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FOR IMMEDIATE RELEASE:

THE FRESH MARKET TO OPEN FIRST NEW JERSEY STORE JUNE 15

Specialty Grocer Brings Quality Products and Superior Customer Service to Montvale

MONTVALE, NJ (May 18, 2011) – **The Fresh Market, Inc. (NASDAQ: TFM)** will expand its presence in the Northeast region next month with a new store in Montvale, New Jersey, marking the company's first store in the Garden State.

At its newest location at 32 Chestnut Ridge Road in Montvale, the specialty grocer's full-service philosophy will incorporate unparalleled product selection and expert customer service in an inviting atmosphere. The Fresh Market employs a team of friendly, well-trained professionals who pride themselves on providing the highest level of customer service to shoppers. Team members can often be found offering cooking advice or sharing their favorite tips to help customers create the perfect meal.

"We are excited to open our store in Montvale and to expand our reach into New Jersey," said Craig Carlock, the company's president and chief executive officer. "We look forward to introducing The Fresh Market's concept of quality perishables, excellent customer service and a unique atmosphere to an expanded customer base, and we look forward to offering neighboring communities a rewarding new food shopping experience."

Doors will open at **9:00 a.m. on Wednesday, June 15**, and grand opening activities will include chef demonstrations and food sampling throughout the store. A reusable shopping bag and sample-sized bag of the company's gourmet coffee will be free to the first 1,000 customers.

In addition, customers attending the grand opening will be invited to enter into a drawing to win The Fresh Market Pantry. Valued at approximately \$1,000, the Pantry is a collection of The Fresh Market's own TFM-branded favorites, including spices, stocks, pastas, pancake mixes, gourmet sauces, jams and more to fill the lucky winner's kitchen cupboard.

The new Montvale store will house over 19,000 square feet of culinary delights, including a bakery that produces 30 freshly baked breads and 14 different varieties of pie daily, a full service meat counter with freshly ground beef, a wide selection of ready-to-serve entrées, fresh seafood delivered to the store several times per week, and more than 200 imported and domestic cheeses, as well as a bountiful produce department with more than 400 items and a large organic selection.

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The Fresh Market's inviting atmosphere is reminiscent of old-world European markets, says Carlock. "Our customers enjoy shopping in an environment that appeals to all the senses. The smell of freshly brewed coffee and bread right out of the oven, the sound of classical music, soft lighting with antique décor in an intimate setting, and the ability to select and taste fresh, high-quality products all work together to create surroundings where customers are encouraged to experience the food."

The Fresh Market looks forward to opening its store in the Montvale community while bringing approximately 90 new jobs to the area, most of which are being filled locally. Those interested in learning more about The Fresh Market can visit the company's website at www.thefreshmarket.com and sign up for "Fresh Ideas," the company's weekly e-mail newsletter that includes specials as well as recipes and information about in-store events.

About The Fresh Market, Inc.

Founded in 1982, The Fresh Market, Inc. (NASDAQ: TFM) is a specialty grocery retailer focused on providing high-quality products in a unique and inviting atmosphere with a high level of customer service. The company currently operates 101 stores in 20 states, located in the Southeast, Midwest, Mid-Atlantic, and Northeast, with plans for continued expansion throughout the country. The Fresh Market is an equal opportunity employer. For more information, please visit www.thefreshmarket.com.

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