

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Gabriella's Kitchen Inc. (the "Issuer").

Trading Symbol: GABY

Date: January 20, 2019

1. New Options Granted:

Date of Grant: January 20, 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
Jamie Fay	President and Chief Operating Officer	Yes	1,500,000	\$0.50	January 20, 2029	0
Investing Tweeds Communications Inc.	Consultant	No	490,000	\$0.50	January 20, 2029	0
C6 Enterprises Ltd.	Consultant	No	200,000	\$0.50	January 20, 2029	0
Save Investments Ltd.	Consultant	No	200,000	\$0.50	January 20, 2029	0
Garett Prins	Consultant	No	500,000	\$0.50	January 20, 2029	0
Wildhorse Capital Partners	Consultant	No	420,000	\$0.50	January 20, 2029	0
Margot Micallef	Chair and Chief	No	500,000	\$0.50	January 20, 2029	950,000

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	Executive Officer					
Mara Gordon	Chief Research Officer	No	500,000	\$0.50	January 20, 2029	650,000

Total Number of optioned shares proposed for acceptance: 4,310,000.

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2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Margot Micallef	950,000	\$0.2857	September 4, 2018	September 4, 2023
Mara Gordon	150,000	\$0.2857	September 4, 2018	September 4, 2023
Jackie Altwasser	150,000	\$0.2857	September 4, 2018	September 4, 2023
Richard Bonnycastle	150,000	\$0.2857	September 4, 2018	September 4, 2023
Jason Kujath	200,000	\$0.2857	September 4, 2018	September 4, 2023
Russell Wilson	175,000	\$0.2857	September 4, 2018	September 4, 2023
Mara Gordon	500,000	\$0.50	October 21, 2018	October 21, 2028
Maureen Putman	150,000	\$0.50	October 21, 2018	October 21, 2028
Aaron Browe	250,000	\$0.50	October 21, 2018	October 21, 2028
Scott Koyick	250,000	\$0.50	October 21, 2018	October 21, 2028
Stuart Bennett	100,000	\$0.50	October 21, 2018	October 21, 2028
Nicola Coulson	50,000	\$0.50	October 21, 2018	October 21, 2028
Maureen Putman	150,000	\$0.50	November 26, 2018	November 26, 2023
Robert Travis	150,000	\$0.50	November 26, 2018	November 26, 2023
Barb Feit	1,500,000	\$0.50	January 1, 2019	January 1, 2029

(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.

January 20, 2019

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

91,864,458

(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.

9.98%

(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.

1,458

(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 January 20, 2019

“Leanne E. Likness”

Leanne E. Likness

Corporate Secretary

Official Capacity