

MTY FOOD GROUP INC.
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Montreal, October 7, 2015

TSX Trading Symbol: "MTY"

NEWS RELEASE

**MTY REPORTS RESULTS FOR THE
THIRD QUARTER OF ITS 2015 FISCAL PERIOD**

Montreal, October 7, 2015 - MTY Food Group Inc. ("MTY" or the "Company") (TSX: MTY), franchisor and operator of multiple concepts of quick service restaurants, reports today the results of its operations for the third quarter of its 2015 fiscal year.

Highlights of the third quarter of 2015:

- Net income attributable to owners reached \$8.2 million (\$0.43 per share) in the third quarter of 2015, a 15% increase over the third quarter of last year.
- EBITDA for the quarter grew by 27%, at \$13.3 million, fuelled by strong results of the franchising segment.
- Cash flows from operations were \$17.8 million during the third quarter, compared to \$8.0 million a year earlier. As at August 31, 2015, the Company held net cash of \$20.5 million.
- System sales increased by 19% compared to 2014, reaching \$274.7 million for the third quarter. For the first nine months of 2015, system sales were \$790.9 million, up 22% compared to 2014.
- Same-store-sales were down 1.6% during the quarter. The Company suffered from a weak month of August, which was the network's worst month since June 2013. For the first nine months of 2015, same store sales were down 0.3%.
- There were 2,740 franchised and corporate stores in operations at the end of the third quarter

(in thousands of \$, except per share information)

	Three months ended			Nine months ended		
	August 31, 2015	August 31, 2014		August 31, 2015	August 31, 2014	
Revenue	35,003	30,234	16%	105,722	85,238	24%
Operating expenses	21,663	19,735	10%	68,515	53,848	27%
EBITDA	13,340	10,499	27%	37,207	31,390	19%
Amortization and depreciation charges	2,087	1,734	20%	6,255	5,236	19%
Other income and charges, including interest	170	739	-77%	805	899	-10%
Income before taxes	11,423	9,504	20%	31,757	27,053	17%
Net income attributable to owners	8,176	7,102	15%	22,896	19,905	15%
Basic and diluted earnings per share	0.43	0.37		1.20	1.04	
Locations in operation				2,740	2,611	
System sales	274,653	230,903	19%	790,890	650,487	22%
Same store sales	-1.6%	-1.6%		-0.3%	-1.8%	

Note: These are financial highlights only. Management's Discussion and Analysis, the condensed interim consolidated financial statements and notes thereto for the quarter ended August 31, 2015 will be available on the SEDAR website at www.sedar.com and on the Company's website at www.mtygroup.com.

Certain information in this News Release may constitute "forward-looking" information that involves known and unknown risks, uncertainties, future expectations and other factors which may cause the actual results, performance or achievements of the Company or industry results, to be materially different from any future

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**On Behalf of the Board of Directors of
MTY Food Group Inc.**

Stanley Ma, Chairman, President & CEO

For more information please contact Eric Lefebvre, Chief Financial Officer at 1-514-336-8885 or by email at ir@mtygroup.com, or visit our website: www.mtygroup.com or SEDAR's website at www.sedar.com under the Company's name.