



For Immediate Release
June 28, 2005

Joey's Eliminates Trans Fats from its Cooking Oil *Famous Fish & Chips still has same great taste!*

Calgary, AB – In its continuing commitment to provide healthier food choices for its customers, Joey's Only Seafood Restaurants has eliminated trans fats from its cooking oil at all of its nearly 100 locations from coast to coast. The company has been testing different types of cooking oils in its Corporate Restaurant for almost a year and the new Canola oil since December 2004.

"We needed to find a cooking oil that had zero trans fats but still gave the same great taste to our light & crispy Famous Fish & Chips," explains Andy Taylor, Vice-President Operations. "Customers in our corporate restaurant have been enjoying our Fish & Chips cooked in zero trans fat oil for several months and are reporting the same great taste."

Several lab tests on Joey's Famous Fish & Chips conducted by an accredited laboratory showed that the Joey's famous Fish & Chips are also low in saturated fats. Joey's Only is in agreement with Health Canada's commitment to significantly reduce trans fats in Canadian foods.

Health Canada and the Heart and Stroke Foundation are advising consumers to choose foods low in both saturated and trans fats. Experts are urging consumers to eat more servings of fish per week as it is high in heart-friendly Omega 3 fatty acids.

"Studies show that people who consume fish on a regular basis significantly lower their risk of heart disease and stroke". (Source: www1.heartandstroke.ca/Page.asp?PageID=33&ArticleID=3902&Src=living Heart & Stroke Foundation web site – article "Healthy Eating"). Health Canada suggests eating more fish, shell fish and other seafood to lower one's intake of trans fats and saturated fats. (Source: www.hc-sc.gc.ca/english/iyh/food/transfat.html Health Canada web site – article "It's your health").

About Joey's

Calgary-based Joey's Only is a pioneer and leader in the fast casual seafood restaurant category in Canada. Its signature "Joey's Famous Fish and Chips" has gained the company a North American reputation for preparing generous portions of high quality seafood at affordable prices. Each Joey's Only franchise embodies the vision of its founder Joe Klassen - to eat great seafood in a cozy neighbourhood seafood restaurant. Annually, Joey's Only serves more than 6.5 million guests system wide through its 106 restaurants in Canada and the United States. Throughout 2005, the company is celebrating its 20th anniversary. www.joeysonly.ca

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