

MTY FOOD GROUP INC.
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NEWS RELEASE

**MTY FOOD GROUP INC. ANNOUNCES THE PROMOTION OF
NIK RUPP AS CHIEF OPERATING OFFICER FOR THE PAPA MURPHY'S DIVISION**

Montreal, April 21, 2022 - MTY Food Group Inc. ("MTY" or the "Company") (TSX: MTY), franchisor and operator of multiple concepts of restaurants worldwide, announces today that Mr. Nik Rupp was promoted to Chief Operating Officer, Papa Murphy's division.

Mr. Rupp joined Papa Murphy's in 2018 as Chief Financial Officer, and then as Executive Vice President, Finance following the transaction with MTY in May 2019. During his tenure with Papa Murphy's and MTY, he has overseen strategy development, financial planning, accounting, supply chain, procurement, tax and treasury for Papa Murphy's and, in the past two years, accounting and tax for MTY Franchising USA, Inc. and its subsidiaries. He becomes MTY's fifth Chief Operating Officer, joining Marie-Line Beauchamp, Jason Brading, Marc Benzacar and Jeff Smit.

"Since the acquisition of Papa Murphy's, the division was run by a committee of five incredible members, one of which was Mr. Rupp. The time has now come to name a leader for the group.", said Eric Lefebvre, Chief executive officer of MTY. "Mr. Rupp brings a lot of experience and credibility with our franchise partners and our team, and as such he emerged as the natural leader for that division. He will work with the rest of Papa Murphy's leadership team to accelerate the development and implementation of new initiatives that will support our goals for the long-term."

Mr. Rupp has more than 20 years of senior-level finance, strategy and planning experience. Prior to joining Papa Murphy's he served as the Chief Financial Officer for Specialized Bicycle Components, Inc. from March 2016 to February 2018, and as Global Controller from January 2015 to March 2016. Prior to Specialized Bicycle Components, Inc., Mr. Rupp held several positions at Nike, Inc., including Global Controller of Nike Golf, and at Converse, Inc. in the Netherlands. Mr. Rupp holds a BA, Accountancy from Glasgow Caledonian University and is a member of the Institute of Chartered Accountants of Scotland.

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.**

Eric Lefebvre, Chief executive officer

For more information please contact Eric Lefebvre, Chief Executive Officer at 1-514-336-8885 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.