

# THE SWEET POTATO

Bringing healthy food to everyone!

SHOP.THESWEETPOTATO.CA

FEB 07 - FEB 13, 2025

BUY CANADIAN



## HOLBURNE MUSHROOM FARM NEW ONTARIO MUSHROOM VARIETIES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



\$1 OFF

Various (200g - 340g) • Product of Ontario  
Pioppino, Chestnut, Chef's Mix, Oyster, Lions Mane



## PFENNING'S ORGANIC FARM RAINBOW CARROTS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



2<sup>99</sup>

2 lb bag • Product of Ontario  
\*see in store feature card for cute ways to use carrots\*



## DUBRETON ONTARIO BONELESS PORK BLADE ROASTS & CHOPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FREE-RUN
- ✓ CERTIFIED HUMANE



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



## THEO PEANUT BUTTER CUPS

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



2 FOR \$6

SAVE \$1.98

peanut butter cups  
moules au beurre  
d'arachide  
45% MILK CHOCOLATE  
CHOCOLAT AU LAIT  
38 G

MIX & MATCH

## PLANT VEDA CASHEW LASSI

- ✓ PLANT-BASED
- ✓ GLUTEN-FREE



6<sup>99</sup>

SAVE \$4

1 L



## PFENNING'S ORGANIC FARM MINI YELLOW POTATOES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



3<sup>99</sup>

2 lb bag • Product of Ontario





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## RED CABBAGE

✓ CERTIFIED ORGANIC

## NATURE'S FIRST FRUIT AMBROSIA APPLES

✓ CERTIFIED ORGANIC

## PFENNING'S ORGANIC FARM RUTABAGA

✓ LOCAL  
✓ CERTIFIED ORGANIC



## SEACORE ONTARIO STEELHEAD TROUT

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



## SEACORE GREEK EUROPEAN SEA BASS "BRANZINO" FILLETS

✓ ALL-NATURAL  
✓ FRESH, NEVER FROZEN  
✓ FARMED  
✓ SUSTAINABLY RAISED



## BERETTA FARMS QUEBEC BONE-IN CHICKEN THIGHS AND DRUMSTICKS

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



## BERETTA FARMS CHICKEN POT PIE/ PULLED PORK

✓ LOCAL  
✓ ANTIBIOTIC & HORMONE-FREE  
✓ 100% TRACEABLE AND SUSTAINABLE  
✓ HUMANELY RAISED



## PRAIRIE RANCHER FARMS ONTARIO BEEF SIRLOIN TIP STEAKS

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



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## HUMBLE POTATO CHIPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



## NEAL BROTHERS CORN CHIPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



## NEAL BROTHERS SALSA

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



## KOOPS SPECIALTY MUSTARD

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE



## THREE FARMERS BEAN SNACK MIXES

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



## NOOCHPOP POPCORN

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



## CEDAR VALLEY PITA CHIPS

- ✓ LOCAL
- ✓ NON-GMO PROJECT VERIFIED
- ✓ PLANT-BASED
- ✓ SOY-FREE



## PRANA BEAN ME UP SNACK MIXES

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



## PRAIRIE GOODNESS CHIPLS

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





## THEO CHOCOLATE BARS

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

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



85 g

85 g

## WHOLESOME GOLDEN SUGAR

- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED

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



907 g

907 g

## NAVITAS CACAO POWDER

- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ RAW

**9<sup>99</sup>**  
SAVE \$5



227 g

227 g

## CHA'S ORGANICS COCONUT MILK

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

**2 FOR \$6**  
SAVE \$1.98



400 mL

405 mL

MIX & MATCH

## MAISON ORPHEE VIRGIN COCONUT OIL

- ✓ CERTIFIED ORGANIC

**14<sup>99</sup>**



400 g

400 g

## ABOKICHI SESAME CHILI OIL

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

**11<sup>99</sup>**  
SAVE \$2



230 mL

230 mL

## YOGI TEA

- ✓ CERTIFIED ORGANIC

**5<sup>99</sup>**  
SAVE \$1.50



16 ct

6 TEA BAGS

NET WT 24 g (0.85 oz)

NON-GMO PROJECT VERIFIED

PROJECT SANS OGM VERIFIE

USDA ORGANIC

## PIZZA OGGI PIZZA

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ PEANUT-FREE

**11<sup>99</sup>**  
SAVE \$2



450 g - 454 g

452 g

## THAT'S IT TRUFFLES

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE

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



100 g

23 Calories

per truffle / par truffe

64% Cacao

NET WT / POIDS NET 2.3 OZ (100g)



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## YUCATAN GUACAMOLE

- ✓ NON-GMO PROJECT VERIFIED



8<sup>99</sup>

340 g

## L'ANCÊTRE CHEESE SHREDS

- ✓ CERTIFIED ORGANIC



6<sup>99</sup>

200 g

## BUBBIES DILL PICKLES

- ✓ NON-GMO PROJECT VERIFIED
- ✓ KOSHER
- ✓ GLUTEN-FREE



7<sup>99</sup>

SAVE \$2

1 L

## KARTHEIN'S SAUERKRAUT

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ RAW



10<sup>99</sup>

SAVE \$2

750 mL

## SUNFLOWER KITCHEN SOUP

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



6<sup>99</sup>

700 mL

## BEYOND MEAT BEYOND CHICKEN TENDERS

- ✓ NON-GMO
- ✓ PLANT-BASED



6<sup>99</sup>

SAVE \$2

NET 226 g



## CHORIZO AND GREEN CHILI QUESO DIP

- ✓ LIMITED TIME ITEM - PERFECT FOR THE BIG GAME



9<sup>99</sup>

500G

## FROZEN CHICKEN OR BEEF STOCK

- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN
- ✓ GRASS-FED BEEF



8<sup>99</sup> OR 9<sup>99</sup>

SAVE \$2

900ML

## HOUSE BAKED CAKES - 4 VARIETIES

- ✓ MADE IN-HOUSE
- ✓ ORGANIC INGREDIENTS
- ✓ GREAT FOR YOUR VALENTINE!



8<sup>99</sup>

SAVE \$3

500G

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**YOSO  
 COCONUT  
 YOGURT**

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

440 g

**4<sup>99</sup>**  
 SAVE \$1



WE LOVE  
**Local**



After emigrating from Hong Kong in their teens to do their post-secondary studies in Canada, our good friends Francis and Erik Lo (aka The Lo Bros) have been making the finest plant-based dairy alternatives in Cambridge, Ontario for more than 20 years. Erik, who has a degree in food science, is responsible for the incredibly creamy taste of their yogurts, and Francis, who has a degree in agribusiness, is in charge of sales and branding. Plus they're some of the nicest folks you'll ever meet. We love everything they do, and have been huge fans of their work since we opened our original store on Dundas. Even if you're a die-hard dairy consumer, we're positive you'll love their smooth, rich tasting coconut-based yogurt, on sale this week at an eye-popping price.



# INTRODUCING!



  
**MAKIWISE**  
 SUSTAINABLE *Sushi*

- FRESH SUSHI AND MAKI MADE DAILY IN THE SWEET POTATO KITCHEN
- NATURAL AND ORGANIC INGREDIENTS • OCEANWISE CERTIFIED FISH





## WOOLWICH TRIPLE CREME BRIE

Award winning goat brie, this brie is called triple creme for a reason the ultimate creamy buttery indulgence



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

180 GQC

## GUNN'S HILL TIPSY

this creamy mild cheese is enhanced with the rich wine flavour of the rind, a perfect pair in one



**6<sup>54</sup>**  
100G  
65.4/KG

Product of Ontario

## BELLA CASARA BURRATINI

The smaller version of Burrata, with an outer layer of hand stretched mozzarella filled with cream and curds



**9<sup>49</sup>**

125 G

## LIGHT FETA IN BRINE

rich in flavour, with a firmer texture, versatile cheese great for recipes



**3<sup>39</sup>**  
100G  
33.90/KG

## IN-STORE Events

108 Vine

– FRIDAY 3-7PM –  
**FEBRUARY 7<sup>TH</sup>**

Sweet Potato Kitchen

**CHORIZO AND  
GREEN CHILI  
QUESO DIP**

– SATURDAY 11-3PM –  
**FEBRUARY 8<sup>TH</sup>**

Beretta Farms

**PULLED PORK &  
CHICKEN POT PIE**

– SATURDAY 11-3PM –  
**FEBRUARY 8<sup>TH</sup>**

Yoso

**COCONUT  
YOGURT & SOY  
YOGURT**

– SUNDAY 12-3PM –  
**FEBRUARY 9<sup>TH</sup>**

Prairie Goodness & Bulwark Cider

**LENTIL CHIPS &  
HANDCRAFTED  
CIDERS**



## Monday

### ROTISSERIE CHICKEN + 2 SIDES

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS.

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

ADD GRAVY \$2



## Tuesday

### SOUPS OR CHILI

- ✓ 6 SOUP VARIETIES INCLUDING PLANT-BASED OPTIONS.
- ✓ CHILI, CLASSIC BEEF OR PLANT-BASED QUINOA & VEGETABLES.

**9<sup>99</sup>**  
OR  
**10<sup>99</sup>**



## Wednesday

### FROZEN POT PIES

- ✓ 5 VARIETIES INCLUDING PLANT-BASED OPTIONS

**14<sup>99</sup>**



SO  YAM  
GOOD

## 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.*



## Thursday

### CLASSIC MAC & CHEESE

- ✓ MADE IN HOUSE
- ✓ FAMILY FAVOURITE!

**14<sup>99</sup>**

FAMILY SIZE!

**NEW!**



## Friday

### SUSHI

- ✓ ALL ROLLS \$2 OFF
- ✓ ALL FAMILY PACKS \$3 OFF.

**\$2-3  
OFF**





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## RED LENTILS

✓ CERTIFIED ORGANIC

80¢  
100 G  
8.00KG

Product of Turkey

OUR BULK DEPARTMENT IS GETTING

# friendlier

REUSABLE PACKAGING MADE EASY!



SIMPLY BUY\*, SCAN,  
AND RETURN

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

LEARN MORE AT FRIENDLIER.CA

## COUSCOUS

✓ CERTIFIED ORGANIC

79¢  
100 G  
7.90/KG

Product of Canada

## PISTACHIOS (RAW, IN SHELL)

✓ CERTIFIED ORGANIC

3.69  
100 G  
36.90/KG

Product of USA

## GUMMY COLA

✓ CERTIFIED ORGANIC

3.10  
100 G  
31.00/KG

Product of Germany

## ACORN SQUASH & QUINOA HARVEST BOWLS

### Ingredients:

- 2 acorn squash
- 2 apples (peeled, diced into 1 inch cubes)
- 1 small onion (minced)
- 1/2 cup dried cranberries
- 1/2 cup pumpkin seeds
- 3-4 fresh sage leaves (finely chopped)
- 1 cup quinoa
- 2 cups chicken or vegetable stock
- 1 tbsp apple cider vinegar

### Instructions:

1. Preheat oven to 350 F.
2. Cut squash in half lengthwise and scoop out seeds. Brush interior of squash with olive oil and apple cider vinegar. Sprinkle with salt and pepper.
3. Bake skin-side up on a parchment or foil-lined baking sheet for 1.5 - 2 hrs. Cool for 15 mins.
4. Combine quinoa and stock in a saucepan, bring to a boil. Cover, reduce heat to low, and simmer for 15 minutes. Fluff with a fork and set aside.
5. Season the onion with salt and pepper. Sauté over medium heat until fragrant and soft.
6. Add apples and sage leaves and cook for 10 minutes until apples are soft.
7. Add cranberries and stir mixture for 10 mins. Add quinoa and pumpkin seeds. Remove from heat.
8. Fill each squash boat with stuffing. Cook for 5-10 mins. Enjoy!



RECIPE



**NIXIT  
WATER-BASED  
PERSONAL  
LUBRICANT**

✓ **MADE WITH  
ORGANIC  
INGREDIENTS**

118 mL

**19<sup>99</sup>**  
**SAVE \$5**

WE LOVE  
**Local**



LOCALLY MADE IN  
**ONTARIO,  
CANADA**

The journey for Nixit began when Founder Rachael was living in the Caribbean. Walking along the beach each morning she would see garbage and plastic washed up on the shore. This led her to take action - through research she realized that disposable menstrual products are the fifth most common source of waste washing up on beaches. The Nixit product line started with period care and has expanded to sexual wellness.

**CAN PREV  
MAGNESIUM BIS-GLYCINATE  
200 GENTLE POWDER**

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



120 g

**SALUS®  
RED BEET CRYSTALS**

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ NON-GMO
- ✓ VEGAN



200 g

**PRAIRIE NATURALS  
CHICKEN BONE BROTH  
POWDER**

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ FREE RANGE, ANTIBIOTIC  
AND HORMONE FREE



300 g

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