

MTY FOOD GROUP INC.
(the “Company”)

September 6, 2006

Trading Symbol: TSX Venture - MTY

SUSHI SHOP ACQUISITION CLOSED

Further to the Company's news releases dated July 21, 2006 concerning the proposed acquisition of all of the assets, tradenames, trademarks and franchise systems of Sushi Shop and Sushi Shop Express, the Company is pleased to announce that the transaction has now closed.

This is a great acquisition for the Company as it provides a great potential opportunity for further development.

There are presently 48 existing Sushi Shop and Sushi Shop Express outlets in operation in Quebec, for the retail sale of fresh sushi and related products for carryout and on-premise consumption. Eight new Sushi Shop outlets are scheduled to open within the next few months.

The Acquisition of Sushi Shop represents the Company's ninth acquisitions in the past few years. This acquisition will complement and expand the Company's existing quick service franchise operations, and bring the number of quick service franchise outlets in operation to over 780.

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 or www.tcbycanada.com

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