



FOR IMMEDIATE RELEASE

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UFood Restaurant Group Announces New Restaurant Location at Parkland Memorial Hospital

- **First Nontraditional Location at a Hospital**

BOSTON, MA – July 7, 2009 -- UFood Restaurant Group, Inc. (OTC BB: UFFC) announced today that its Texas franchisee, Puente-Brancato Enterprises, Inc., has signed a lease agreement for a UFood Grill Restaurant in Parkland Memorial Hospital, Dallas (Texas) County's public hospital.. UFood Restaurant Group's other nontraditional restaurants are located at airports in Boston, Massachusetts and Dallas/Fort Worth, Texas. Puente-Brancato Enterprises, Inc. also owns and operates the UFood Grill at Dallas/Fort Worth International Airport ("DFW") in Terminal B. UFood Grill has also recently signed a lease agreement for its second location in Boston Logan Airport.

Parkland is a 685-bed hospital with 9,000 employees including 1,300 physicians, 2,300 registered nurses and 1,200 fellows and residents. Parkland is one of the country's busiest hospitals with more than 56,000 adult and neonatal admissions, 130,000 emergency department visits and 970,000 clinic/health center visits annually. Management expects the restaurant to be opened by December 1, 2009.

Gina Puente-Brancato, the Chief Executive Officer of Puente-Brancato Enterprises, Inc., stated, "We are excited to be opening our second UFood Grill Restaurant because of the success our group has had at our DFW location. As a large operator of 20 other business entities at DFW, we have been impressed with the accomplishments we have experienced and the potential for

growth of the UFood Grill Restaurant concept. We are very pleased to have been selected by one of the country's best and largest hospitals. The UFood concept is a natural fit for hospitals looking to provide its employees, patients, and guests a quick-service restaurant offering customers a 'better-for-you' and unique casual dining experience."

Investors wanting to be added to the UFood Restaurant Group email distribution list please email investor@ufoodgrill.com and you will be added to the list.

About UFood Restaurant Group, Inc.

Headquartered in Boston, MA, 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's 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. 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.