



**UFood Grill**  
feel great. eat smart.

**For Immediate Release**

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**UFOOD RESTAURANT GROUP NAMES GENERAL MANAGER  
FOR NEW ABERDEEN PROVING GROUND MILITARY BASE LOCATIONS**

**Boston, Mass., January 10, 2012** - UFood Restaurant Group Inc. (OTCBB: UFFC) announced today that Abdelkabir Warrad, who has served as general manager of the UFood Grill corporate-owned restaurant at Logan International Airport for two years, will manage the company's new three units at Aberdeen Proving Ground military base in Maryland.

UFood Restaurant Group was awarded a contract by the Army and Air Force Exchange Service (AAFES) to build and operate three UFood Grill units at Aberdeen Proving Ground.

An experienced restaurant operator, Warrad was a general manager for Au Bon Pain in Boston for four years. He also previously managed Cosi's Logan Airport location for three years prior to joining UFood Grill.

"Our history of success in working with Abdel naturally led us to conclude that he was the right person to manage this effort as we open our first units in the military channel," said UFood CEO George Naddaff. "We have every confidence that Abdel will build a team that offers our customers the best customer service and welcoming hospitality while upholding our high quality standards."

The place where "delicious meets nutritious," UFood Grill is committed to offering consumers food that tastes great, is lower in calories and fat and, wherever possible, serves meals that are antibiotic and hormone-free, gluten-free as well as natural, grass-fed beef and cage-free eggs. UFood boasts a wide-ranging menu that includes lean burgers, rice bowls, salads, wraps, paninis and smoothies.

**About UFood Restaurant Group, Inc.**

Headquartered in Boston, Mass., UFood Restaurant Group, Inc. is a franchisor and operator of fast-casual food service restaurants. UFood Grill offers a healthy lifestyle alternative to consumers in the fast-casual restaurant space and is positioned to become a leading player in the "better-for-you" quick-serve restaurant category. 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 VR Business Brokers. Mr. Naddaff has assembled a veteran management team with a successful record in the franchise market. UFood is currently launching a growth plan to franchise nationwide. To learn more, visit [www.ufoodgrill.com](http://www.ufoodgrill.com).

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### **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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