



March 21, 2014

TSX-V: SEW

Seaway Energy Services Grants 280,000 Options

Seaway Energy Services Inc., (SEW: TSX-V), (“Seaway” or the “Company”) announces that it has granted an aggregate of 280,000 stock options (the “Options”) to certain officers, directors, consultants and employees of the Company. The Options have a term of 5 years and are exercisable at a price of \$0.135 per common share. The Options are subject to the acceptance of the TSX Venture Exchange.

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On behalf of the Board of Directors
Seaway Energy Services Inc.

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