



UFood Grill
feel great. eat smart.

For Immediate Release

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**UFOOD RESTAURANT GROUP OFFERS \$5.00 COUPONS
WITH PURCHASE OF \$20.00 HOLIDAY GIFT CARDS**

Boston, Mass., November 21, 2011 - UFood Restaurant Group, Inc. (OTCBB: UFFC) announced that the company is offering \$5.00 coupons to customers purchasing holiday gift cards valued at \$20.00 or more. Both coupons and gift cards are redeemable at all UFood locations. Coupons are valid from November 25 to December 31, 2011.

Gift cards continue to surge in popularity during the holidays. According to the research firm Tower Group, gift card sales hit \$91 billion in 2010, and are expected to hit \$100 billion by the 2012 holiday season.

“The holidays are synonymous with the spirit of giving,” said UFood CEO George Naddaff. “Offering a gift card makes it easier for consumers to introduce friends and families to a healthy food option offered at UFood locations. We are extremely grateful for all of our loyal customers, and are happy to give back this holiday season with a coupon for the food they know and love, cooked in a healthier way.”

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.

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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