

THE SWEET POTATO

Bringing healthy food to everyone!

SHOP.THESWEETPOTATO.CA

DEC 13 - DEC 19 2024

PFENNING'S ORGANIC FARM RED MINI POTATOES

- ✓ LOCAL
- ✓ ORGANIC

2⁹⁹
BAG



2 lb bag • Product of Ontario

PACIFIC BROTH

- ✓ ORGANIC

2 FOR \$11



946 mL - 1 L

BROCCOLINI

- ✓ ORGANIC

2 FOR \$5
\$2.79 EACH



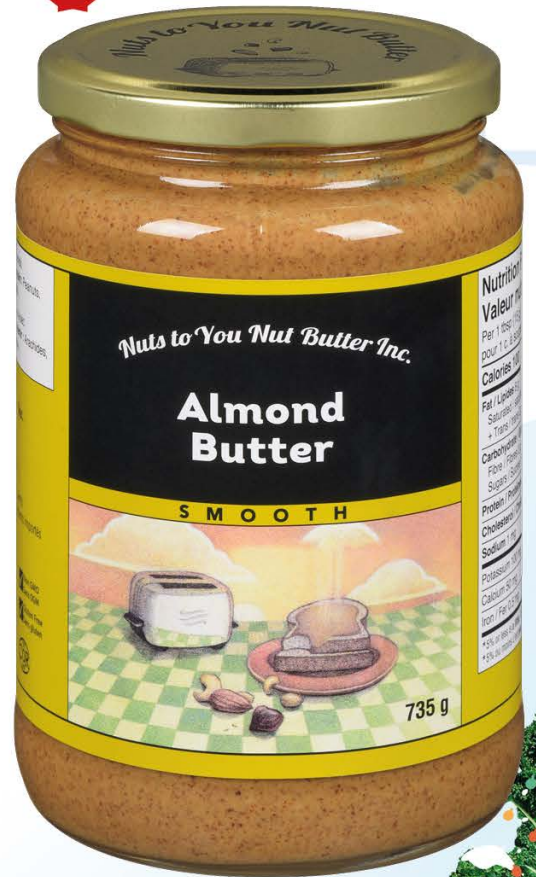
Product of California

NUTS TO YOU ALMOND BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN FREE

14⁹⁹

735 g



YORKSHIRE VALLEY FARMS ONTARIO TURKEY

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GRAIN FED

4⁹⁹
/LB
11KG



Product of Ontario

PFENNING'S FARMS CARROTS

- ✓ LOCAL
- ✓ ORGANIC

2⁹⁹
BAG



2 lb bag • Product of Ontario

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HEWGILL HONEYCRISP APPLES

- ✓ LOCAL
- ✓ ORGANIC



2⁴⁹
/LB
5.49KG

BLUEBERRIES

- ✓ ORGANIC



4⁹⁹

PFENNING'S ORGANIC FARM SPINACH

- ✓ LOCAL
- ✓ ORGANIC
- ✓ LAST OF THE SEASON



2⁷⁹

DUBRETON BONELESS PORK LOIN CHOPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ CERTIFIED HUMANE



16⁹⁹
/LB
37.46/KG

THE PACKING HOUSE ALBERTA MEDIUM GROUND BEEF

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLE



10⁹⁹
/LB
35.25/KG

THE PACKING HOUSE ALBERTA TOP SIRLOIN STEAKS

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLE



19⁹⁹
/LB
44.06/KG

SEACORE ICLEANDIC HADDOCK FILLETS

- ✓ FRESH
- ✓ SUSTAINABLE
- ✓ WILD CAUGHT



17⁹⁹
/LB
39.66/KG

SEACORE ONTARIO RAINBOW TROUT FILLETS

- ✓ LOCAL
- ✓ SUSTAINABLE
- ✓ FRESH
- ✓ HIGH IN OMEGA 3 FATTY ACIDS



15⁹⁹
/LB
35.25/KG

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PRANA SNACK MIXES

✓ NON-GMO



6⁹⁹

350 g - 400 g

WHOLESOME GOLDEN SUGAR

✓ ORGANIC
✓ FAIR TRADE CERTIFIED



7⁹⁹

SAVE \$2

907 g

RAINCOAST TRADING PINK SALMON

✓ WILD CAUGHT
✓ MSC CERTIFIED



2 FOR \$10

160 g

MIX & MATCH

SIMPLY ORGANIC VANILLA EXTRACT

✓ ORGANIC



24⁹⁹

SAVE \$5

118 mL Non Alc Variety Included

GENUINE TEA CO. TEA

✓ LOCAL
✓ ORGANIC, FAIR TRADE & NATURAL VARIETIES



7⁹⁹

SAVE \$2

15 ct

MAISON ORPHEE GRAPESEED OIL

✓ NON-GMO
✓ GLUTEN FREE



17⁹⁹

SAVE \$2

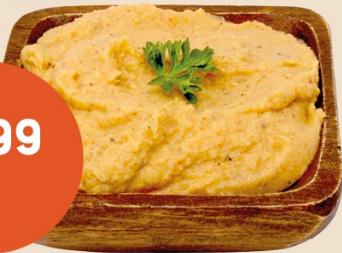
750 mL



SO YAM GOOD

CAULIFLOWER HUMMUS

✓ ORGANIC



3⁹⁹

ROASTED GARLIC HUMMUS

✓ ORGANIC



3⁹⁹

SPINACH ARTICHOKE DIP

✓ ORGANIC



4⁹⁹

ALL SWEET PIES

✓ APPLE, BLUEBERRY
✓ CHEESECAKE, CHERRY,
✓ PECAN, SWEET POTATO,
✓ PUMPKIN
✓ ORGANIC
✓ MADE IN-HOUSE DAILY



13⁹⁹

14⁹⁹ PECAN

8" pies

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Holiday Feast

PREPARED FOR YOU BY THE CHEFS IN THE SWEET POTATO KITCHEN



\$79⁹⁹ FEAST FOR 2

\$189⁹⁹ FEAST FOR 5



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**RISE
BETTER SODA**

✓ VEGAN

**CANADIAN HERITAGE
MAPLE SYRUP**

✓ ORGANIC

3 FOR \$8



17⁹⁹



355 mL

500 mL

MIX & MATCH

START A NEW TRADITION THIS HOLIDAY WITH

Tofurky's Plant-Based Feast

**TOFURKY
ROAST & WILD
RICE STUFFING**

14⁹⁹

SAVE \$6



**TOFURKY
HAM ROAST**

14⁹⁹

**TOFURKY
GRAVY**

7⁹⁹



SAVE \$1



SAVE \$6



* Sale period December 6, 2024 - January 1, 2025. While quantities last.

**FELICETTI
DURM WHEAT PASTA**

✓ ORGANIC

**LOVE CHILD
BABY FOOD POUCHES**

✓ VORGANIC
✓ GLUTEN FREE

**CHA'S
HEIRLOOM RICE**

✓ ORGANIC
✓ GLUTEN FREE

3 FOR \$8

454 g



MIX & MATCH

4 FOR \$10

128 g



MIX & MATCH

10⁹⁹

900 g



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ALTER ECO CHOCOLATE BARS

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED

2 FOR \$8
MIX & MATCH



LUNDBERG REGENERATIVE RICE POUCHES

- ✓ ORGANIC
- ✓ GLUTEN FREE

4.99



227 g

SAPSUCKER SPARKLING TREE WATER

- ✓ LOCAL
- ✓ ORGANIC

355 mL

3 FOR \$6
MIX & MATCH



Sapsucker is a naturally pure alternative to plastic bottled water. Sap is full of antioxidants, electrolytes, polyphenols, and minerals, making it incredibly good for you. It's also ethical and sustainable - the Ontario and Quebec maple trees from which it's harvested are unharmed, and can live for more than 200 years (talk about anti-aging!). Not to mention, sap production helps keep hardwood forests standing rather than cutting them down for lumber or development.

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HOUSE FOODS TOFU

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



340 g - 396 g

NUTS FOR CHEESE CULTURED CASHEW CHEESE

- ✓ LOCAL
- ✓ ORGANIC



120 g

HARMONY EGG NOG

- ✓ LOCAL
- ✓ ORGANIC



1 L

SUNFLOWER KITCHEN HUMMUS

- ✓ LOCAL
- ✓ ORGANIC



227 g Mix & Match

EARTH BALANCE TRADITIONAL WHIPPED SPREAD

- ✓ ORGANIC
- ✓ PLANT-BASED



368 g

GREENHOUSE SPARKLING PROBIOTIC WATER

- ✓ LOCAL
- ✓ ORGANIC



355 mL Mix & Match



Find DELICIOUS near you

The Junction



108 VINE AVE

Bayview-Leaside



1678 BAYVIEW AVE

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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.

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**RIGHTEOUS
 GELATO & SORBETTO**

✓ GLUTEN FREE



7⁹⁹

473 mL

**STAHLBUSH
 VEGETABLES**

✓ GLUTEN FREE
 ✓ NON GMO & ORGANIC
 VARIETIES INCLUDED



3⁹⁹

198 g - 350 g

**STONETOWN
 FARMSTEAD FONTINA**

✓ LOCAL



8⁴⁹

170 g

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ALEXIS DE PORTNEUF PAILLOT DE CHEVRE

Full, creamy, barny acidic, stronger with age

6⁹⁹



Product of Quebec 

LINCET DELICE DE BOURGOGNE

Fuller triple crème, strong mushroom, luscious and super creamy and soft. Fuller and softer with age

6⁰⁹
/100G
60.90/KG




Product of France

AGROPUR OKA

A Canadian classic. This washed rind cheese is a great addition to any cheese board

6⁵⁹
/100G
65.90/KG



Product of Quebec 

SULTANA RAISINS

✓ ORGANIC

0⁹⁹
/100G
9.99/KG



Product of Uzbekistan

BLACK MISSION FIGS

✓ ORGANIC

3²⁹
/100G
32.99/KG




Product of USA

DRIED CRANBERRIES (SWEETENED W/AJ)

✓ ORGANIC

2⁴⁹
/100G
24.99/KG



Product of Canada 

RAW PECANS

✓ ORGANIC

4³⁹
/100G
43.99/KG



Product of Mexico

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