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FOR IMMEDIATE RELEASE

UFOOD GRILL ANNOUNCES THE SIGNING OF A FRANCHISE AGREEMENT FOR THIRTY-FIVE LOCATIONS WITH CONGUSTO, LP

Boston, MA: July 15, 2010 – UFood Restaurant Group Inc. (OTCBB: UFFC) announced today that it has partnered with Congusto, LP of Arlington, Texas to open 35 new UFood Grill locations in the Southwest United States.

Troy Alley, Jr., a Congusto partner said, “The opening of 35 brand-new UFood Grill locations throughout the Southwest will have an encouraging impact on all communities. The requests for healthier food options in this country continue to rise and these UFood Grill locations will cater to this demand. The partnership between UFood Grill and Congusto will be a positive new venture, and we look forward to being involved in the promotion of a healthier lifestyle for everyone.”

Congusto, LP is a Southwest based enterprise that specializes in the development of restaurants that offer alternative dining options designed to promote health. Taking its definition of “in good health” literally, Congusto plans to expand its reach nationwide to offer healthier food options that actually taste good.

Congusto, LP is a new development venture for Gerald and Troy Alley, the owners of Con-Real, LP, Bravado Partners, and The Alley Group. The creation of Congusto complements the Alley’s other entities in the areas of real estate development, construction and facility ownership that serve the commercial, institutional and hospitality industries throughout the US.

George Naddaff, Chairman and CEO of UFood Grill said, “This 35 unit expansion of UFood Grill is a tremendous reinforcement of a brand dedicated to providing healthier fast-casual food options. We are thrilled to be expanding our brand with Congusto, LP in the Southwest. Like our franchisees, The Hudson Group, JJR Concessions, Puente-Brancato Enterprises, Midfield Concession Enterprises and I.L. Creations, Congusto’s commitment to building a franchise of healthier food options aligns perfectly with the growth goals of UFood Grill. Across the US consumers are demanding high quality, healthier food that tastes great. The general public, large private and government facilities, airports, colleges, are embracing UFood Grill, where delicious meets nutritious.”

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 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 Brokerage. Mr. Naddaff has 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

Interested investors should email investor@ufoodgrill.com to be added to the UFood Restaurant Group email distribution list.

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.