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GRISTEDES FOODS INC  
Form 8-K  
November 03, 2003

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest reported): October 31, 2003  
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GRISTEDE'S FOODS, INC.

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(Exact name of registrant as specified in its chapter)

Delaware	1-7013	13-1829183
(State or other jurisdiction of incorporation)	(Commission File Number)	(IRS Employer Identification No.)

823 Eleventh Avenue, New York, New York	10019
(Address of principal executive offices)	(Zip Code)

Registrant's telephone number, including area code: (212) 956-5803  
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N/A

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(Former name or former address, if changed since last report)

Item 5 - Other Events.

Mr. Kishore Lall was recently appointed by the Board of Directors of Gristede's Foods, Inc. as its new Chief Financial Officer.

Item 7 - Financial Statements, Pro Forma Financial Information and Exhibits

(c) Exhibits

Exhibit No.	Description
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99.1	Press Release of Gristede's Foods, Inc., dated October 31, 2003, announcing third quarter 2003 results.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the

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undersigned hereunto duly authorized.

GRISTEDE'S FOODS, INC.

Date: October 31, 2003

/s/ Kishore Lall

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Kishore Lall  
Chief Financial Officer

EXHIBIT INDEX

Exhibit No. -----	Description -----
99.1	Press Release of Gristede's Foods, Inc., dated October 31, 2003, announcing second quarter 2003 results.