

*MTY FOOD GROUP INC.*  
3465 Thimens, Ville St. Laurent, Quebec, H4R 1V5

May 14, 2004

TSXV Trading Symbol: "MTY"

## **NEWS RELEASE**

### ***OPTION GRANTED***

The Company has agreed to grant to Mr. Jean-Francois Dube, Investor Relations consultant of the Company, Mr. Brian Worts, COO of Matoyee Enterprises Inc. Mr. Ernest Siu, VP Operations of Matoyee Enterprises Inc. and Mr. Ted Oberfeld, Leasing Consultant of the Company, incentive stock options under the Company's Stock Option Plan, for the purchase of 250,000, 100,000, 50,000 and 25,000 common shares of the Company, respectively, at an exercise price of \$1.03 per share, representing the last 10 days trading average, less authorised discount, with a minimum of four-months hold period, vested every three months over the next 36 to 48 months, subject to the acceptance of the formal documentation for filing by the TSX Venture Exchange.

**ON BEHALF OF THE BOARD OF DIRECTORS OF  
MTY FOOD GROUP INC.**

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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](mailto:jfcinc@cgocable.ca) or visit our website: [www.mtygroup.com](http://www.mtygroup.com) This news release was prepared by management who takes full responsibility for its contents. THE TSX VENTURE EXCHANGE NEITHER APPROVES NOR DISAPPROVES THE CONTENTS OF THIS NEWS RELEASE.