



Contact: Alexis Mimos
(617) 787-6000

FOR IMMEDIATE RELEASE

UFood Grill Opens at Dallas/Fort Worth International Airport

Dallas, TX March 16, 2009: UFood Restaurant Group, Inc. (OTCBB: UFFC), an operator of “better-for-you” fast-casual restaurants, announced the opening of its first location at Dallas/Fort Worth International Airport in Terminal B on Saturday, March 14, 2009 with franchise developer and operator, Puente-Brancato Enterprises, Inc. Puente-Brancato Enterprises, Inc. currently operates fourteen other businesses at DFW International Airport.

The unit at DFW International Airport is the second UFood Grill airport location. Capitalizing on consumer demand for quick service restaurants that offer great-tasting food with healthy attributes, UFood Grill stands out among the traditional airport fare. In fact, the Company was recently named “2009 Best New Concession” in the Food & Beverage category by *Airport Restaurant News* for their location at Boston Logan Airport. Management believes that the dynamics of the airport market will help bring worldwide brand awareness and profitability to the Company.

DFW International Airport is the busiest airport in Texas, transporting over 59 million passengers through its 6 terminals. It is recognized as the seventh busiest airport in the world.

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UFood Grill takes a back-to-basics approach to tasty, healthful cooking, where everything served is high quality and guests are encouraged to make dining choices that work for their life and the way they like to eat. The UFood Restaurant Group was founded by George Naddaff, best known for his role as founder of Boston Chicken (now Boston Market), Living and Learning Schools, and Mulberry Childcare Centers. To learn more, please visit **ufoodgrill.com**.

Forward-Looking Statements

This press release contains forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995 involving known and unknown risks, delays, and uncertainties that may cause our actual results or performance to differ materially from those expressed or implied by these forward-looking statements. These risks, delays, and uncertainties include, but are not limited to: risks associated with the uncertainty of future financial results, our reliance on our sole supplier, the limited diversification of our product offerings, additional financing requirements, development of new products, government approval processes, the impact of competitive products or pricing, technological changes, the effect of economic conditions and other uncertainties detailed in the Company's filings with the Securities and Exchange Commission. The Company undertakes no obligation to update any forward-looking statements.