

MTY FOOD GROUP INC.
(the "Company")

November 30, 2009

TSXV Trading Symbol: "MTY"

MTY Group: Franchisor of the Year

The Conseil québécois de la franchise (CQF) hosted its annual *Gala Maillon d'Or* on November 24, 2009 where MTY Food Group Inc. (MTY) was awarded the *Prix Maillon d'Or* for Franchisor of the Year under its Thai Express banner, and the *Prix Maillon d'Or* for Marketing and Communications under its Sushi Shop banner. This prestigious award is an attestation of MTY's commitment to all its banners and franchisees and its continued drive to being one of Canada's leading franchisors in the quick service restaurant industry.

MTY Food Group Inc. (MTY), headquartered in St-Laurent, Quebec is a franchisor and operator of over 1,534 quick service restaurants under 25 banners.

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

Stanley Ma, Chairman, President & CEO

For more information, please contact Jean-Francois Dubé, Investor Relations at 1-450-226-8475 or by -email at jfcinc@cgocable.ca or visit our website: www.mtygroup.com. This news release was prepared by management who takes full responsibility for its contents. Neither the TSX Venture Exchange nor its Regulation Services Provide (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this news release.