

UFood Grill Announces Opening of 1st Chicago Location

Boston, MA July 29, 2008: UFood Restaurant Group, Inc. (OTCBB: UFFC), a franchisor and operator of fast-casual food restaurants, today announced the opening of the first UFood Grill location in the Chicago metropolitan area. This franchise will be developed and operated by franchisee Carl Dissette. The new restaurant is in the heart of downtown Chicago at 200 W. Jackson Boulevard, located near the Sears Tower and the Chicago Board of Trade.

George Naddaff, Chairman and CEO of UFood Grill comments, "Carl's extensive experience in opening and running a restaurant chain has enabled him to open the restaurant sooner than we had expected. We encourage the people of Chicago to embrace the UFood Grill experience and our exciting diverse menu."

About UFood Restaurant Group, Inc.

Headquartered in Boston, MA, UFood Restaurant Group, Inc. is a franchisor and operator of fast-casual food service restaurants with an integrated retail store that sells nutritional products for a dual revenue stream business. UFood Grill offers a healthy lifestyle alternative to consumers in the fast-casual restaurant space. The Company is led by franchise innovator George Naddaff, who founded Boston Market and led the franchising of several companies including Sylvan Learning Center and Ranch*1. Mr. Naddaff has a veteran management team in place with experience in both the restaurant and franchise markets. There are currently nine UFood Grill locations in operation.

For more information about the Company, visit <http://www.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.

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