FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: The Tinley Beverage Company Inc. (the "Issuer").

Trading Symbol: TNY

Date: March 31, 2017

1. New Options Granted:

Date of Grant: March 22, 2017

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Samuel Salisbury	Consultant	No	75,000	$0.33	22-Mar-2019	Nil
Marsha Lau	Employee	No	75,000	$0.33	22-Mar-2019	Nil

Total Number of optioned shares proposed for acceptance: 150,000 .

Other Presently Outstanding Options: Name of Optionee	No. of Optioned Shares[(1)]	Exercise Price	Original Date of Grant	Expiry Date
Jeffrey Maser	910,500	$0.11	23-Dec-2015	23-Dec-2020
Lightfoot Ltd.	50,000	$0.11	27-Jan-2016	27-Jan-2021
Zack Kembar	44,500	$0.11	27-Jan-2016	27-Jan-2021
David Ellison	125,000	$0.08	3-Mar-2016	3-Mar-2021
Ted Zittell	350,000	$0.08	4-Aug-2016	4-Aug-2021
David Ellison	100,000	$0.33	4-Nov-2016	4-Nov-2016
Andrew Stodart	500,000	$0.33	4-Nov-2016	4-Nov-2016

(1) Set out number of optioned shares for each grant with different terms.

3. Additional Information

(a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held.

N/A

(b) State the date of the news release announcing the grant of options.

March 28, 2017

(c) State the total issued and outstanding share capital at the date of grant or amendment.

73,180,457

(d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options.

3.05%

(e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan.

5,088,046

(f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.

N/A

(g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

N/A

4. Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.

2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.

3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).

4. All of the information in this Form 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated March 31, 2017.

JEFFREY MASER
Name of Director or Senior Officer

/"signed"/
Signature

DIRECTOR & CHIEF EXECUTIVE OFFICER

Official Capacity