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UFood Restaurant Group, Inc. Leads in Menu Labeling

Boston, MA March 27, 2008: UFood Restaurant Group, Inc. (OTCBB: **UFFC**), a franchisor and operator of fast-casual food service restaurants and nutritional product retail stores, has been recognized by Restaurant Hospitality Magazine as the thought leader in the rapidly evolving field of menu labeling in the restaurant industry. Since its inception UFood has understood that today's consumers demand from their restaurant fare the same level of transparency they get in a supermarket. Menu labeling has been a standard feature at UFood Grill, and it always will be.

UFood Grill was featured in an article in the March 2008 edition of Restaurant Hospitality Magazine, "*A Big Punch for Menu Labeling.*" The article describes how New York City health commissioner, Dr. Thomas Frieden, will be forcing chain restaurants in the city to comply with the recently approved menu-labeling rule. Going into effect March 31, 2008, chain restaurants having more than 15 units nationwide must provide detailed nutritional information on all menus and menu boards in their New York City locations. The article states that restaurants will complain, since complying with this rule may be an expensive and problematic requirement for most chains. The article goes on to quote Margo Wootan, the director of The Center for Science, in the Public Interest's nutrition policy, "We expect that many more cities, counties and states will require menu labeling once they see how easy it is for these chains to list calories on menus."

For more information on UFood's menu and its nutritional information, go to UFood's newly updated web site, <http://www.ufoodgrill.com/>.

For more information on the article, go to http://restaurant-hospitality.com/trends/big_punch_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 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 Ranch*1. Mr. Naddaff has a veteran management team with a record of success in the franchise market. UFood is currently launching a growth plan to franchise nationwide.

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.