

MTY FOOD GROUP INC.

(the "Company")

July 12, 2006

TSXV Trading Symbol: "MTY"

SECOND QUARTER RESULTS

MTY Food Group Inc., franchisor and operator of over 716 quick service restaurants, with targeted full 12 months system-wide sales of over \$160 million, under the banners of: Tiki Ming, Sukiyaki, La Crechiere, Cultures, Thai Express, Mrs. Vanellis, TCBY, Veggirama, Caferama, Au Vieux Duluth Express, Carrefour Oriental, Panini Pizza Pasta, Chick 'N' Chick, Franx Supreme, Croissant Plus, Villa Madina, and Yogen Früz, today reported its operating results for the six-month period ended May 31, 2006.

The Company is pleased to announce a net income for the six-month period ended May 31, 2006 of \$2.29 million or \$0.14 per share compared to a net income of \$1.66 million or \$0.11 per share for the same period last year, representing a remarkable increase of 38%.

For the quarter ended May 31, 2006, net income was \$1.31 million or \$0.08 per share, compared to \$942,609 or \$0.06 per share for the same period last year, representing an outstanding increase of 39%.

Total revenues for the Company increased by 11% to \$9.11 million for the six-month period ended May 31, 2006 compared to \$8.19 million for the same period last year.

Revenue from franchise locations increased by 20% to \$7.49 million for the six-month period ended May 31, 2006 from \$6.22 million for the same period last year.

EBITDA increased to \$3.89 million from \$2.93 million representing an increase of 33% for the six-month period ended May 31, 2006 over the same period last year.

Same store sales increased 5% for the six-month period ended May 31, 2006 compared to the same period last year.

The Company had, as at May 31, 2006, cash and temporary investments of \$12.96 million compared to \$10.55 million as at November 30, 2005.

Management remains committed and focused on growing through internal expansion and continuously seeking out potential acquisitions in the restaurant and franchising operations.

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

Stanley Ma, Chairman, President & CEO

For more information please contact Jean-Francois Dube, Investor Relations at 1-450-226-8475 or by email at jfcinc@cgocable.ca or visit our website: www.mtygroup.com

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.