



FOR IMMEDIATE RELEASE

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**UFOOD GRILL OFFERS ONLINE ORDERING
AT DOWNTOWN CROSSING LOCATION IN BOSTON**

Boston, Mass., September 6, 2011 - UFood Restaurant Group Inc. (OTCBB: UFFC) is offering customers online ordering at its UFood Grill in the Downtown Crossing area of Boston starting today.

According to the National Restaurant Association's 2010 Restaurant Industry Operations Report, 53 percent of people ages 18 to 34 say they would order online.

"We believe that online ordering will be a great convenience to our busy Downtown Crossing customers who work nearby in Boston's professional and financial services industries," said UFood CEO George Naddaff. "This option should also provide economies of scale in our operations and drive sales. After an initial trial period, we hope to roll this out to our other locations."

A button on the UFood homepage (www.ufoodgrill.com) takes consumers to the Downtown Crossing ordering page, where they can place an order for anything on the menu. Customers can pay online or at the store. A separate online orders pick-up register will expedite the process.

The place where "delicious meets nutritious," UFood Grill is committed to offering consumers food that tastes great, is lower in calories and fat, and healthier. UFood boasts a wide-ranging menu that includes lean burgers, rice bowls, salads, wraps and smoothies.

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.

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UFood Grill
feel great. eat smart.

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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