

**MTY FOOD GROUP INC.**  
(the "Company")

October 16, 2007

TSXV Trading Symbol: "MTY"

**THIRD QUARTER RESULTS**

MTY Food Group Inc. (MTY), franchisor and operator of over 809 quick service restaurants, under the banners of: Tiki Ming, Sukiyaki, La Crèmiere, Cultures, Thai Express, Mrs. Vanellis, Veggirama, Caferama, Au Vieux Duluth Express, Yogen Früz, Carrefour Oriental, Panini Pizza Pasta, Chick 'N' Chick, Franx Supreme, Croissant + Plus, Villa Madina, Kim Chi, TCBY, Sushi Shop and Koya Japan reported its operating results for the nine-month period ended August 31, 2007.

MTY is pleased to announce another record earnings for the nine-month period ended August 31, 2007 of \$6.71 million or \$0.36 per share (\$0.35 per fully diluted share) compared to a net income of \$3.93 million or \$0.23 per share (\$0.21 per fully diluted share) for the same period last year, representing a solid increase of 71%. The acquisitions of Sushi Shop, Yogen Früz and Koya Japan, organic growth and the gains on sale of three corporate stores are the reasons explaining these phenomenal results.

For the nine-month period, total revenue increased by 58%, to \$23.37 million from \$14.83 million for the same period last year. Revenue from franchise stores increased by 50% to \$18.39 million from \$12.29. Revenue from corporate owned locations also increased to \$4.98 million for the nine-month period from \$2.54 million for the same period last year, representing an increase of 96%. EBITDA increased from \$6.6 million to \$11.31 million for the period representing an increase of 71%.

For the quarter ended August 31, 2007, net income was \$2.9 million or \$0.15 per share (\$0.15 per fully diluted share), compared to \$1.64 million or \$0.09 per share (\$0.09 per fully diluted share) for the same period last year, representing an increase of 77%.

For the quarter, total revenue increased by 53% to \$8.77 million from \$5.72 million for the same period last year. Revenue from franchise locations increased by 48% to \$7.08 million from \$4.79 million for the quarter then ended. Revenue from corporate owned locations increased to \$1.69 million for the quarter from \$0.92 million representing an increase of 82%. EBITDA increased from \$2.71 million to \$4.62 million for the quarter representing an increase of 71%.

MTY total system wide sales amounted to \$166 million during the nine-month period compared to \$114.1 million for the same period last year, representing an increase of 45%. Same store sales grew by 3.9% for the period.

As at August 31, 2007, MTY had cash, term deposits and short-term notes totaling \$16.1 million compared to \$8.7 million as at November 30, 2006.

Approximately 65 new locations have been planned for the 2007 fiscal year of which 58 locations have already been opened since December 1<sup>st</sup>, 2006. Management remains committed and focused on expanding through internal growth and will continue seeking potential acquisitions to further strengthen its market position.

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