

MARCH 15 -
MARCH 27, 2024*

THE SWEET POTATO

natural foods • sweeter prices

SHOP.THESWEETPOTATO.CA

SWEET DEALS

OPAL APPLES

1.99
LB
4.39 KG

✓ ORGANIC
Product of Washington

Beautifully bright yellow with a distinctively crunchy texture and a sweet but tangy flavour - opals are by far our all-time favourite golden apples. Plus, they don't brown when cut, making them an excellent fit for cheese boards, salads, and more.

The opal of my eye!



Zephyr Organics JERUSALEM ARTICHOKES



✓ LOCAL
✓ ORGANIC

Product of Ontario

3.99
LB
8.80 KG

BRUSSELS SPROUTS



✓ ORGANIC

1 lb bag • Product of California

3.99
BAG

CARA CARA ORANGES



✓ ORGANIC

Product of California

1.99
LB
4.39 KG

Pfenning's Organic Farm YELLOW ONIONS



✓ ORGANIC

3 lb bag • Product of Manitoba

4.99
BAG

*PRODUCE PRICES IN EFFECT UNTIL MARCH 21, 2024, OR WHILE QUANTITIES LAST. PRODUCE, MEAT, AND KITCHEN DEALS ARE VALID FOR 1 WEEK, OR WHILE QUANTITIES LAST. TAXES NOT INCLUDED. Please note not all deals are available in our e-commerce store shop.thesweetpotato.ca



Deals to grill for

MARCH 15 -
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duBreton

FRESH ONTARIO BONE-IN PORK RIB CHOPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ CERTIFIED HUMANE

10⁴⁹
LB
23.13 KG



Yorkshire Valley Farms

ONTARIO CHICKEN BITES (FROZEN)

- ✓ LOCAL
- ✓ ORGANIC
- ✓ 16% MEAT PROTEIN

16⁴⁹

454 g

**SAVE
\$2**



Beretta Farms

FRESH QUEBEC SKINLESS BONELESS CHICKEN BREASTS

- ✓ NON-GMO
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ AIR-CHILLED
- ✓ CERTIFIED HUMANE

11⁹⁹
LB
26.43 KG



Beretta Farms

FRESH ALBERTA LEAN GROUND BEEF

- ✓ ORGANIC
- ✓ HUMANELY RAISED

12⁴⁹
LB
27.54 KG



FRESH MANITOBA ARCTIC CHAR FILLETS

- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ RECIRCULATING AQUACULTURE SYSTEM

- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED

15⁹⁹
LB
35.25 KG



FRESH COSTA RICAN MAHI MAHI FILLETS

- ✓ WILD CAUGHT
- ✓ SUSTAINABLE
- ✓ FRESH, NEVER FROZEN

NEW!

17⁹⁹
LB
39.66 KG

**SAVE
\$5LB**



*MEAT & SEAFOOD PRICES IN EFFECT UNTIL MARCH 21, 2024, OR WHILE QUANTITIES LAST. PRODUCE, MEAT, AND KITCHEN DEALS ARE VALID FOR 1 WEEK, OR WHILE QUANTITIES LAST. TAXES NOT INCLUDED. Please note not all deals are available in our e-commerce store shop.thesweetpotato.ca



SO  YAM
GOOD

THE SWEET POTATO 

MARCH 15 - MARCH 27, 2024*

BE A SOUPERstar

12⁹⁹ - 16⁹⁹

950 mL SOUPS • SERVES 2-4

CHICKEN & RICE



BEEF
CHILI



ROASTED
BUTTERNUT
SQUASH AND
APPLE



SWEET POTATO
& COCONUT CURRY



ZUPPA
TOSCANA



TOM KHA GAI
(CHICKEN &
COCONUT)



BRING HOME COMFORT FOR THE WHOLE FAM!

Made in-house with organic ingredients and antibiotic & hormone-free meat

CAULIFLOWER
HUMMUS

5⁹⁹

THAI PEANUT
SALAD BOWL

10⁹⁹

DRIED FRUIT &
NUT GRANOLA

5⁹⁹



Vegan • Made with organic ingredients
240 g



Vegan • Made with organic vegetables
310 g



Vegan • Made with organic ingredients
300 g

SAVE
\$3

*KITCHEN PRICES IN EFFECT UNTIL MARCH 21, 2024, OR WHILE QUANTITIES LAST. PRODUCE, MEAT, AND KITCHEN DEALS ARE VALID FOR 1 WEEK, OR WHILE QUANTITIES LAST. TAXES NOT INCLUDED. Please note not all deals are available in our e-commerce store shop.thesweetpotato.ca

WE LOVE Local

YORKSHIRE
VALLEY FARMS
CHICKEN SOUPS

2 FOR \$9

Starting with just two likeminded farmers who wanted to make a difference, Yorkshire Valley has grown to include over 35 multi-generational family farms and supports almost 14,000 acres of organic farm land in Ontario. They produce some of the finest organic chicken, eggs, and turkey around, as well as mouthwatering pot pies, chicken nuggets, and their famous chicken soups.

LOCALLY MADE IN
**PETERBOROUGH,
ONTARIO**



398 mL

Treat yo' shelf!

THE SWEET POTATO

MARCH 15 - MARCH 27, 2024

ORGANIC MEADOW MILK

5⁹⁹

- ✓ LOCAL
- ✓ ORGANIC

3 x 250 mL



CHA'S SPICES

15% OFF

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ FAIR FOR LIFE

6 g - 30 g



SAVE \$1

THEOBROMA CHOCOLATE BARS

2 FOR \$4

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ FAIR-TRADE CERTIFIED

35 g

MIX & MATCH



SHASHA SNAP COOKIES

5⁹⁹

- ✓ LOCAL
- ✓ NON-GMO
- ✓ PEANUT-FREE

300 g

HORNBY ENERGY BAR

2⁹⁹

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ DAIRY-FREE
- ✓ SOY-FREE

80 g



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- ✓ ORGANIC
- ✓ GLUTEN-FREE

**PACIFIC
BROTH**

4⁹⁹

946 mL - 1 L • Chicken Bone Broth not included

**ENJOY LIFE
BAKING CHIPS**

- ✓ NON-GMO
- ✓ VEGAN
- ✓ NUT-FREE
- ✓ GLUTEN-FREE

255 g - 283 g

6⁹⁹



**FITBITE
CASSAVA CHIPS**

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN

3⁹⁹

100 g



- ✓ ORGANIC

1 kg

**ANITA'S
"OO" PIZZA & PASTA FLOUR**

7⁹⁹

**BOB'S RED MILL
ALMOND FLOUR**

- ✓ NON-GMO
- ✓ GLUTEN-FREE

453 g

12⁹⁹



**SAVE
\$4**



**SAVE
\$1.98**

**MIX &
MATCH**

**ANNIE'S
MAC & CHEESE**

2 FOR \$5

- ✓ ALL-NATURAL
- ✓ MADE WITH ORGANIC INGREDIENTS

149 g - 170 g

**MAISON ORPHÉE
OLIVE OIL**

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ UNREFINED

750 mL

19⁹⁹

**SAVE
\$4**



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GRATITUDE SALMON

✓ BAP CERTIFIED

150 g

5⁹⁹



RAINCOAST GLOBAL SKIPJACK TUNA

✓ WILD CAUGHT
✓ MSC CERTIFIED

142 g

3⁹⁹



NATURE'S BAKERY DOUBLE CHOCOLATE BROWNIE

7⁹⁹

✓ NON-GMO
✓ VEGAN
✓ PEANUT-FREE
✓ TREE-NUT FREE

270 g

**SAVE
\$1**

Find Delicious Here

NEW LOCATION -
SAME FRESH, LOCAL, ORGANIC,
AWESOME GROCERIES!

📍 1678 BAYVIEW AT SOUDAN
NEAR EGLINTON



NOW OPEN



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Cheesy on the eyes

THE SWEET POTATO

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SARTORI ROSEMARY AND OLIVE OIL ASIAGO



8⁹⁹

✓ ALL
NATURAL

150 g •
Product of USA

The aromatics of the rosemary combined with the earthy olive oil, makes this a unique asiago. The rind is intended to be eaten. Try it on pasta, salads or on its own, a worthy addition to a cheese board.

Pairs well with



CHARDONNAY, CHIANTI,
SHERRY, AMERICAN PALE ALE

DEVON CREAM COMPANY DOUBLE DEVON CREAM



9⁴⁹

✓ ALL NATURAL

Product of England

Spoon it straight from the jar, the extra thick creamy cream is the perfect addition to desserts.

Pairs well with



A SLICE OF PIE, FRESH FRUIT,
WAFFLES, AND PANCAKES

THORNLOE DEVIL'S ROCK



4⁰⁹
/ 100 g

✓ LOCAL
✓ ALL-NATURAL

Product of Ontario

Named after The Devil's Rock in Temisking, is a striking addition to a cheese board. Creamy Sharp taste, not as strong as traditional blue cheese and a luxurious texture. At room temperature, it becomes perfect for spreading. Try it crumbled in a salad.

Pairs well with



SYRAH, CHARDONNAY,
FRUIT BEERS

THORNLOE BALSAMIC AND CARAMELIZED ONION CHEDDAR



9⁹⁹

✓ LOCAL
✓ ALL NATURAL

200 g • Product of Ontario

Beautiful balance of caramelized onion and cheddar, with a zingy finish of Balsamic. Try it in a Quesadilla with mushrooms.

Pairs well with



CHEESE BOARDS, GRILLED
CHEESE, AND BURGERS

Chiiiiill

THE SWEET POTATO

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ROLLING MEADOW BUTTER

- ✓ LOCAL
- ✓ GRASS-FED

12⁹⁹

454 g

SAVE
\$2



MAISON RIVIERA GREEK OAT YOGURT

- ✓ VEGAN
- ✓ GLUTEN-FREE

6⁴⁹

500 g



GREENHOUSE BOOSTER

- ✓ LOCAL
- ✓ ORGANIC

2 FOR \$7

60 mL



MIX & MATCH



RISE ADAPTOGENIC BOTANICAL BEVERAGES

2 FOR \$7

- ✓ ORGANIC
- ✓ VEGAN
- ✓ KETO FRIENDLY

414 mL

MIX & MATCH



L'ANCÊTRE 2 YEAR OLD CHEDDAR

- ✓ ORGANIC
- ✓ LACTOSE-FREE

7⁹⁹

200 g



SAVE
\$1

BREMNER'S FRUIT

5⁹⁹

- ✓ ORGANIC

300 g

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Raise a little shell!

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ROASTED TAMARI ALMONDS

✓ ORGANIC

Product of Spain



16⁷⁹
LB
3.70/100 g

YELLOW LENTILS

✓ ORGANIC

Product of Turkey



2⁸⁹
LB
0.64/100 g

PUMPKIN SEEDS

✓ ORGANIC

✓ RAW

Product of Austria



14⁴⁹
LB
3.19/100 g

HONEY PEANUTS

✓ ALL NATURAL

Product of Canada



4⁸⁹
LB
1.08/100 g



OUR BULK DEPARTMENT IS
friendlier



EASY AS BUY,
SCAN, RETURN!



REUSE RETURN

LEARN MORE AT [FRIENDLIER.CA](https://www.friendlier.ca)

*A REFUNDABLE
50¢ DEPOSIT
WILL BE CHARGED
TO EACH PURCHASE

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The Natural APOTHECARY

Vitamins, Supplements,
Herbs, & More!

LIFE CANDY SHAMPOO OR CONDITIONER

17⁹⁹

- ✓ LOCAL
- ✓ VEGAN
- ✓ CRUELTY-FREE
- ✓ CERTIFIED B CORPORATION

1 L



ITL HEALTH MAG365 IONIC MAGNESIUM CITRATE

13⁹⁹

- ✓ LOCAL
- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ NO ADDED SUGAR

150 g



EVANHEALY HOLISTIC FACIAL CARE

20% OFF

- ✓ BALANCES SKIN PH & HEALS ACID MANTEL
- ✓ BEAUTIFUL AROMAS OF WHOLE ESSENTIAL OILS
- ✓ FREE OF PARABENS, PHTHALATES & SYNTHETIC FRAGRANCES
- ✓ CRUELTY-FREE
- ✓ LEAPING BUNNY APPROVED

Excludes make-up



PRAIRIE NATURALS VITAMIN D3 1000 IU

18⁹⁹

- ✓ IN A BASE OF ORGANIC AND VIRGIN COLD-PRESSED OLIVE OIL
- ✓ VEGETARIAN
- ✓ ORGANIC
- ✓ YEAST-FREE
- ✓ DAIRY-FREE
- ✓ NON-GMO

500 sg



GARDEN OF LIFE MYKIND ORGANICS WHOLE FOOD B-12 SPRAY

18⁹⁹

- ✓ VEGAN METHYLCOBALAMIN
- ✓ 500 MCG OF VITAMIN B12 PER SPRAY
- ✓ USDA ORGANIC
- ✓ NON-GMO VERIFIED
- ✓ GLUTEN-FREE CERTIFIED

58 mL



HYDRALYTE EFFERVESCENT ELECTROLYTE POWDER

19⁹⁹

- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ NON-GMO
- ✓ DESIGNED FOR ALL AGES

12 x 6 g



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