

SWEET DEALS

BARTLETT PEARS

4⁹⁹
BAG

✓ ORGANIC

3 lbs • Product of B.C.

Sweet, soft, and bursting with juicy goodness, with their yellow and green blush and lovely teardrop shape, Bartletts are the most iconic of all pears for good reason. Whether you eat them on their own, slice them into a salad with blue cheese and walnuts, or lightly poach them with a dash of sugar and cinnamon, they're absolutely pear-fect.

A pear-fect deal!



Pfenning's Organic Farm

LEEKS



✓ LOCAL
✓ ORGANIC

2⁷⁹
LB
6.15 KG

Product of Ontario



Red Devon Organics

ASSORTED SQUASH



✓ LOCAL
✓ ORGANIC

Butternut, Acorn,
Spaghetti, & Pie Pumpkin
Squash • Product of Ontario

99¢
LB
2.18 KG



THEY'RE HERE!

LOCAL ORGANIC

Apples & Pears

The sweetest, crunchiest time of year has arrived! Check out old favourites and some new varieties from Ontario, Quebec, and BC, including first of the crop from our good friends at Avalon Orchards! Keep an eye on our produce department over the coming weeks and make sure you try them all!

Pfenning's Organic Farm

GREEN, BLACK, OR RED KALE



✓ LOCAL
✓ ORGANIC

Product of Ontario

1⁶⁹
BUNCH



Pfenning's Organic Farm

CILANTRO



✓ LOCAL
✓ ORGANIC

Product of Ontario

1⁴⁹
BUNCH



Pfenning's Organic Farm

RADICCHIO



✓ LOCAL
✓ ORGANIC

Product of Ontario

2⁹⁹
EACH



Deals to grill for

THE SWEET POTATO 

SEPTEMBER 18 - 24, 2020*

Beretta Farms

FRESH CANADIAN BEEF RIB EYE STEAKS

✓ ORGANIC

27⁹⁹
LB
61.71 KG



DuBreton

FRESH CANADIAN RUSTIC PORK TENDERLOIN

✓ ANTIBIOTIC & HORMONE-FREE
✓ SUSTAINABLY RAISED

10⁹⁹
LB
24.23 KG



FRESH CANADIAN BEEF BURGERS

✓ LOCAL
✓ ANTIBIOTIC & HORMONE-FREE
✓ SUSTAINABLY RAISED
✓ GLUTEN-FREE

9⁹⁹
LB
22.02 KG



DuBreton

FRESH CANADIAN BACON

✓ ORGANIC

8⁹⁹

250 g • Naturally Smoked or Black Forest



FRESH ONTARIO RAINBOW TROUT

✓ FRESH, NEVER FROZEN
✓ SUSTAINABLE

14⁹⁹
LB
33.05 KG



FRESH ICELANDIC HADDOCK

✓ WILD CAUGHT
✓ FRESH, NEVER FROZEN
✓ SUSTAINABLE

13⁹⁹
LB
30.84 KG



SWEET POTATO KITCHEN
wholesome. awesome. 

ROTISSERIE CHICKEN WITH TWO SIDES

27⁹⁹



GLUCKIN' Delicious

✓ MADE IN-HOUSE USING ORGANIC VEGETABLES

1 whole chicken + 2 ready-to-heat sides

VEGETARIAN HARVEST LASAGNA

15⁹⁹



NEW RECIPE!

✓ VEGETARIAN
✓ ALL NATURAL

Serves 2

CRANBERRY & LEMON SCONES

9⁹⁹



✓ BAKED IN-HOUSE DAILY USING ALL NATURAL INGREDIENTS

4 pack

Treat yo' shelf!

THE SWEET POTATO

SEPTEMBER 11 - 24, 2020



NATURE'S PATH BOXED CEREAL

✓ ORGANIC

3⁹⁹

284 g - 400 g
Select varieties

NUTS TO YOU PEANUT BUTTER

7⁹⁹

✓ LOCAL
✓ ORGANIC

750 g



*Nut-urally
tasty!*

CLIF Z-BARS

✓ ORGANIC

3⁹⁹

5 x 36 g



KICKING HORSE COFFEE

11⁹⁹

✓ ORGANIC
✓ FAIR TRADE
CERTIFIED

454 g



DUTCHMAN'S GOLD RAW HONEY

✓ LOCAL
✓ ORGANIC
✓ UNPASTEURIZED

5⁹⁹

330 g



Treat yo' shelf!

THE SWEET POTATO

SEPTEMBER 11 - 24, 2020

GOOD TO GO KETO SNACK BARS

1⁹⁹

- ✓ LOCAL
- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ PEANUT-FREE

40 g



MANITOBA HARVEST HEMP HEARTS

- ✓ NON-GMO
- ✓ VEGAN
- ✓ RAW

227 g

6⁹⁹



save
\$1



save
\$3

RAWCOLOGY GRANOLA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ GRAIN FREE

6⁹⁹

200 g

STATION COLD BREW COFFEE

- ✓ LOCAL
- ✓ ORGANIC

355 mL

2 FOR \$5



PRANA SWEET & SALTY NUTS

- ✓ ORGANIC
- ✓ GLUTEN-FREE

4⁹⁹

150 g



*Pour some
liquid ambition!*

Treat yo' shelf!

THE SWEET POTATO

SEPTEMBER 11 - 24, 2020

GFB BITES

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN
- ✓ SOY FREE

4⁹⁹

113 g



ENERJIVE COOKIES

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ NUT-FREE

4⁹⁹

150 g



MID-DAY SQUARES SUPERFOOD SQUARES

- ✓ ORGANIC
- ✓ VEGAN
- ✓ WHEAT FREE

2⁹⁹

70 g

BETTER THAN FOODS KONJAC NOODLES & PASTA



GIMME SEAWEED SNACKS

- ✓ ORGANIC
- ✓ GLUTEN-FREE

6 x 5 g



6⁹⁹

save \$1

3⁹⁹

- ✓ ORGANIC
- ✓ GLUTEN-FREE

300 g - 385 g



CHA'S SPICES

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED

7⁹⁹

80 g - 150 g



Treat yo' shelf!

THE SWEET POTATO

SEPTEMBER 11 - 24, 2020

SAFE CATCH SALMON

save
\$2



- ✓ NON-GMO
- ✓ SUSTAINABLE
- ✓ MERCURY-TESTED

3⁹⁹

142 g

CHICKAPEA CHICKPEA PASTA



- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

3⁹⁹

227 g

NEAL BROTHERS PASTA SAUCE

- ✓ LOCAL
- ✓ ORGANIC

4⁹⁹

680 mL



WESTERN RICE RICE

- ✓ ORGANIC
- ✓ GLUTEN-FREE

6⁹⁹

907 g

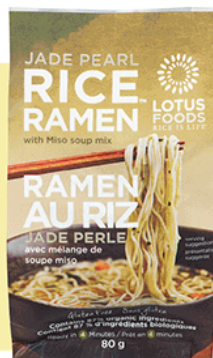


LOTUS FOODS RAMEN WITH MISO SOUP

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ MADE W/ORGANIC INGREDIENTS

1⁹⁹

80 g



save
\$2

PACIFIC FOODS SOUP

4⁹⁹

- ✓ ORGANIC
- ✓ GLUTEN-FREE

1 L

Chiiiiilll

THE SWEET POTATO

SEPTEMBER 11 - 24, 2020

NADAMOO COCONUT ICE CREAM



- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

6⁴⁹

473 mL

TREE ISLAND YOGURT

- ✓ GRASS-FED

3⁹⁹

325 g - 500 g • Multipack
not included



YOSO YOATS YOGURT

- ✓ LOCAL
- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

4⁴⁹

440 g



*A total
sweet tree-t!*

INDIAN LIFE WRAPS

- ✓ NON-GMO
- ✓ VEGAN

3⁹⁹

275 g



BREMNER'S FROZEN FRUIT

4⁹⁹

- ✓ ORGANIC

300 g



save
\$2

GT'S KOMBUCHA

- ✓ ORGANIC
- ✓ RAW

480 mL

2⁹⁹



THE SWEET POTATO

SEPTEMBER 11 - 24, 2020

Something for every body!

ACURE SHAMPOO OR CONDITIONER



25% OFF

- ✓ VEGAN
- ✓ LEAPING BUNNY-APPROVED

236 mL

DR. HAUSCHKA FACIAL CARE



20% OFF

- ✓ ALL NATURAL
- ✓ CERTIFIED B CORPORATION

18 mL - 100 mL

WELEDA SKIN FOOD



20% OFF

- ✓ CERTIFIED ORGANIC
- ✓ SUSTAINABLY GROWN
- ✓ NATRUE CERTIFIED

30 mL - 150 mL

PATCH BAMBOO ADHESIVE BANDAGES



save
\$3

9⁹⁹

- ✓ MADE WITH ORGANIC INGREDIENTS
- ✓ CRUELTY-FREE
- ✓ HYPOALLERGENIC
- ✓ COMPOSTABLE

25 ct

BAMBO NATURE ECO-FRIENDLY DIAPERS



11⁹⁹-12⁹⁹

- ✓ SUSTAINABLY SOURCED
- ✓ FSC CERTIFIED

22 ct - 33 ct

The Natural APOTHECARY

Vitamins, Supplements,
Herbs, & More!

DIVINE ESSENCE ESSENTIAL OILS

25% OFF

- ✓ ORGANIC
- ✓ CERTIFIED ECO-CERT

5 mL - 15 mL



CAN PREV COLLAGEN POWDERS

34⁹⁹

- ✓ LOCAL
- ✓ GRASS-FED
- ✓ GLUTEN-FREE
- ✓ PALEO & KETO-FRIENDLY

250 g



save
\$5

BIO-K 6 PACKS

10% OFF

- ✓ GLUTEN-FREE

6 x 98 g



NORDIC NATURALS FISH OILS

15% OFF

- ✓ NON-GMO VERIFIED
- ✓ FRIEND OF THE SEA

60 sg, 237 mL



GENUINE HEALTH CHILDREN'S VITAMINS

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ DAIRY-FREE
- ✓ IFOS CERTIFIED

17⁹⁹ - 21⁹⁹

150 mL, 88 g, 30 chews



A. VOGEL ECHINAFORCE

*Let the force be
with you!*

20% OFF

- ✓ GLUTEN-FREE
- ✓ PREGNANCY-SAFE

50 mL - 100 mL, 90 t - 120 t

