

MTY FOOD GROUP INC.
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NEWS RELEASE

MTY FOOD GROUP INC. ANNOUNCES CHANGES TO ITS BOARD

Montreal, March 19, 2021 - MTY Food Group Inc. ("MTY" or the "Company") (TSX: MTY), franchisor and operator of multiple concepts of restaurants worldwide, announces today that Mr. David K. Wong has resigned from the Board of Directors, effective March 31, 2021.

"On behalf of all members of the Board of Directors of MTY, I thank Mr. Wong for over 10 years of valuable contributions to the success of MTY and wish him every success in his future endeavors. We will immediately look at alternatives to fill the seat left vacant by Mr. Wong", said Stanley Ma, Chairman of the Board of MTY.

Certain information in this News Release may constitute "forward-looking" information that involves known and unknown risks, uncertainties, future expectations and other factors which may cause the actual results, performance or achievements of the Company or industry results, to be materially different from any future results, performance or achievements expressed or implied by such forward-looking information. When used in this News Release, this information may include words such as "anticipate", "estimate", "may", "will", "expect", "believe", "plan" and other terminology. This information reflects current expectations regarding future events and operating performance and speaks only as of the date of this News Release. Except as required by law, we assume no obligation to update or revise forward-looking information to reflect new events or circumstances. Additional information is available in the Company's Management Discussion and Analysis, which can be found on SEDAR at www.sedar.com.

**On Behalf of the Board of Directors of
MTY Food Group Inc.**

Stanley Ma, Chairman of the Board of Directors

For more information please contact Eric Lefebvre, Chief Executive Officer at 1-514-336-8885 Ext: 8288 or by email at ir@mtygroup.com, or visit our website: www.mtygroup.com or SEDAR's website at www.sedar.com under the Company's name.