

MTY FOOD GROUP INC.  
(The "Company")

March 6, 2007

TSXV TRADING SYMBOL: "MTY"

**NEWS RELEASE**

**2006 YEAR END RESULTS**

MTY Food Group Inc.(the "MTY"), franchisor and operator of quick service restaurants, under the banners of: Tiki Ming, Sukiyaki, Thai Express, Koya Japan, Sushi Shop, Cultures, Veggirama, Croissant Plus, Mrs. Vanellis/Vanellis, Panini, Franx Supreme, Kim Chi, La Crmiere, TCBY, Yogen Früz, Au Vieux Duluth Express, Villa Madina, Chick n Chick, Caferama, Carrefour Oriental, today reports its financial and operating results for the fiscal year ending November 30, 2006.

MTY reported a net income of \$5.80 million or \$0.33 per share (\$0.31 per fully diluted share) compared to a net income of \$4.25 million or \$0.27 per share (\$0.25 per fully diluted share) for 2005, representing an outstanding increase of 36%. The increase is primarily attributable to the full year's contribution of "TCBY", 8 months contribution from Yogen Früz, 3 months from Sushi Shop, 42 days from Koya Japan and additional income from new outlets opened during the 2006 fiscal year.

Total revenue increased by 20%, to \$22.4 million from \$18.62 million for the same period last year. Revenue from franchise locations increased by 20% to \$18.11 million from \$15.11 million for 2005. Revenue from corporate owned locations increased to \$4.29 million from \$3.50 million, representing a solid increase of 22%. EBITDA rose from \$7.09 million to \$9.72 million for 2006, resulting in an impressive 37% increase.

For the quarter ended November 30, 2006, MTY reported a net income of \$1.86 million or \$0.10 per share (\$0.10 per fully diluted share) compared to a net income of \$1.27 million or \$0.08 per share (\$0.07 per fully diluted share) for the same quarter in 2005, representing an overwhelming increase of 46%.

For the fourth quarter of 2006, total revenue increased by 34%, to \$7.57 million from \$5.66 million for the same quarter in 2005. Revenue from franchise locations increased by 19% to \$5.82 million from \$4.90 million, and revenue from corporate owned units increased to \$1.75 million from \$0.75 million for the same quarter in 2005, resulting in an increase of 132% due to the additional 6 corporate stores from Sushi Shop and Koya Japan.

EBITDA increased from \$2.04 million to \$3.12 million for the fourth quarter of 2006, representing an increase of 53%.

Subsequent to disbursing \$8.93 million of its liquidity for the Sushi Shop and Koya acquisitions during the last quarter of 2006, MTY was left with \$8.7 million in cash and temporary investments as at November 30, 2006 compared to \$10.55 million for 2005.

MTY had, as at November 30, 2006, 784 locations (762 franchised and 22 corporate) in operation compared to 527 locations (515 franchised and 12 corporate) for 2005 resulting in a net addition of 257 locations for the year compared to 107 for 2005. During the 2006 fiscal year, MTY opened 52 new units compared to 34 units for the previous year.

MTY total system wide sales amounted to \$160.4 million for the 2006 fiscal year compared to \$119.7 million for 2005, representing an increase of 34%. Same store sales grew by 4.8%.

Management believes the prospects and outlook for 2007 are promising.

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

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Stanley Ma, Chairman & CEO

For more information please contacts Jean-Francois Dube, investor relations at 1 450 226 8475 or by e-mail at [jfcinc@ogocable.ca](mailto:jfcinc@ogocable.ca) or visit our website: [www.mtygroup.com](http://www.mtygroup.com) - The Canadian Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.