

FORM 11 - CSE ONLY

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: CULT Food Science Corp. (the "Issuer").

Trading Symbol: CULT

Date: November 1, 2023

1. New Options Granted:

Date of Grant: November 1, 2023

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Option Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Mitchell Scott	CEO	Yes	250,000*	N/A	2028-11-01	Nil

*Restricted Share Units

Total Number of options proposed for acceptance: 250,000

2. Other Presently Outstanding Stock Options and RSU's:

Name of Optionee	No. of Optioned Shares	Exercise Price	Original Date of Grant	Expiry Date
Rowe Family Holdings Ltd.	12,500	\$0.40	August 30, 2021	August 30, 2026
Dorian Banks	12,500	\$0.40	August 30, 2021	August 30, 2026
Consultants	1,512,500	\$0.40	August 30, 2021	August 30, 2026
Kirill Kompaniyets	25,000	\$1.00	October 8, 2021	October 8, 2026
Consultants	25,000	\$1.32	November 3, 2021	November 3, 2026
Consultant	12,500	\$1.32	November 8,	November 8, 2026

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Name of Optionee	No. of Optioned Shares	Exercise Price	Original Date of Grant	Expiry Date
			2021	
Consultants	25,000	\$1.32	March 8, 2022	March 8, 2027
Consultant	12,500	\$0.90	April 4, 2022	April 4, 2027
Lejly Gafour	125,000	\$0.68	April 20, 2022	April 20, 2027
Dorian Banks	125,000	\$0.20	August 30, 2022	August 30, 2027
Kirill Kompaniyets	125,000	\$0.20	August 30, 2022	August 30, 2027
Rowe Family Holdings Ltd.	125,000	\$0.20	August 30, 2022	August 30, 2027
Lejly Gafour	125,000	\$0.20	August 30, 2022	August 30, 2027
Consultants	25,000	\$0.20	October 3, 2022	October 3, 2027
Consultants	62,500	\$0.20	November 13, 2022	November 13, 2027
Consultants	1,250,000	\$0.40	April 27, 2023	April 27, 2028
Consultant	12,500	\$0.26	June 21, 2023	June 21, 2028
Total	3,612,500			

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.

June 15, 2023

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

November 1, 2023

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

50,593,170

- (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.

7.64%

- (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.

6,254,134

- (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

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 1, 2023

Francis Rowe
Name of Director or Senior
Officer

"Francis Rowe"
Signature

Chief Financial Officer
Official Capacity