

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: November 29, 2019

1. New Options Granted:

Date of Grant: November 14, 2019

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
Baron Davis	Advisory Board	No	200,000	\$0.37	14-Nov- 24	Nil
2686362 Ontario Corp	Consultant	No	300,000	\$0.37	15-Nov- 21	300,000

Total Number of optioned shares proposed for acceptance: 500,000

2. 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
First Canadian Capital Corp.	500,000	\$0.58	17-Jan-2019	17-Jan-2021
Lightfoot Ltd.	25,000	\$0.11	27-Jan-2016	27-Jan-2021
2686362 Ontario Corporation	300,000	\$0.70	10-Apr-2019	10-Apr-2021
Ted Zittel	350,000	\$0.08	8-Aug-2016	8-Aug-2021
David Ellison	100,000	\$0.33	4-Nov-2016	4-Nov-2021
Andrew Stodart	500,000	\$0.33	4-Nov-2016	4-Nov-2021
Jeffrey Maser	150,000	\$0.35	12-July-2017	12-Jul-2022
David Ellison	150,000	\$0.35	12-July-2017	12-Jul-2022
Ted Zittel	150,000	\$0.35	12-July-2017	12-Jul-2022
Andrew Stodart	150,000	\$0.35	12-July-2017	12-Jul-2022
David Berman	350,000	\$0.68	22-Nov-2017	22-Nov-2022
Chris Anderson	50,000	\$1.20	23-Jan-2018	23-Jan-2020
Ty Bowers	50,000	\$1.20	23-Jan-2018	23-Jan-2020
Jessica Mellem	100,000	\$0.87	23-Apr-2018	23-Apr-2023
Ben Knight	100,000	\$0.72	11-May-2018	11-May-2023
Mark Benadiba	50,000	\$0.72	11-May-2018	11-May-2023
Curtis Marvis	300,000	\$0.79	13-Aug-2018	13-Aug-2023
David Ellison	250,000	\$0.58	30-Nov-2018	30-Nov-2023
Curtis Marvis	250,000	\$0.58	30-Nov-2018	30-Nov-2023
Andrew Stodart	250,000	\$0.58	30-Nov-2018	30-Nov-2023
Theodore Zittel	650,000	\$0.58	30-Nov-2018	30-Nov-2023
Jeffrey Maser	650,000	\$0.58	30-Nov-2018	30-Nov-2023
David Berman	250,000	\$0.58	30-Nov-2018	30-Nov-2023
Richard Gillis	1,000,000	\$0.58	30-Nov-2018	30-Nov-2023
Sean Roche	100,000	\$0.58	11-Dec-2018	11-Dec-2023
Douglas Fulton	250,000	\$0.58	14-Dec-2018	14-Dec-2023
Justin Ewers	100,000	\$0.56	04-Sep-2019	04-Sep-2024
Ami Rasmussen	100,000	\$0.56	04-Sep-2019	04-Sep-2024
Jessica Mellem	50,000	\$0.56	04-Sep-2019	04-Sep-2024
Ty Bowers	125,000	\$0.56	04-Sep-2019	04-Sep-2024
Shari Joslin	100,000	\$0.56	04-Sep-2019	04-Sep-2024

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Samuel Salisbury	150,000	\$0.56	04-Sep-2019	04-Sep-2024
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(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.

N/A

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

107,494,141

(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.

8.42%

(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.

1,688,915

(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 November 28, 2019.

Jeffrey Maser
Name of Director or Senior
Officer

"Jeffrey Maser"
Signature

Director & Chief Executive Officer
Official Capacity