

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

October 19, 2010

TSX Trading Symbol: "MTY"

NEWS RELEASE

MTY DECLARES DIVIDENDS

Montreal, MTY Food Group Inc. ("MTY" or the "Company"), franchisor and operator of over 1,700 quick service restaurants, announced that it has established a dividend payment policy and that the Board of Directors has declared a quarterly dividend of 4.5¢ per share. The dividend will be payable on November 17, 2010 to shareholders registered in the Company's records at the end of the business day on November 3, 2010.

We are pleased to announce our first dividend, which symbolizes MTY's ongoing financial success over the past many years. We believe it is an excellent way of thanking our current and future shareholders. We also believe that our decision will result in a wider distribution of our shares, in particular among investors looking for shares in companies that pay dividends. Our dividend policy will in no way affect our growth strategy, which we will achieve through organic growth and by successfully completing acquisitions.

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 Dube, Investor Relations at 1-450-226-8475 or by email at jfdube@mac.ca or visits our website: www.mtygroup.com or visit SEDAR's website at www.sedar.com under the Company's name.