CAVA RESOURCES INC. GRANTS STOCK OPTIONS

TORONTO, March 1, 2017– Cava Resources Inc. (“Cava”) (TSXV – CVA) announced today that it has granted 400,000 stock options to two consultants to the Company. The options are at $0.15 for a term of 5 years.

The Company also announces that it is continuing to carry out due diligence work on other prospective mining properties in both Canada and other jurisdictions and it is also continuing to evaluate its core holdings in the Casa Berardi region of Quebec.

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The TSXV has not reviewed this news release and does not accept responsibility for the adequacy or accuracy of this news release. The TSXV has neither approved nor disapproved the contents of this news release.

All statements other than statements of historical fact, included in this release, including, without limitation, statements regarding potential mineralization and reserves, exploration results, and future plans and objectives of the Company, are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from the Company's expectations are exploration risks detailed herein and from time to time in the filings made by the Company with securities regulators.