

MTY FOOD GROUP INC.
(The "Company")

March 7, 2006

TSXV TRADING SYMBOL: "MTY"

NEWS RELEASE

2005 YEAR END RESULTS

MTY Food Group Inc., franchisor and operator of quick service restaurants, today reports its financial and operating results for the fiscal year ending November 30, 2005.

Net income from the Company's operations for the 2005 fiscal year increased to a record \$4.25 million or \$0.27 per share compared to \$2.91 million or \$0.19 per share for the same period last year, representing an outstanding increase of 46%.

2005 fiscal year revenues of the Company have increased to \$18.62 million from \$15.51 million, an increase of 20%, over the 2004 fiscal year.

EBITDA for 2005 fiscal year increased to \$7.09 million from \$4.89 million, representing an outstanding increase of 45% over the same period last year.

During the 2005 fiscal year, the Company added 91 locations with the acquisition of the Canadian Master Franchise Rights of TCBY and opened a total of 34 new locations. As of November 30, 2005, the Company had 527 locations in full operation.

As at November 30, 2005, the Company had \$10.55 million of cash, term deposits, short-term notes and marketable securities. This amount is net of payments of \$1.17 million used to finance the acquisition of the Canadian Master Franchise Rights of TCBY and the repayment of the Company bank term loan of \$1.38 million.

The Company operates and franchises quick service restaurants under the following banners: Tiki Ming, Sukiyaki, Mrs. Vanellis/Vanellis, Croissant Plus, La Cremiere, Thai Express, Cultures, Pad Thai, Veggirama, Caferama, Au Vieux Duluth Express, Franx Supreme, Panini Pizza Pasta, Chick 'N' Chick, Villa Madina, Carrefour Oriental, and TCBY. As at November 30, 2005, the Company has increased the number of units in operation to 527 units as compared to 420 units as at November 30, 2004.

Management remains committed and focused on growing through internal expansion and through continuously seeking out potential acquisitions.

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

Stanley Ma, Chairman & CEO

For more information please contact Jean-Francois Dube, investor relations at 1 450 226 8475 or by e-mail at jfinc@cgocable.ca or visit our website: www.mtygroup.com - The Canadian Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.