

Cultures Bowls wins DUX program's 2014 best new menu product

TSX Trading Symbol: "MTY"

MONTREAL, Feb. 20, 2014 /CNW Telbec/ - MTY Food Group Inc. ("MTY" or the "Company") (TSX: MTY), announced that Cultures Restaurants was awarded **BEST NEW MENU PRODUCT (Small-Medium Enterprise)** at the annual DUX gala on January 29, 2014 for their Cultures Bowls. Cultures Bowls feature a variety of fresh toppings served on warm brown rice.

"We are thrilled to be recognized for our Cultures Bowls, which were launched in the hopes of providing our customers with a satisfying, healthy meal that combines fresh ingredients, great taste and is good for them," said Jennifer Ma, Senior Marketing Director for Cultures, MTY Group.

Held in Montreal, the annual DUX gala recognizes companies who are leaders in implementing healthy eating initiatives. DUX is a program that aims to motivate and mobilize initiatives that contribute to improving the health of young people and their families through food. It aims to celebrate excellence to a wide public, professionals as well as consumers, and become the reference for business leadership in the food industry.

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 results, performance or achievements expressed or implied by such forward - looking information. When used in this News Release, this information may include words such as "anticipate", "estimate", "may", "will", "expect", "believe", "plan" and other terminology. This information reflects current expectations regarding future events and operating performance and speaks only as of the date of this News Release. Except as required by law, we assume no obligation to update or revise forward looking information to reflect new events or circumstances. Additional information is available in the Company's Management Discussion and Analysis, which can be found on SEDAR at www.sedar.com.

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

Stanley Ma, Chairman, President & CEO

SOURCE: MTY Food Group Inc.

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For further information:

Eric Lefebvre, Chief Financial Office 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.

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