

# SWEET DEALS

**THE SWEET POTATO**  
Bringing healthy food to everyone!

Nature's First Fruit

## SPARTAN APPLES

**4.99**  
BAG

✓ ORGANIC

3 lb bag • Product of B.C.

*Core Values!*



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



✓ LOCAL  
✓ ORGANIC

**3.99**  
BAG

2 lb bag • Product of Ontario

Pfenning's Organic Farm

## RED CHARD



✓ LOCAL  
✓ ORGANIC

**1.99**  
BUNCH

Product of Ontario

Zephyr Organics

## GARLIC



**LAST OF THE SEASON!**

✓ LOCAL  
✓ ORGANIC

**8.99**  
LB  
19.82 KG

Product of Ontario

## BLUEBERRIES



✓ ORGANIC **2 FOR \$7**

6 oz • Product of Peru OR \$3.79 PACK

Pfenning's Organic Farm

## RED POTATOES



✓ LOCAL  
✓ ORGANIC

**4.99**  
BAG

5 lb bag • Product of Ontario

# Holiday Feast

PREPARED FOR YOU BY THE CHEFS IN THE SWEET POTATO KITCHEN

Book by December 8th  
to get the Early Bird Bonus



**\$79<sup>99</sup>**

## FEAST FOR 2

Early Bird Bonus: Free Holiday Cookie Box  
(valued at \$7.99)

**\$189<sup>99</sup>**

## FEAST FOR 5

Early Bird Bonus: Free Desert Pie  
Choose from Apple, Pumpkin or Cherry



[INFO@THESWEETPOTATO.CA](mailto:INFO@THESWEETPOTATO.CA)

# Holiday Turkey

## PRE-ORDER

**YOUR ORGANIC WHOLE TURKEY FROM US!**

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



Booking available in person or by phone at (416) 762-4848

Available for pick-up starting December 19, 2024

\$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](mailto:INFO@THESWEETPOTATO.CA)



# Deals to grill for

NOVEMBER 22 -  
DECEMBER 5, 2024\*

Beretta Farms

## FRESH ALBERTA BRISKETS

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ HUMANELY RAISED

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



SAVE  
**\$4LB**

duBreton

## FRESH ONTARIO BONE-IN PORK RIB CHOPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ CERTIFIED HUMANE

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



Beretta Farms

## FRESH QUEBEC WHOLE CHICKEN LEGS

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

**4<sup>49</sup>**  
LB  
9.90 KG



Yorkshire Valley Farms

## ONTARIO TURKEY POT PIES (FROZEN)

- ✓ LOCAL
- ✓ ORGANIC

**BUY 1 GET 1  
FREE!**

700 g.



SAVE  
**\$18.99**



- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN

**17<sup>99</sup>**  
LB  
39.66 KG

## FRESH NOVA SCOTIA STEELHEAD TROUT FILLETS

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

**16<sup>99</sup>**  
LB  
37.46 KG



# Treat yo' shelf!

## THE SWEET POTATO

NOVEMBER 22 - DECEMBER 5, 2024\*

### GOOD TO GO SNACK BARS

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

# 3 FOR \$7

40 g • Mix & Match



MIX & MATCH

SAVE  
\$1.97

### HIPPIE SNACKS AVOCADO OR CAULIFLOWER CRISPS



MIX & MATCH

# 2 FOR \$10

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

70 g • Mix & Match

### CHOCXO CHOCOLATE COVERED CUPS & SNAPS

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

# 6<sup>99</sup>

98 g



### BARBARA'S CHEEZ PUFFS

- ✓ GLUTEN FREE
- ✓ MADE WITH NON-GMO CORN

# 3<sup>99</sup>

155 g - 198 g

### LESLEY STOWE RAINCOAST CRISPS

# 2 FOR \$12

- ✓ NON-GMO

150 g • Mix & Match



MIX & MATCH

### SKINNY POP POPCORN



# 2 FOR \$10

- ✓ NON-GMO
- ✓ GLUTEN FREE

125g - 150 g • Mix & Match

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# Treat yo' shelf!

THE SWEET POTATO

NOVEMBER 22 - DECEMBER 5, 2024\*

## NUTS TO YOU RAINFOREST NUT BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN FREE

7<sup>99</sup>

365 g



## NEIGHBOURHOOD COFFEE WHOLE BEAN COFFEE

- ✓ LOCAL
- ✓ ORGANIC

12<sup>99</sup>

340 g



SAVE  
\$2

## CHIMES GINGER CHEWS

- ✓ NON-GMO
- ✓ GLUTEN FREE

3 FOR \$6

42.5 g • Mix & Match



MIX &  
MATCH

SAVE  
\$2.97

## ENJOY LIFE BAKING CHIPS

- ✓ NON-GMO
- ✓ ALLERGEN FREE

6<sup>99</sup>

255 g - 283 g



## ELMHURST NON DAIRY BEVERAGES

2 FOR \$15

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

946 mL • Mix & Match



MIX &  
MATCH



## THEO CHOCOLATE BARS

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

4<sup>99</sup>

85 g

# Treat yo' shelf!

## THE SWEET POTATO

NOVEMBER 22 - DECEMBER 5, 2024\*

### DUMET OLIVES

# 2 FOR \$10

✓ ORGANIC

270 g - 375 g • Mix & Match



MIX & MATCH

### MUIR GLEN TOMATOES

✓ ORGANIC

796 mL

# 6<sup>99</sup>



### NATURE'S PATH HOT CEREAL

✓ ORGANIC

400 g

# 4<sup>99</sup>



### BROYA BONE BROTH

✓ LOCAL

✓ ORGANIC OR GRASS FED VARIETIES

500 mL

# 11<sup>99</sup>

SAVE \$2

### FOUR O'CLOCK TEA

✓ ORGANIC  
✓ FAIR TRADE CERTIFIED  
✓ GLUTEN FREE

15 ct - 16 ct • Seasonal Tea Included

# 5<sup>99</sup>



### PAMELA'S BAKING & PANCAKE MIX

✓ GLUTEN FREE

680 g

# 12<sup>99</sup>

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# Treat yo' shelf!

THE SWEET POTATO

NOVEMBER 22 - DECEMBER 5, 2024\*

## GO BIO! BOUILLON CUBES

- ✓ ORGANIC
- ✓ GLUTEN FREE

2 FOR \$7

54 g - 66 g • Mix & Match



MIX & MATCH

## ELMHURST SOUR CREAM

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

7<sup>99</sup>

227 g

SAVE \$1



## The Junction



## Bayview-Leaside





# Cheesy on the eyes

THE SWEET POTATO

NOVEMBER 22 - DECEMBER 5, 2024\*

## BELLA CASARA MASCARPONE



**2 FOR \$10**  
OR \$6.49 EACH

✓ LOCAL

Product of Concord, ON

Soft, sweet and creamy. Typically used for desserts but a great addition to risotto and pasta.

## GUNN'S HILL TIPSY SOCIAL CLUB



**7<sup>39</sup>**  
/100 G

✓ LOCAL

Product of Ontario

The wine soaked rind adds great depth to the light creamy texture of this cheese. A crowd pleaser!

## BOTHWELL MONTEREY JACK



**3<sup>99</sup>**  
/100 G

✓ ALL-NATURAL

Product of Manitoba

An award winning Monterey jack, this cheese has a sweet and slightly sharp taste with a semi-soft texture. A very versatile cheese.

## SOLA GORGONZOLA



**4<sup>99</sup>**  
/100 G

✓ ALL-NATURAL

Product of Italy

A buttery smooth and creamy approachable blue. A great addition to a charcuterie board.

# WE LOVE Local

**FIRECRACKER  
PEPPER SAUCE**

**799**



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.

LOCALLY MADE IN  
**TORONTO,  
ONTARIO**

200 mL

### YOSO COCONUT YOGURT

**2 FOR \$10**

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

440 g • Mix & Match



MIX & MATCH

SAVE  
**\$1.98**

### EARTH'S OWN NAKED OAT BEVERAGE

- ✓ ORGANIC
- ✓ DAIRY FREE
- ✓ GLUTEN FREE

**2 FOR \$11**

1.75 L



### EARTH'S OWN OAT BEVERAGE

- ✓ NON-GMO
- ✓ DAIRY FREE
- ✓ GLUTEN FREE

**2 FOR \$9**

1.75 L • Mix & Match



MIX & MATCH

### GOODVIBES JUICE CO. WELLNESS SHOTS

- ✓ LOCAL
- ✓ MADE WITH ORGANIC INGREDIENTS
- ✓ PLANT-BASED
- ✓ GLUTEN FREE

**3 FOR \$10**

50 mL • Mix & Match



MIX & MATCH

### ORGANIC MEADOW ICE CREAM

- ✓ LOCAL
- ✓ ORGANIC

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

946 mL



### ORGANIC MEADOW 84 % BUTTER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GRASS FED

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

250 g



SAVE  
**\$2**

# Chiiiiill

## THE SWEET POTATO

NOVEMBER 22 - DECEMBER 5, 2024\*

### MYLKO NON DAIRY BEVERAGES

- ✓ LOCAL
- ✓ PLANT-BASED
- ✓ GLUTEN FREE

# 7<sup>99</sup>

1 L



### ROLLING MEADOW GREEK YOGURT

- ✓ LOCAL
- ✓ GRASS FED

# 5<sup>99</sup>

500 g



## SO YAM GOOD

- 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.

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# 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>**

**Thursday**

## BUTTER CHICKEN COMBO

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



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

Hand made by expert chefs in The Sweet Potato Kitchen

**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>**

# Raise a little shell!

THE SWEET POTATO 

NOVEMBER 22 - DECEMBER 5, 2024\*

## PEARL COUSCOUS

✓ ORGANIC

Product of Canada 

**99¢** /100 g



## RED LENTILS

✓ ORGANIC

Product of Turkey

**80¢** /100 g



## MATCHA GREEN TEA ALMONDS

✓ ALL-NATURAL

Product of USA

**4.99** /100 g



## PINEAPPLE RINGS

✓ SULFITE-FREE

Product of Thailand

**1.69** /100 g



OUR BULK DEPARTMENT IS

# friendlier



EASY AS BUY,  
SCAN, RETURN!



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

**LEARN MORE AT FRIENDLIER.CA**

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# SAMPLE

*the*

# GOODS!

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



## **YORKSHIRE VALLEY FARMS TURKEY PIE**

**FRIDAY NOVEMBER 22**  
3 PM - 7 PM  
@108 VINE AVENUE

**SUNDAY NOVEMBER 24**  
3 PM - 7 PM  
@1678 BAYVIEW AVENUE



## **SPK MAC'N CHEESE**

**SATURDAY NOVEMBER 23**  
3 PM - 7 PM  
@108 VINE AVENUE

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



## **NEIGHBOURHOOD COFFEE**

**SATURDAY NOVEMBER 23**  
11 AM - 3 PM  
@108 VINE AVENUE

**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

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