address	£
CE00	Elite Performance Nutrition Services Limited	1 London Road, Ipswich, IP1 2HA	1,500.00
CE01	Emotio Design Group	9 Park Place, Newdigate Road, Harefield, Middlesex, UB9 6EJ	29,163.48
CE02	Eurofins	48 Avenue Herrmann-Debroux, Brussels, B-1160, Belgium	1,985.23
CE03	Excell Network	One Central Boulevard, Blythe Valley Park, Shirley, Solihull, Birmingham, B90 8BG	506.54
CF00	Footanstay	Salt Quay House, 4 North East Quay, Sutton Harbour, Plymouth, PL4 0BN	14,443.80
CF01	Feast Fit Limited	5 Westwood House Business Centre, Continental Approach, Margate, CT9 4JG	278,685.23
CG00	Go Custom	Units 12 B&C Orleton Road, Ludlow Business Park, Ludlow, SY8 1XF	52.09
CG01	Gradegold	Unit 6/7 Kelvin Industrial Estate, Long Drive, Greenford, Middlesex, UB6 8GB	20,507.44
CG02	Gradegold Catering	Unit 6/7 Kelvin Industrial Estate, Long Drive, Greenford, Middlesex, UB6 8GB	23,170.58
CH01	HM Revenue & Customs	EIS, Newcastle, BX9 1ZZ	10,103.26
CH02	High Speed Training	Riverside Business Park Dansk Way, Leeds Road, Ilkley, West Yorkshire, LS29 8JZ	30.00
CI00	Lyan Packaging Supplies LTD t/a Icertech	Wrexham Industrial Estate, Clywedog Road South, Wrexham, LL13 9XS	2,683.20
CI01	Indeed Flex	One Smart's Place, 1st Floor, London, WC1V 7AP	20,596.58
CI02	Ital Cutlery Services Limited	Rear Of 47 Manor Avenue, Brockley, London, SE4 1TD	62.40
CJ01	Johnsons/London Linen	c/o Johnson Service Group PLC, Abbots Park, Monks Way, Preston Brook, Cheshire, WA7 3GH	527.45
CJ0B	JMS Janitorial Supplies Ltd	Units 7-8, Astra Business Center, Bonehurst Road, Salfords, Surrey, RH1 5TL	2,780.36
CK00	Kirbys Fresh Produce	Office 6 The East Cut Through, New Covent Garden Market, Nine Elms Lane, London, SW8 5JB	3,218.20
CK01	Kite Packaging	Puma Park, 102-106 Scimitar Way, Coventry, CV3 4GB	1,003.10
CL00	Live Hermosa Ltd	163 Euston Road, London, NW1 2BH	10,000.00
CL02	London Borough of Tower Hamlets	Revenue Services Recovery, Town Hall, Mulberry Place, 5 Clove Crescent, London, E14 2BG	786.00
CN00	NAH Foods Ltd	274 Ampthill Road, Bedford, MK42 9QJ	450.00
CN01	Newmans Stationery	324 Bethnal Green Road, London, E2 0AG	881.10
CN02	Northern Technology Ltd T/A Fleetsmart	3 Beecham Court, Wigan, WN3 6PR	29.10
CO00	Ocado Retail Ltd	Apollo Court 2 Bishop Square, Hatfield Business Park, Hatfield, Hertfordshire, AL10 9EX	2,613.30
CO01	ONIT Direct	Field View Bathley Lane, Little Carlton, Newark, Nottinghamshire, NG23 6BY	372.00
CO02	OpsBase	One Mere Way, Ruddington, Nottingham, NG11 6JS	1,260.00

Signature



**Quantuma Advisory Limited**  
**Munch Fit Limited**  
**Company Registered Number: 08655512**  
**B - Company Creditors**

Key	Name	Address	£
CO03	One Twenty Pictures Ltd	21 Apsley Road, Bath, BA1 3LP	975.00
CP00	Proseal	Geldards LLP, Capital Quarter No. 4, Tyndall Street, Cardiff, Wales, CF10 4BZ	4,770.00
CP01	HMRC PAYE Payable		277,769.17
CP02	Proscal (Lease)	Geldards LLP, Capital Quarter No. 4, Tyndall Street, Cardiff, Wales, CF10 4BZ	13,038.00
CR00	Rebura	Plantation Place South, 1st Floor, 60 Great Tower Street, London, EC3R 5AZ	2,355.85
CR01	REL People Limited	Rel House Southgate Way, Orton Southgate, Peterborough, Cambridgeshire, PE2 6GP	2,898.74
CR02	Rhug	Rhug Estate Office, Corwen, Denbighshire, LL21 0EH	1,919.08
CR03	Roubler UK Limited	84 Eccleston Square, London, SW1V 1PX	470.34
CR04	Rude Health	C/O Lime Corporate Finance Ltd, Embassy Offices, Slangate House, Stanwell Road, Penarth, Vale Of Glamorgan, Wales, CF64 2AA	681.37
CR06	Research & Development Tax Solutions Limited	Catax House, 3 Scott Drive, Altringham, WA15 8AB	20,294.52
CS00	Salesforce Inc.	Village 9, Floor 26 Salesforce Tower, 110 Bishopsgate, London, EC2N 4AY	1,950.32
CS01	Sealed Air	1-3 Cromwell Road, St. Neots, Cambridgeshire, PE19 1QN	8,023.49
CS02	Shoreditch House	Ebor Street, London, E1 6AW	569.88
CS03	Slack	Level 1, Block A, Nova Atria North, Sandyford Business District, Dublin 18, Ireland	6.30
CS04	So Monreal Ltd		67.99
CS05	SO Recruiting	Unit 6 Albion House, High Street, Woking, Surrey, GU21 6BG	1,036.80
CS06	Soho Works	180 The Strand, London, WC2R 1EA	870.00
CS07	Southgate	Sterling House, Hamlin Way, King's Lynn, Norfolk, PE30 4NG	0.64
CS08	Stripe (Loan)	9th Floor, 107 Cheapside, London, EC2V 6DN	40,028.47
CT00	The Change Group Corporation Ltd	353 Oxford Street, London, W1C 2JG	1,891.01
CT01	The London Meat Co Ltd	5 Crown Way, Yiewsley, West Drayton, Middlesex, UB7 8HZ	7,410.57
CT02	The Mill Consultancy	The Mill Village Road, Christow, Exeter, EX6 7LX	294.00
CT03	The Upper Scale	C/o AtlanticRMS, 6th Floor Two Kingdom Street, Paddington, London, W2 6BD	280.00
CT04	Tom Willcocks	My Credit Controllers Ltd, Greetwell Place, 2 Lime Kiln Way, Lincoln, LN2 4US	3,360.00
CT05	Totaljobs Group	Blue Fin Building, 110 Southwark Street, London, SE1 0TA	151.20
CT06	Tower Hamlets	Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG	473.64
CT07	Trilogy Print Solutions	Brooks House, 1 Albion Place, Maidstone, ME14 5DY	578.00
CT08	TRIP Drink Ltd	Unit 5, Drakes Courtyard, 291 Kilburn High Road, London, NW6 7JR	1,441.16

Signature



Quantuma Advisory Limited  
Munch Fit Limited  
Company Registered Number: 08655512  
B - Company Creditors

Key	Name	Address	£
CT09	Tri-Star Packaging Supplies Ltd	York House, 45 Seymour Street, London, W1H 7JT	7,192.30
CT0A	Trustpilot	5th Floor, The Minster Building, 21 Mincing Lane, London, EC3R 7AG	2,547.00
CT0B	TSH Media Ltd t/a The Prophets	Ground & Lower Ground Floors, 25d & 25e Northcote Road, London, SW11 1NJ	8,400.00
CT0E	The Funding Crowd	32 Albert Street, Warwick, CV34 4JX	1,892.00
CU00	UPS	UPS House, Forest Road, Feltham, Middlesex, TW13 7DY	516.74
CV04	Virtulize	29 Sotuh Beach Road, East Ayrshire, KA7 1JR	900.00
CW00	Woods Food Service Ltd	Thomas Higgins Ltd, Lloyds Chambers, 19-21 Seaview Road, Wallasey, CH45 4TH	5,349.29
CZ00	Ziegler	Ziegler Group Corp. HQ General Mgt, Chaussée de Vilvorde 11, 1120, Brussels, Belgium	618.12
CZ01	Zoom Video Communications	4th floor, The Place, 175 High Holborn, London, WC1V 7AA	23.98
90 Entries Totalling			1,123,468.68

Signature



Quantuma Advisory Limited  
Munch Fit Limited  
Company Registered Number: 08655512  
C - Shareholders

Key	Name	Address	Type	Nominal Value	No. Of Shares	Called Up per share	Total Amt. Called Up
HA00	Mohammed Alzamil		Ordinary	0.00	42,100	0.00	0.00
HA01	Ashridge Ltd		Ordinary	0.00	194,444	0.00	0.00
HB00	BTL Limited		Ordinary	0.00	267,400	0.00	0.00
HB01	Christian Bolton		Ordinary	0.00	22,222	0.00	0.00
HC00	Tarek El Chikhani		Ordinary	0.00	55,555	0.00	0.00
HC01	Crowd		Ordinary	0.00	162,230	0.00	0.00
HF00	Angus Fay		Ordinary	0.00	1,113,300	0.00	0.00
HF01	Farm VC		Ordinary	0.00	212,100	0.00	0.00
HJ00	Steve Johnson		Ordinary	0.00	12,600	0.00	0.00
HM00	Spencer Matthews		Ordinary	0.00	27,778	0.00	0.00
HM01	Simon Munir		Ordinary	0.00	124,999	0.00	0.00
HR00	Anthony Robertson		Ordinary	0.00	290,100	0.00	0.00
HR01	Red Moon Management Services Lt		Ordinary	0.00	12,600	0.00	0.00
HS00	Mark Stacpoole		Ordinary	0.00	42,100	0.00	0.00
HS01	Isaac Souede		Ordinary	0.00	47,222	0.00	0.00
HT00	Michel Topper		Ordinary	0.00	210,100	0.00	0.00
HT01	Brendan Tansey		Ordinary	0.00	230,422	0.00	0.00
HV00	Ari Vartiainen		Ordinary	0.00	100,900	0.00	0.00
HW00	Keith Westhead		Ordinary	0.00	55,556	0.00	0.00
HW01	Chris Wheeler		Ordinary	0.00	158,333	0.00	0.00
HW02	John Waterman		Ordinary	0.00	55,555	0.00	0.00
21 Ordinary Entries Totalling					3,437,616		

Signature

