SWEET DEALS



Nature's First Fruit

SPARTAN APPLES

✓ ORGANIC

3 lb bag • Product of B.C.



Spartan apples are one of the greatest mysteries in the history of fruit. First cultivated in Summerland BC in 1936, they were announced as a delicious cross between a McIntosh and a Newtown Pippin. Mac flavour with Pippin crunch. Win-win. Buuut... a few years ago, tests revealed that the Newtown Pippin was NOT, in fact, a part of the Spartan's genetic makeup. Scandal!! Was this deliberate obfuscation on the part of the breeders? Did the Newtown Pippin know? We'll probably never find out, but in the end it doesn't really matter. Spartans are beautifully sweet, with a lovely tart finish, not to mention crunchy, juicy and incredibly versatile. The only thing scandalous here is how cheap our price is this week.



Pfenning's Organic Farm

RAINBOW CARROTS



LB 19.82 KG

✓ LOCAL ✓ ORGANIC

2 lb bag • Product of Ontario

Pfenning's Organic Farm **RED CHARD**

> **✓ LOCAL ✓** ORGANIC

Product of Ontario



99 BUNCH

Zephyr Organics



✓ LOCAL **✓** ORGANIC

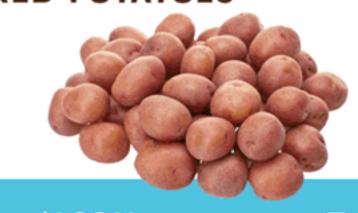
Product of Ontario

BLUEBERRIES



Pfenning's Organic Farm





✓ LOCAL ✓ ORGANIC

5 lb bag • Product of Ontario

Holiday Feast

PREPARED FOR YOU BY THE CHEFS IN THE SWEET POTATO KITCHEN





YOUR ORGANIC WHOLE TURKEY FROM US!

Pre-order your fresh, whole organic turkey at \$4.99/lb



\$50 deposit required. Sizes range from 12 to 16 pounds.

Yorkshire Valley Farms is a co-op of farmers where turkeys are raised on family-run farms in Ontario enjoying an organic, non-gmo, all-grain diet.

- ✓ Organic
- ✓ Non-gmo grain fed
- ✓ Antibiotic-Free
- ✓ Pesticide & Herbicide-Free
- ✓ No Animal By-Products
- ✓ Size ranges from 5.5 kg to 7.5 kg

Don't need a whole turkey?

We'll also have half-turkeys at \$5.99/lb,
turkey roasts, prime rib roasts, turkey necks,
bones & giblets and more at the butcher counter.

Not available for pre-order.

INFO@THESWEETPOTATO.CA



Deals to grill for NOVEMBER 22 - DECEMBER 5, 2024*

Beretta Farms

FRESH ALBERTA BRISKETS

✓ ANTIBIOTIC & **HORMONE-FREE**

✓ SUSTAINABLY RAISED

✓ HUMANELY RAISED



Beretta Farms

FRESH QUEBEC WHOLE CHICKEN LEGS

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

9.90 KG

duBreton

FRESH ONTARIO BONE-IN PORK **RIB CHOPS**

- **✓** LOCAL
- **✓** ORGANIC
- **✓** CERTIFIED



Yorkshire Valley Farms

ONTARIO TURKEY POT PIES (FROZEN)

✓ LOCAL

✓ ORGANIC

700 g.

BUY 1 GET



FRESH ICELANDIC COD FILLETS



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

FRESH NOVA SCOTIA STEELHEAD TROUT FILLETS

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



THE **SWEET POTATO**

NOVEMBER 22 - DECEMBER 5, 2024*

GOOD TO GO **SNACK BARS**

- **✓ LOCAL**
- **✓** NON-GMO **✓** GLUTEN FREE

✓ PLANT-BASED

40 g • Mix & Match GOOD OGO 600D@GO GOOD@GO MIX & Match **30** €

? FOR \$7

HIPPIE SNACKS AVOCADO OR CAULIFLOWER CRISPS

FOR \$1

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

70 g • Mix & Match



CHOCXO

CHOCOLATE COVERED CUPS & SNAPS

- **✓** ORGANIC
- **✓** GLUTEN FREE
- **✓ MADE WITH** SUSTAINABLE COCOA

98 g





REAL FOOD TASTES BETTER!

HIPPIE

crisps

MIX &

Match

LIFLOWER

REAL FOOD TASTES BETTE

HIPPIE

AVOCADO

crisps

BARBARA'S CHEEZ PUFFS

✓ GLUTEN FREE

✓ MADE WITH NON-GMO CORN

155 g - 198 g

LESLEY STOWE RAINCOAST CRISPS

FOR \$1

✓ NON-GMO

150 g • Mix & Match



90



SKINNY POP POPCORN

FOR \$

✓ NON-GMO ✓ GLUTEN FREE

125g - 150 g ● Mix & Match

THE **SWEET POTATO**

NOVEMBER 22 - DECEMBER 5, 2024*

NUTS TO YOU RAINFOREST NUT BUTTER

✓ LOCAL

365 g

- **✓** NON-GMO
- **✓** GLUTEN FREE



NEIGHBOURHOOD COFFEE WHOLE BEAN COFFEE

✓ LOCAL **✓** ORGANIC

340 g



CHIMES GINGER CHEWS

✓ NON-GMO

GLUTEN FREE FOR \$

42.5 g • Mix & Match



ENJOY LIFE BAKING CHIPS

✓ NON-GMO **✓** ALLERGEN FREE

255 g - 283 g



ELMHURST NON DAIRY BEVERAGES

FOR \$1

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

946 mL • Mix & Match





THEO CHOCOLATE BARS

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

85 g

THE **SWEET POTATO**

NOVEMBER 22 - DECEMBER 5, 2024*

DUMET OLIVES

2 FOR \$10

✓ ORGANIC

270 g - 375 g • Mix & Match



MUIR GLEN TOMATOES

✓ ORGANIC

796 mL

699



NATURE'S PATH HOT CEREAL

✓ ORGANIC

400 g

4⁹⁹

599



BROYA BONE BROTH

✓ LOCAL

✓ ORGANIC OR GRASS FED VARIETIES

1199

500 mL

FOUR O'CLOCK



✓ FAIR TRADE CERTIFIED

✓ GLUTEN FREE

15 ct - 16 ct • Seasonal Tea Included





PAMELA'S
BAKING & PANCAKE MIX

✓ GLUTEN FREE

1299

680 g

THE SWEET POTATO

NOVEMBER 22 - DECEMBER 5, 2024*



✓ ORGANIC ✓ GLUTEN FREE 2 FOR \$7

NO SALT ADDED - SANS SEL AJOUTÉ

NO SALT ADDED - SANS SEL AJOUTÉ

NO SALT ADDED - SANS SEL AJOUTÉ

SANS GLUTEN

ORGANIC
BOUILLON
CUBES
CHICKEN
POULET
CUBES DE

NO SALT ADDED - SANS SEL AJOUTÉ

VEGAN
GLUTEN FIREE
SANS GLUTEN
GUITEN FIREE
SANS GLUTEN
RUN ENU
SANS DEN
BOUILLON
CUBES
VEGETABLE
LÉGUMES
CUBES DE
BOUILLON
BIOLOGIQUE

54 g 6 cubes

ZHONG BLOCKCHOOL I PRÉZNATION REGIERE

MATCH

ELMHURST SOUR CREAM

✓ NON-GMO
✓ PLANT-BASED

✓ GLUTEN FREE

227 g

799



Find DELICIOUS near you





Cheesy on the eyes

THE **SWEET POTATO**

NOVEMBER 22 - DECEMBER 5, 2024*

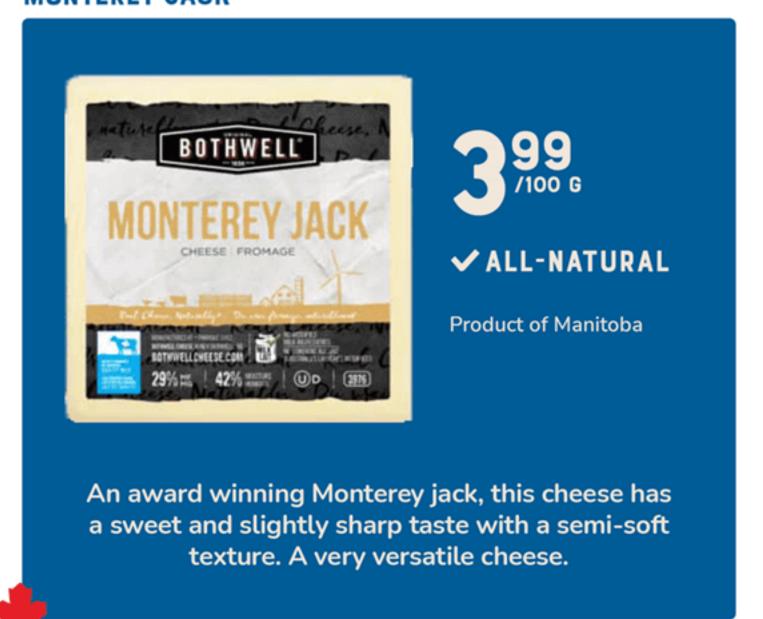
BELLA CASARA MASCARPONE



GUNN'S HILL TIPSY SOCIAL CLUB



BOTHWELLMONTEREY JACK



SOLA GORGONZOLA



SE LOVA CONTRACTOR OF THE PARTY OF THE PARTY





LOCALLY MADE IN

TORONTO, ONTARIO

The adorable story of Firecracker begins at Carmen and Michael's wedding, where they gave out the very first batch of their award winning Trini-style 'pepper sauce' as party favours to their guests. As the requests for more sauce started piling up, they realized that they might be on to something. Made in Toronto in small batches with fresh ingredients and no preservatives, this authentic tasting line of sauces is some of the finest we've ever tried. Bring some home today and give a little heat and flavour to everything from grilled meats to pasta, eggs, stews and more.



THE **SWEET POTATO**

NOVEMBER 22 - DECEMBER 5, 2024*



EARTH'S OWN **NAKED OAT BEVERAGE**





GOODVIBES JUICE CO. WELLNESS SHOTS







50 mL • Mix & Match



ORGANIC MEADOW 84 % BUTTER

✓ LOCAL 99 **✓** ORGANIC

250 g

✓ GRASS FED

✓ GLUTEN FREE 1.75 L • Mix & Match

✓ NON-GMO

✓ DAIRY FREE



FOR \$

ORGANIC MEADOW ICE CREAM





THE SWEET POTATO

NOVEMBER 22 - DECEMBER 5, 2024*

MYLKO NON DAIRY BEVERAGES





ROLLING MEADOW GREEK YOGURT





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

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.



CHICKEN

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



SOUPS 6 VARIETIES INCLUDING

PLANT-BASED OPTIONS.



CLASSIC BEEF OR **PLANT-BASED QUINOA** & VEGETABLES.



Wednesday



Hand made by expert chefs in The Sweet **Potato Kitchen**

Thursday

BUTTER CHICKEN COMBO

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



CAKES

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



Friday SUSHI ALL ROLLS \$2 OFF

AND COMBO \$3 OFF.



Everyday BOXED SALADS ALL GREENBELT 142 G SALADS.



Raise a little shell!

THE SWEET POTATO

NOVEMBER 22 - DECEMBER 5, 2024*

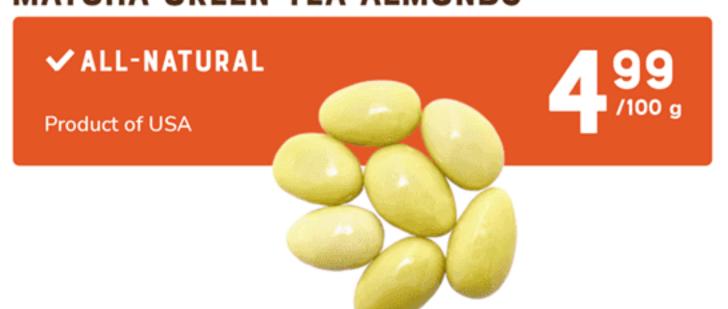




RED LENTILS



MATCHA GREEN TEA ALMONDS



PINEAPPLE RINGS



OUR BULK DEPARTMENT IS

frienclion,









EASY AS BUY,
SCAN, RETURN!
SCAN, RETURN!
STANDARD BLOCK
STANDARD B

LEARN MOREAT FRIENDLIER.CA

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



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



YORKSHIRE VALLEY FARMS TURKEY PIE 3 PM - 7 PM @108 VINE AVENUE

FRIDAY NOVEMBER 22 | SUNDAY NOVEMBER 24 3 PM - 7 PM @1678 BAYVIEW AVENUE



SPK MAC'N CHEESE

3 PM - 7 PM @108 VINE AVENUE

SATURDAY NOVEMBER 23 SATURDAY NOVEMBER 23 2 PM - 6 PM @1678 BAYVIEW AVENUE



NEIGHBOURHOOD COFFEE

11 AM - 3 PM @108 VINE AVENUE

SATURDAY NOVEMBER 23 SUNDAY NOVEMBER 24 11 AM - 3 PM @1678 BAYVIEW AVENUE



YOSO COCONUT OR SOY YOGURT SATURDAY NOVEMBER 23 3 PM - 7 PM @108 VINE AVENUE