

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: Eat & Beyond Global Holdings Inc. (the "Issuer").

Trading Symbol: EATS

Date: March 13, 2023

1. Cancellation of Options:

Date of Cancellation: March 7, 2023 (pre-consolidation)

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
Director	Director	Yes	90,000	\$0.50	Nov 17, 2025	n/a
Director	Director	Yes	300,000	\$0.56	Feb 8, 2025	n/a

Total Number of optioned shares proposed for cancellation: 390,000

2. Other Presently Outstanding Options (post consolidation)

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Directors / Officers	71,429	\$3.50	Nov 17, 2020	Nov 17, 2025
Consultants	22,429	\$3.50	Nov 17, 2020	Nov 17, 2025
Consultants	71,428 ⁽²⁾	n/a	Nov 17, 2020	n/a
Consultants	14,286	\$4.97	Nov 25, 2020	Nov 25, 2025
Consultants	21,429	\$18.20	Jan 6, 2021	Jan 6, 2026
Advisory Board	42,857	\$3.92	Feb 8, 2022	Feb 8, 2025
Director/Officer	150,000	\$3.92	Feb 8, 2022	Feb 8, 2025
Consultants	107,142	\$3.92	Feb 8, 2022	Feb 8, 2025
Director/Officer	57,143 ⁽²⁾	n/a	Feb 8, 2022	n/a
Employee	21,429	\$1.40	May 27, 2022	May 27, 2027

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

⁽²⁾ RSU awards

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.

No shareholder approval was required.

- (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. **8,305,448 (post-consolidation)**

- (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.

Following the cancellation (post-consolidation), 451,000 common shares of the Issuer will be optioned under the Issuer's Stock Option

Plan (the “Plan”), representing 5.43% of the issued and outstanding common shares.

Following the cancellation, 128,571 Restricted Share Units of the Issuer will be optioned under the Issuer’s Stock Option Plan (the “Plan”), representing 1.55% of the issued and outstanding common shares.

- (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.

The aggregate number of common shares issuable pursuant to the Plan shall not exceed 15% options and 25% Restricted Share Units of the issued and outstanding common shares of the Issuer. There remains, (post-consolidation) 794,817 common shares available for issuance pursuant to the exercise of options and 1,947,791 common shares pursuant to the issuance of the Restricted Share Units under the Plan.

- (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. **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
Option Grant or Amendment is true.

Dated: March 13, 2023

11 Notice of Proposed Stock

Geoff Balderson
Name of Director or Senior
Officer

/s/Geoff Balderson
Signature

Chief Financial Officer
Official Capacity