

MTY FOOD GROUP INC.
3465 Boulevard Thimens
St-Laurent, Quebec, H4R 1V5
Ph: (514) 336-8885
Fax: (514) 336-9222

September 4, 2007

Trading Symbol: TSX Venture - MTY

Sushi Shop and Tempura transaction closed

Further to MTY Food Group Inc.'s (the "Company") news release dated August 2, 2007 concerning the proposed transaction of the 15 Sushi Shop and tempura facility from an investor group, for a consideration of \$4,600,000 and 10,000 common shares of the Company, the Company is pleased to announce that the transaction has now closed.

Projected sales for the 15 stores and tempura facility are estimated at \$8,000,000 for the next 12 month period.

With the completion of the transaction, the Company's corporately owned store count has increased to 35, representing 4% of the Company's total stores.

The Company intends to re-franchise most of these stores when the opportunity presents itself.

Management remains committed and focused and will continue to look for future growth opportunities for expansion in the restaurant and franchising field.

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

Stanley Ma, Chairman of the Board

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.