



UFood Grill
feel great. eat smart.

For Immediate Release

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**UFOOD RESTAURANT GROUP BEGINS CONSTRUCTION OF TWO UFOOD GRILL
UNITS AT SALT LAKE CITY INTERNATIONAL AIRPORT,
DRIVING NATIONAL EXPANSION OF THE CONCEPT**

Boston, Mass., January 23, 2012 - UFood Restaurant Group Inc. (OTCBB: UFFC) announced today construction has begun on two UFood Grills at Salt Lake City International Airport, Salt Lake City, Utah. Part of the airport's revitalized concessions program, the two UFood Grills are expected to open in late April, 2012. Airports present a strong growth opportunity for UFood Grill as travelers seek quick – but healthy – meal options. The company currently operates airport locations in Boston, Cleveland and Dallas.

Franchisee Hojeij Branded Foods, a boutique company specializing in airport food and beverage concessions development, operations and managing contracts at the nation's top airports, will own and manage the locations.

“Hojeij Branded Foods is a top-tier airport operator and a great partner for us,” said UFood CEO George Naddaff. “We know that travelers are seeking better-for-you meal options at the airport to bring on board their flights. We are excited to expose a new customer base to our brand through this relationship.”

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. UFood has been approved for expansion into the military channel and will open three units at Aberdeen Proving Ground in Maryland, the first of which is under construction and the second is planned for construction start in eight weeks.

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 also founded two of the first educational day care centers in the United States, Living and Learning Centers and Mulberry Child Care Centers, both of which were sold to KinderCare®. Mr. Naddaff has assembled a veteran management team at UFood Grill 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.

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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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