

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

September 16, 2010

TSX Trading Symbol: "MTY"

NEWS RELEASE

MTY COMPLETES ACQUISITION OF GROUPE VALENTINE

MTY Food Group Inc. ("MTY" or the "Company") wholly owned subsidiary, MTY Tiki Ming Enterprises Inc., has closed the acquisition of all of the issued and outstanding shares of Groupe Valentine Inc. and 9180-7420 Quebec Inc. as well as seven properties owned by an affiliated corporation of the vendors, as previously announced on August 16, 2010.

Jean-Pierre Robin, current President of Valentine, will continue in his present role to lead a talented and dedicated team to continued successes and achievements.

"By acquiring a profitable franchise system, a strong brand, a skilled and experienced team and some key strategic assets, MTY strengthens its position as one of the leaders of the quick service restaurants industry in Canada. The potential for synergies between the two organizations is very tangible, and bring MTY's store counts to over 1,700 outlets in operation, with 98.5% franchised and 1.5% corporate-owned" said Stanley Ma, Chairman, President and CEO of MTY.

Certain information in this News Release may constitute "forward-looking" information that involves known and unknown risks, uncertainties, future expectations and other factors which may cause the actual results, performance or achievements of the Company or industry results, to be materially different from any future results, performance or achievements expressed or implied by such forward-looking information. When used in this News Release, this information may include words such as "anticipate", "estimate", "may", "will", "expect", "believe", "plan" and other terminology. This information reflects current expectations regarding future events and operating performance and speaks only as of the date of this News Release. Except as required by law, we assume no obligation to update or revise forward-looking information to reflect new events or circumstances. Additional information is available in the Company's Management Discussion and Analysis, which can be found on SEDAR at www.sedar.com.

**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 visits our website: www.mtygroup.com or visit SEDAR's website at www.sedar.com under the Company's name.