

# SWEET DEALS

Pfenning's Organic Farm

## YELLOW ONIONS

**1.49**  
LB  
**3.28 KG**

- ✓ LOCAL
- ✓ ORGANIC

Product of Ontario

*Tears of joy!*



From the pantries of the finest Michelin rated restaurants in Paris to the cupboards of Regina's greasy spoons - you'll find onions almost everywhere you go. That's because onions go in everything. Grown by our friends at Pfenning's, these stunning yellow gems are a culinary workhorse you can depend on. Just don't forget to wash them before you slice them, or they'll leave you in tears (which might also happen if you miss out on this unbelievable deal).

Del Fresco

## DELIGHTS® SWEET COCKTAIL TOMATOES



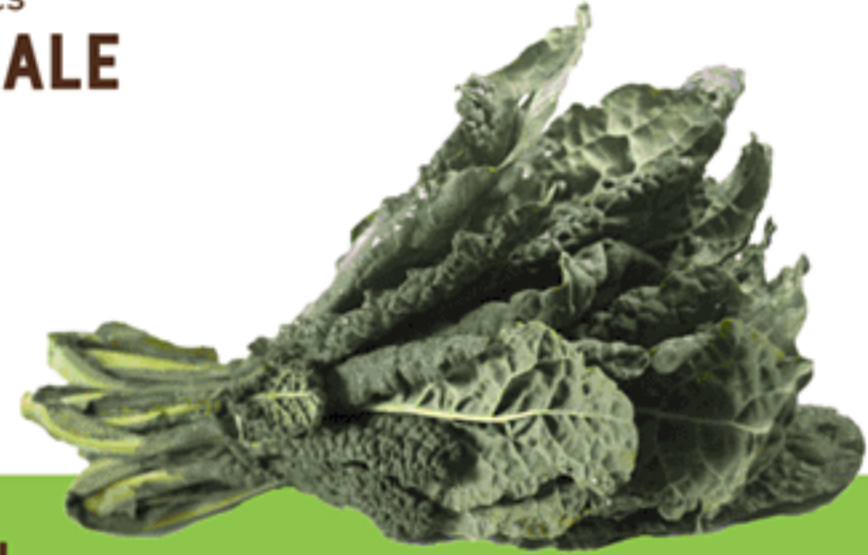
- ✓ LOCAL
- ✓ HYDROPONIC

**3.99**  
CLAM

454 g (16 oz) clam • Product of Canada

Zephyr Organics

## BLACK KALE



- ✓ LOCAL
- ✓ ORGANIC

**1.99**  
BUNCH

Product of Ontario

Nature's First Fruit

## GRANNY SMITH APPLES



- ✓ ORGANIC

**1.99**  
LB  
**4.39 KG**

Product of B.C.

## BLUEBERRIES



- ✓ ORGANIC

**2 FOR \$7**

6 oz • Product of Peru OR \$3.79 CLAM

Pfenning's Organic Farm

## RED BEETS



- ✓ LOCAL
- ✓ ORGANIC

**1.79**  
LB  
**3.95 KG**

Product of Ontario

# INTRODUCING!



**MAKIWISE**  
SUSTAINABLE *Sushi*

*FRESH SUSHI AND MAKI MADE DAILY  
IN THE SWEET POTATO KITCHEN*

—  
*NATURAL AND ORGANIC INGREDIENTS*

—  
*OCEANWISE CERTIFIED FISH*



# Healthy 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**

## CHICKEN + 2 SIDES

HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS.



ONLY 19<sup>99</sup>

## CHICKEN GRAVY

WITH PURCHASE OF MEAL DEAL. MADE WITH ORGANIC CHICKEN STOCK.



ONLY 2<sup>00</sup>

**Tuesday**

## SOUPS

6 VARIETIES INCLUDING PLANT-BASED OPTIONS.



ONLY 9<sup>99</sup>

## CHILI

CLASSIC BEEF OR PLANT-BASED QUINOA & VEGETABLES.



ONLY 10<sup>99</sup>

**Wednesday**

## POT PIES

5 VARIETIES INCLUDING PLANT-BASED OPTIONS.



ONLY 14<sup>99</sup>

Hand made by expert chefs in The Sweet Potato Kitchen

**Thursday**

## BUTTER CHICKEN COMBO

MEAL ONLY. INCLUDES BUTTER CHICKEN, CHANA MASALA & RICE.



ONLY 8<sup>99</sup>

**Friday**

## SUSHI

ALL ROLLS \$2 OFF AND COMBO \$3 OFF.



\$2 OFF ROLLS

\$3 OFF COMBO

## CAKES

4 VARIETIES INCLUDED. MADE IN-HOUSE WITH ORGANIC INGREDIENTS.



ONLY 8<sup>99</sup>

**Everyday**

## BOXED SALADS

ALL GREENBELT 142 G SALADS.



ONLY 3<sup>99</sup>



# SO YAM GOOD

**THE SWEET POTATO**  
NOVEMBER 8 - NOVEMBER 21, 2024\*



**BEEF AND BROCCOLI 9<sup>99</sup>**  
**CASHEW CHICKEN 9<sup>99</sup>**  
**SAAG PANEER 10<sup>99</sup>**  
**TOFU AND CHICKPEA COCONUT CURRY 7<sup>99</sup>**  
**WHITE OR BASMATI RICE 1<sup>00</sup> WITH PURCHASE OF SALE ENTREE**

**ONLY \$1**

\* WITH PURCHASE OF SALE ENTREE

Approx. 320 g - 420 g • Made in-house • Plant-based options available.

## Chiiiiill

### LA TORTILLA FACTORY TORTILLAS

✓ ORGANIC

216 g

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



### MAISON RIVIERA COCONUT YOGURT

✓ NON-GMO  
✓ PLANT-BASED  
✓ GLUTEN-FREE

650 g

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



\*KITCHEN PRICES IN EFFECT UNTIL NOVEMBER 21, 2024, OR WHILE QUANTITIES LAST. PRODUCE 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](http://shop.thesweetpotato.ca)

### MID-DAY SQUARES

- ✓ NON-GMO
- ✓ PLANT-BASED
- ✓ GLUTEN-FREE

**3 FOR \$7**

33 g • Mix & Match



### DAIYA PIZZA

- ✓ GLUTEN-FREE
- ✓ SOY-FREE
- ✓ PLANT-BASED

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

433 g - 550 g

### ROLLING MEADOW 10% CREAM

- ✓ LOCAL
- ✓ GRASS-FED

**2 FOR \$7**

473 mL



### L'ANCETRE 2 YEAR OLD CHEDDAR

- ✓ ORGANIC

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

200 g

### ORGANIC MEADOW MULTIPACK YOGOURT

- ✓ LOCAL
- ✓ ORGANIC

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

4 x 100 mL



### BEYOND MEAT BEYOND TENDERS

- ✓ NON-GMO
- ✓ PLANT-BASED

**7<sup>99</sup>**

226 g



### GREENHOUSE PLANT MILKS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ PLANT-BASED

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

946 mL



### KARTHEIN'S SAUERKRAUT

- ✓ ORGANIC
- ✓ RAW
- ✓ GLUTEN-FREE

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

750 mL



# Deals to grill for

NOVEMBER 8 - NOVEMBER 21, 2024\*

Sweet Potato Butcher

## FRESH ONTARIO BASIC BEEF BURGERS

- ✓ LOCAL
- ✓ NON-GMO
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ AAA RATED BEEF
- ✓ SUSTAINABLY RAISED

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

Available Plain or with Salt & Pepper.



Beretta Farms

## FRESH QUEBEC SKINLESS BONELESS CHICKEN BREASTS

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

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



Greenfield Natural Meat Co.

## PORK BACON

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ NO ARTIFICIAL INGREDIENTS

**9<sup>99</sup>**  
PACK

375 g



duBreton

## FRESH ONTARIO PORK BLADE ROASTS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ CERTIFIED HUMANE

**9<sup>99</sup>**  
LB  
22.02 KG

Also available as chops.



## FRESH CHILEAN COHO SALMON FILLETS

- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ SUSTAINABLY RAISED
- ✓ FRESH, NEVER FROZEN

**15<sup>99</sup>**  
LB  
35.25 KG



## FRESH TURKISH TILAPIA FILLETS

- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED

**12<sup>99</sup>**  
LB  
28.64 KG



# Treat yo' shelf!

THE SWEET POTATO

NOVEMBER 8 - NOVEMBER 21, 2024\*

## MADE GOOD COOKIES

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ NUT-FREE
- ✓ SCHOOL SAFE

4<sup>99</sup>

200 g



## JUSTIN'S NUT BUTTER CUPS

- ✓ ORGANIC
- ✓ GLUTEN-FREE

3 FOR \$8

40 g • Mix & Match



MIX & MATCH

SAVE \$2.47

## PRANA RAW NUTS

- ✓ ORGANIC
- ✓ GLUTEN-FREE

10<sup>99</sup>

180 g - 250 g



## HOLY CRAP SUPERSEED CEREAL BLEND

- ✓ ORGANIC
- ✓ GLUTEN-FREE

7<sup>99</sup>

225 g

## NATUR-A ALMOND BEVERAGE

- ✓ NON-GMO
- ✓ PLANT-BASED
- ✓ GLUTEN-FREE

3 FOR \$7

946 mL • Mix & Match

MIX & MATCH



## PACIFIC SOUP

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED

5<sup>99</sup>

946 mL - 1 L

## ZAZUBEAN CHOCOLATE BARS

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

4<sup>99</sup>

80 g - 85 g



## THAI KITCHEN CURRY PASTE

- ✓ GLUTEN-FREE

5<sup>99</sup>

112 g

# Treat yo' shelf!

## THE SWEET POTATO

NOVEMBER 8 - NOVEMBER 21, 2024\*

### CLIF ENERGY BARS

✓ MADE WITH ORGANIC INGREDIENTS

**3 FOR \$6**

68 g • Mix & Match



MIX & MATCH

### SAVÖR CRACKERS

✓ PEANUT-FREE  
✓ MADE WITH NON-GMO INGREDIENTS

**2 FOR \$5**

170 g - 185 g • Mix & Match



MIX & MATCH

### NUTS TO YOU MACADAMIA OR MACADAMIA CASHEW NUT BUTTER

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

✓ LOCAL  
✓ NON-GMO  
✓ GLUTEN-FREE

365 g



SAVE \$2



### HEALTHY CRUNCH CHOCOLATE CHIPS

✓ LOCAL  
✓ NON-GMO  
✓ GLUTEN-FREE  
✓ NUT-FREE

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

283 g



### YOGI TEA

✓ ORGANIC

16 ct

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

### CHICKAPEA PASTA

✓ ORGANIC  
✓ GLUTEN-FREE  
✓ PLANT-BASED

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

227 g



### NEAL BROTHERS PASTA SAUCE

✓ LOCAL  
✓ ORGANIC

**7<sup>99</sup>**

680 mL



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# Treat yo' shelf!

## THE SWEET POTATO

NOVEMBER 8 - NOVEMBER 21, 2024\*

### OCEAN'S POLE & LINE - CHUNK LIGHT OR FLAKED LIGHT TUNA

# 2 FOR \$6

✓ WILD CAUGHT,  
MSC CERTIFIED

170 g • Mix & Match



### YORKSHIRE VALLEY CHICKEN SOUP

# 2 FOR \$10

✓ LOCAL  
✓ ORGANIC

398 mL • Mix & Match



### SAN-J TAMARI

✓ NON-GMO  
✓ GLUTEN-FREE

# 7<sup>99</sup>

592 mL



Find **DELICIOUS** near you

## The Junction



## Bayview-Leaside



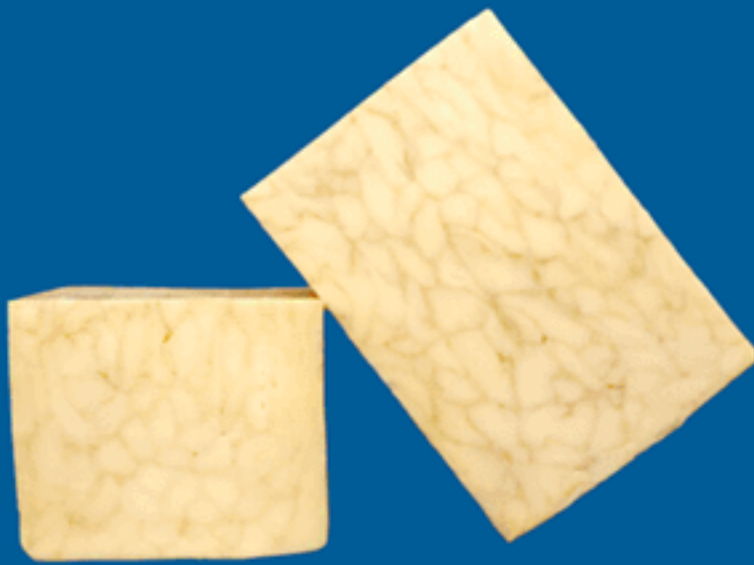
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# Cheesy on the eyes

THE SWEET POTATO

NOVEMBER 8 - NOVEMBER 21, 2024\*

## UDDER WAY WHISKEY CHEDDAR



**8.69**  
/100 G

✓ LOCAL

Product of Ontario

Produced with A2 milk, this mild creamy milk cheddar is marbled with Gretzky Estates double oaked whisky. A striking addition to any charcuterie board.

## COWS CREAMERY AVONLEA CLOTHBOUND CHEDDAR



**12.49**  
PACK

✓ ALL-NATURAL

180 g • Product of PEI

An award winning clothbound cheddar. This cheese is earthy, nutty, fruity and complex.

## FROMAGERIE FRITZ KAISER MOUTON NOIR



**4.79**  
/100 G

✓ ALL-NATURAL

Product of Quebec

Semi soft, creamy and smooth.

## ROSSI GRANA PADANO



**4.59**  
/100 G

✓ ALL-NATURAL

Product of Italy

Lesser known than its cousin of Parmigiano Reggiano, this cheese is produced from free range cows, it is milder than parm and has a nutty and clean finish.

# WE LOVE Local

ABOKICHI  
OKAZU SESAME OIL

9<sup>99</sup>



LOCALLY MADE IN  
**TORONTO,  
ONTARIO**

Started in Toronto by co-founders and life partners Jess and Fumi (and joined by friend Bobby in 2018), Abokichi Okazu gained an initial cult following at Toronto farmer's markets. Since then, it has been featured in major newspapers and won all kinds of awards, like the Gold Sofi award (beating out over 1800 other competitors). Great on rice, meat or tofu, ramen, and pretty much anything, this stuff is mind-blowingly delicious. Try some today and see what all the fuss is about! We guarantee you'll be coming back for seconds.

230 mL

# Raise a little shell!

THE SWEET POTATO 

NOVEMBER 8 - NOVEMBER 21, 2024\*

## WALNUTS

✓ ORGANIC  
✓ RAW

Product of USA

**279**  
/100 g



## TRI COLOUR QUINOA

✓ ORGANIC

Product of Peru

**109**  
/100 g



## THOMPSON RAISINS

✓ ORGANIC

Product of California

**105**  
/100 g



## JELLY BEANS

✓ ALL-NATURAL

Product of Germany

**279**  
/100 g



OUR BULK DEPARTMENT IS

# friendlier



EASY AS BUY,  
SCAN, RETURN!



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

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

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# SAMPLE

*the*

# GOODS!

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



**SPK CASHEW CHICKEN**

**SATURDAY NOVEMBER 16**

**2 PM - 6 PM**

**@1678 BAYVIEW AVENUE**

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**SUNDAY NOVEMBER 17**

**11 AM - 3 PM**

**@108 VINE AVENUE**



**ZAZUBEAN ORGANIC CHOCOLATE**

**SATURDAY NOVEMBER 16**

**11 AM - 3 PM**

**@108 VINE AVENUE**

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