

JULY 26 -  
AUGUST 1, 2024\*

# THE SWEET POTATO

natural foods · sweeter prices

SHOP.THESWEETPOTATO.CA

# SWEET DEALS

## WILD BLUEBERRIES

**4 99**  
HALF  
PINT

- ✓ LOCAL
- ✓ PESTICIDE, FUNGICIDE,  
& HERBICIDE-FREE

Product of Ontario

If joy were a flavour, it would probably taste like wild blueberries. Hand-picked in Northern Ontario by our friends at Canadian Wild Fruit, these crisp, lightly floral, and delicately sweet berries are literally bursting with deliciousness. They're perfect on their own by the handful, but they also make astoundingly good jams or pies, and they're the absolute best topping a bowl of vanilla greek yogurt could ever dream of.

*Don't snooze  
on these blues!*



Zephyr Organics

## FIELD CUCUMBERS



- ✓ LOCAL
- ✓ ORGANIC

**2 49**  
LB  
5.49 KG

Product of Ontario



Pfenning's Organic Farm

## RAINBOW AND RED CHARD



- ✓ LOCAL
- ✓ ORGANIC

**1 99**  
BUNCH

Product of Ontario



## RED SEEDLESS GRAPES



- ✓ ORGANIC

**2 99**  
LB  
6.59 KG

Product of Mexico

## ZEPHYR ORGANICS ZUCCHINI



- ✓ LOCAL
- ✓ ORGANIC

**1 99**  
LB  
4.39 KG

Product of Ontario



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# Summer Meal Deals

At The Sweet Potato, we're all about healthy convenience. That's why we've put together these delicious, inflation busting meal deals so you and your family can eat well every week night.

**Monday**

FAMILY NIGHT!

## ROAST CHICKEN

HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS.

ONLY  
**9<sup>99</sup>**

## CAKES

MADE IN-HOUSE WITH ORGANIC INGREDIENTS. 4 VARIETIES.

ONLY  
**8<sup>99</sup>**

**Tuesday**

## SPAGHETTI & MEATBALLS

OR PLANT-BASED MEATBALLS (BEYOND MEAT).  
450 g

ONLY  
**9<sup>99</sup>**

## BREAD

1/2 LOAF ARTISANAL SOURDOUGH BREAD.

ONLY  
**4<sup>49</sup>**

**Wednesday**

## DINNER FOR 1

5 VARIETIES INCLUDING VEGAN OPTIONS.

ONLY  
**8<sup>99</sup>**

**Thursday**

## \$2 OFF ANY DIP

WITH PURCHASE OF ANY REGULAR PRICED POTATO OR TORTILLA CHIPS.

SAVE  
**\$2**

## FREE SMALL SEASONAL SOUP

WITH PURCHASE OF SALAD BOWL OR WRAP.

**FREE**

**Friday**

DATE NIGHT!

## TAKE-OUT COMBO

CHOOSE ANY 2 ENTREES + RICE.

ONLY  
**19<sup>99</sup>**

## FROZEN DESSERT PINTS

\$2 OFF REGULAR PRICE OF ALL FROZEN DESSERT PINTS.

SAVE  
**\$2**

**Everyday**

## VEGETABLE SIDES

PERFECT FOR BARBECUES AND PICNICS

2 FOR  
**\$10**

## DELI SIDES

MADE IN-HOUSE.

2 FOR  
**\$12**

# SAMPLE

*the*

# GOODS!

DROP BY THE STORE TO TREAT YOUR TASTE BUDS  
TO SOME SCRUMPTIOUS SAMPLES.



**SPK LEMON DREAM CAKE**

**FRIDAY JULY 26**

**11 AM - 3 PM**

**@108 VINE AVENUE**

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**SUNDAY JULY 28**

**3 PM - 7 PM**

**@1678 BAYVIEW AVENUE**



**KEFIRKULT COCONUT  
KEFIR YOGURT &  
WATER KEFIR DRINKS**

**SATURDAY JULY 27**

**11 AM - 3 PM**

**@108 VINE AVENUE**

\*While supplies last. Schedule is subject to change.





# Deals to grill for

JULY 26 -  
AUGUST 1, 2024\*

Sweet Potato Butcher

## FRESH ONTARIO ASSORTED BERKSHIRE PORK SAUSAGES

- ✓ LOCAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ NON-GMO
- ✓ SUSTAINABLY RAISED
- ✓ MADE IN-HOUSE

**5<sup>99</sup>**  
LB  
13.21 KG



Beretta Farms

## FRESH ALBERTA LEAN GROUND BEEF

- ✓ ORGANIC
- ✓ CERTIFIED HUMANE

**11<sup>99</sup>**  
LB  
26.43 KG



Beretta Farms

## FRESH QUEBEC BONE-IN CHICKEN THIGHS AND DRUMSTICKS

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

**5<sup>49</sup>**  
LB  
12.10 KG



Beretta Farms

## FRESH ALBERTA BEEF FLANK STEAKS

- ✓ ORGANIC
- ✓ CERTIFIED HUMANE

**19<sup>99</sup>**  
LB  
44.07 KG



## VIETNAMESE YELLOWFIN TUNA STEAKS

- ✓ WILD CAUGHT
- ✓ FROZEN AT SEA
- ✓ NO SYNTHETIC COLOURING
- ✓ SUSHI GRADE

**14<sup>99</sup>**  
LB  
33.05 KG



## FRESH B.C. PACIFIC SNAPPER 'ROCKFISH' FILLETS

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

**10<sup>99</sup>**  
LB  
24.23 KG



SO  YAM  
GOOD

THE SWEET POTATO 

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# Eat your greens

LUSCIOUS, VIBRANT,  
NUTRIENT-PACKED  
SALADS, MADE FRESH  
IN-HOUSE!

11<sup>99</sup>

Made in-house with organic ingredients • Approximately 220 g



COBB SALAD BOWL  
WITH BUTTERMILK  
RANCH DRESSING

VEGAN THAI  
PEANUT SALAD  
BOWL

ROASTED CHICKEN  
CAESAR SALAD  
BOWL



SAVE  
\$3

## LEMON DREAM CAKE

Made with organic ingredients  
500 g

8<sup>99</sup>

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THE SWEET POTATO 

FREE

BEAT  
THE  
HEAT!

# Ice Cream SUNDAYS

\*1 ICE CREAM TREAT PER PERSON. WHILE QUANTITIES LAST.

**108 Vine Ave**  
**2 PM - 4 PM**

**1678 Bayview Ave**  
**1 PM - 3 PM**

JULY 7

SAVÖR 

JULY 14

DREAM POPS 

JULY 21

BETTER WITH  
ICE CREAM  

JULY 28

SO DELICIOUS 

\*SUBJECT TO AVAILABILITY

100% PLANT-BASED  
DREAM POPS

SO  
DELICIOUS  
DAIRY FREE

Better  
With  
ICE CREAM

SAVÖR



MADE IN CANADA



PLANT-BASED



KOSHER



# Treat yo' shelf!

THE SWEET POTATO 

JULY 19 - AUGUST 1, 2024

**HUMBLE  
POTATO CHIPS**

**2 FOR \$7**

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ NON-GMO

135 g

SAVE  
**\$2.98**



MIX & MATCH



**CAFE WILLIAM  
COFFEE**

- ✓ ORGANIC
- ✓ FAIR TRADE  
CERTIFIED

**12<sup>99</sup>**

300 g - 340 g



**CANADIAN HERITAGE  
ROASTING CO.  
FLASH FUEL INSTANT COFFEE**

- ✓ ORGANIC

**12<sup>99</sup>**

35 g



**GFB  
GFB BITES**

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

113 g

**4<sup>99</sup>**



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**THE SWEET POTATO**

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## NOOCHPOP POPCORN

**4<sup>99</sup>**

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

120 g



## NOBLE JERKY

**5<sup>49</sup>**

- ✓ NON-GMO
- ✓ PLANT-BASED

70 g



## ACROPOLIS OLIVES IN BRINE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

315 mL



**5<sup>99</sup>**

## ROAR ELECTROLYTE INFUSION BEVERAGE

**2 FOR \$6**

- ✓ ORGANIC
- ✓ KETO FRIENDLY
- ✓ GLUTEN-FREE
- ✓ VEGAN

532 mL

SAVE  
**98¢**



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THE SWEET POTATO 

JULY 5 - JULY 18, 2024

## SAVÖR KETCHUP

- ✓ LOCAL
- ✓ ORGANIC

3<sup>99</sup>

375 mL



## KOOPS' MUSTARD

- ✓ ORGANIC
- ✓ GLUTEN-FREE

3<sup>99</sup>

325 mL



## GATHERING PLACE SPICES



20% OFF

- ✓ GLUTEN-FREE

8 g - 150 g • Canadian grown  
& organic varieties



## CAPE HERB HIMALAYAN PINK SALT GRINDER

- ✓ ALL-NATURAL
- ✓ NON-IRRADIATED

6<sup>99</sup>

130 g

# Find Delicious Here

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

📍 1678 BAYVIEW AT SOUDAN  
NEAR EGLINTON

NOW OPEN

EGLINTON

BAYVIEW

SOUDAN

NORTH



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# Cheesy on the eyes

THE SWEET POTATO

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## ALEXIS DE PORTNEUF LA SAUVAGINE



7<sup>99</sup>  
EACH

✓ ALL  
NATURAL

Product of Quebec

A supple and unctuous washed rind cheese. Similar to brie but with more body and slightly fuller flavour.

Pairs well with



INDIA ALE PALE, AUSTRALIAN  
CABERNET SAUVIGNON

## GUNN'S HILL SMOKED FIVE BROTHERS



6<sup>29</sup>  
/100 g

✓ LOCAL  
✓ ALL NATURAL

Product of Ontario

A hybrid of gouda and alpine style cheese. This cheese is smoked after 1 year of aging leaving a creamy slightly sweet flavour with a rich smokey finish.

Pairs well with



PILSNER BEERS, CHARDONNAY,  
SAUVIGNON BLANC

## PROVISIONS CAESAR TOMATO JAM



6<sup>99</sup>  
EACH

✓ LOCAL  
✓ ALL NATURAL

125 ml

This savoury jam was inspired by Canada's favourite cocktail, try it on your next charcuterie board, grilled cheese or turkey burger.

Pairs well with



BLT SANDWICH,  
MEATBALLS

## ARMSTRONG FLAVOURED CHEESE CURDS



6<sup>99</sup>  
/100 g

✓ ALL  
NATURAL

200 g • Product  
of B.C.

A supple and unctuous washed rind cheese. Similar to brie but with more body and slightly fuller flavour.

Pairs well with



POUTINE, SALADS, PIZZA, STUFFED  
OLIVES, CAPRESE-STYLE SKEWERS



# Chiiiiill

## THE SWEET POTATO

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### GARDEIN SUPREME BURGERS

- ✓ NON-GMO
- ✓ VEGAN

# 5<sup>99</sup>

226 g



### HARMLESS HARVEST COCONUT WATER

- ✓ ORGANIC
- ✓ FAIR FOR LIFE

# 5<sup>99</sup>

473 mL



### SO DELICIOUS NON-DAIRY DESSERT

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

# 7<sup>99</sup>

500 mL



### BUBBIES PICKLES

- ✓ NON-GMO
- ✓ KOSHER
- ✓ GLUTEN-FREE

# 8<sup>99</sup>

1 L



### L'ANCÊTRE MEDIUM CHEDDAR

- ✓ ORGANIC

200 g

# 6<sup>99</sup>

### GT'S KOMBUCHA

- ✓ NON-GMO
- ✓ RAW
- ✓ UNPASTEURIZED

# 10<sup>99</sup>

1.4 L



### KEFIRKULT KEFIR WATER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ VEGAN

# 2 FOR \$7

236 mL



### TWO BEARS OAT MILK LATTE

- ✓ LOCAL
- ✓ VEGAN

# 2<sup>99</sup>

207 mL



### SPREAD 'EM KITCHEN CASHEW DIP

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

# 7<sup>99</sup>

185 g

### BETTERWITH ICE CREAM

- ✓ GLUTEN-FREE

# 5<sup>99</sup>

473 mL



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# Raise a little shell!

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## TRIPLE CHOCOLATE TOFFEE

✓ ALL NATURAL

Product of USA

4<sup>69</sup>  
/100 g



## BLACK TURTLE BEANS

✓ ORGANIC

Product of Paraguay

49¢  
/100 g



## EUROPEAN ALMONDS

✓ ORGANIC

✓ RAW

Product of Spain

3<sup>19</sup>  
/100 g



## WHEATBERRIES

✓ ORGANIC

Product of Canada

49¢  
/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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# Something for every body!

## BIRCH BABY UNSCENTED SKIN CARE



**16<sup>99</sup> - 19<sup>99</sup>**

- ✓ EXPERTLY CRAFTED FOR SENSITIVE BABY SKIN
- ✓ EWG VERIFIED AND CHEMIST APPROVED
- ✓ HYPOALLERGENIC
- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ VEGAN
- ✓ CRUELTY-FREE

500 mL, 115 g

## PLANTD HAND AND BODY CREAM



**6<sup>99</sup>**

- ✓ LEAPING BUNNY-APPROVED
- ✓ FAIR TRADE CERTIFIED INGREDIENTS
- ✓ PLASTIC FREE

59 mL

## GREEN BEAVER NATURAL TOOTHPASTE

**4<sup>99</sup>**

- ✓ ENRICHED WITH CALCIUM AND VITAMIN C TO HELP STRENGTHEN YOUR TEETH
- ✓ CRUELTY-FREE
- ✓ GLUTEN-FREE
- ✓ VEGAN

75 mL



## ST. FRANCIS CASTOR OIL

**13<sup>99</sup> - 24<sup>99</sup>**

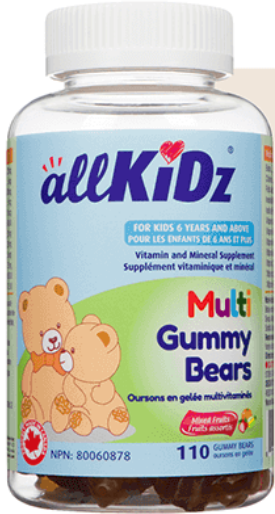
- ✓ CERTIFIED USDA ORGANIC
- ✓ VEGAN
- ✓ COLD PRESSED
- ✓ EXTRA VIRGIN OIL
- ✓ HEXANE-FREE

250 mL - 500 mL





# The Natural APOTHECARY *Vitamins, Supplements, Herbs, & More!*



**ALLKIDZ®  
MULTI GUMMY BEARS**

**19<sup>99</sup>**

- ✓ LOADED WITH 13 ESSENTIAL VITAMINS AND MINERALS
- ✓ VEGETARIAN PLANT-BASED FORMULA
- ✓ TEETH FRIENDLY!
- ✓ GLUTEN-FREE

110 gummies



**NATURAL FACTORS  
HI POTENCY B COMPLEX 50 MG BONUS BOTTLE**

**25<sup>99</sup>**

- ✓ HELPS TO METABOLIZE PROTEINS, CARBOHYDRATES AND FATS
- ✓ MAINTAINS HEALTHY ENERGY LEVELS THROUGHOUT THE DAY!
- ✓ ISURA CERTIFIED
- ✓ NON-GMO

210 ct • 30 Free Capsules



**ITL HEALTH  
MAG365 IONIC MAGNESIUM  
CITRATE POWDER**

**13<sup>99</sup>**

- ✓ MADE IN SMALL BATCHES TO ENSURE PREMIUM QUALITY
- ✓ LOCAL ✓ GLUTEN-FREE
- ✓ VEGAN

210 g



**ST. FRANCIS  
ALLERGY RELIEF WITH DEEP  
IMMUNE® VALUE PACK**

**34<sup>99</sup>**

- ✓ HELPS RELIEVE SEASONAL ALLERGY SYMPTOMS AND MAINTAIN A HEALTHY IMMUNE SYSTEM
- ✓ MADE WITH ORGANIC INGREDIENTS

50 mL + 30 mL



**FLORA  
IRON+™ WITH B-VITAMIN COMPLEX LIQUID**

**39<sup>99</sup>**

- ✓ FEATURES 10 MG OF LIQUID FERROUS GLUCONATE PER SERVING
- ✓ DELIVERED IN A TASTY BASE OF FRUIT JUICES AND WHOLE FOODS
- ✓ VEGAN
- ✓ GLUTEN-FREE

445 mL + 240 mL

