

# FORM 11

## NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Rritual Superfoods Inc. (the "Issuer").

Trading Symbol: RSF

Date: March 9, 2021

### 1. New Options Granted:

Date of Grant: March 8, 2021

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
Jean-Francois Juster	Consultant	N	125,000	\$0.54	March 8, 2026	Nil
1239658 BC Ltd.	Consultant	N	125,000	\$0.54	March 8, 2026	Nil
12325837 Canada Inc.	Consultant	N	400,000	\$0.54	March 8, 2026	Nil
John Greene IV	Consultant	N	300,000	\$0.54	March 8, 2026	Nil
Sarton Molnar- Fenton	Consultant	N	75,000	\$0.54	March 8, 2026	175,000
			1,025,000			

Total Number of optioned shares proposed for acceptance: 1,025,000 .

## 2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares <sup>(1)</sup>	Exercise Price	Original Date of Grant	Expiry Date
David Kerbel	450,000	\$0.10	June 23, 2020	June 23, 2025
David Lubotta	450,000	\$0.10	June 23, 2020	June 23, 2025
Warren Spence	500,000	\$0.10	June 23, 2020	June 23, 2025
Stacey Gillespie	250,000	\$0.10	June 23, 2020	June 23, 2025
Robert Payment	300,000	\$0.30	June 23, 2020	June 23, 2025
Scott Naccarato	200,000	\$0.10	June 23, 2020	June 23, 2025
Gurinder Sandhu	675,000	\$0.30	June 23, 2020	June 23, 2025
Amandeep Gill	675,000	\$0.30	June 23, 2020	June 23, 2025
Mario Boscarino	125,000	\$0.30	June 23, 2020	June 23, 2025
Matt Humphrey's	150,000	\$0.30	October 8, 2020	October 8, 2021
Scott Eldridge	100,000	\$0.30	October 8, 2020	October 8, 2021
Peter Palarchio	300,000	\$0.30	October 8, 2020	October 8, 2021
Monita Faris	50,000	\$0.30	October 8, 2020	October 8, 2021
Scott Naccarato	350,000	\$0.30	October 8, 2020	October 8, 2021
Robert Payment	150,000	\$0.30	October 8, 2020	October 8, 2021
Amandeep Gill	250,000	\$0.30	October 8, 2020	October 8, 2021
Gurinder Sandhu	250,000	\$0.30	October 8, 2020	October 8, 2021
Sarton-Molnar-Fenton	175,000	\$0.30	October 8, 2020	October 8, 2021
Kirtida Lad	100,000	\$0.30	October 8, 2020	October 8, 2021
Jessica Malach	100,000	\$0.30	October 8, 2020	October 8, 2021
Jasmine Sodhi	50,000	\$0.30	October 8, 2020	October 8, 2021
Robert Doxtator	200,000	\$0.30	October 8, 2020	October 8, 2021
Amandeep Gill	350,000	\$0.30	November 24, 2020	November 24, 2021
Gurinder Sandhu	350,000	\$0.30	November 24, 2020	November 24, 2021
Stacey Gillespie	50,000	\$0.30	February 1, 2021	February 1, 2026
Wendy Lee	150,000	\$0.30	February 1, 2021	February 1, 2026
Carrie Mizen	100,000	\$0.30	February 1, 2021	February 1, 2026
P.E. Partners Ltd.	150,000	\$0.30	February 1, 2021	February 1, 2026
Cassie Scowcroft	100,000	\$0.30	February 1, 2021	February 1, 2026
	7,100,000			

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

---

### FORM 11 – NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

**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.

NA

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

March 8, 2021

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

59,963,083

- (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.

New options: 1.88%

Other presently outstanding options: 11.84%

- (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.

5,865,771

- (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.

On March 5, 2021 the Company closed its initial public offering raising total gross proceeds of \$6,000,000. The price per share paid by investors in the IPO was \$0.30 per share.

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

None.

**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 9, 2021.

Robert Payment  
Name of Director or Senior  
Officer

*“Robert Payment”*  
Signature

CFO  
Official Capacity