

COCKTAIL TOMATOES

- ✓ LOCAL

✓ HYDROPONIC



3⁹⁹

 1 lb clamshell • Product of Ontario

YUM EARTH
ASSORTED LOLLYPOPS

- ✓ CERTIFIED ORGANIC

✓ GLUTEN-FREE

✓ PEANUT-FREE

10⁹⁹

SAVE \$5

248 g



PRAIRIE RANCHER FARMS
ALBERTA BEEF STIR FRY

- ✓ ALL-NATURAL

✓ ANTIBIOTIC & HORMONE-FREE

✓ SUSTAINABLY RAISED

✓ PASTURE RAISED ON FAMILY FARMS



9⁹⁹

LB
22.02KG

SAVE \$5/LB



STRAWBERRIES

- ✓ CERTIFIED ORGANIC

3⁹⁹



1 lb clamshell • Product of Mexico

ACROPOLIS
EXTRA VIRGIN OLIVE OIL

- ✓ NON-GMO PROJECT VERIFIED

✓ GLUTEN-FREE



24⁹⁹

SAVE \$15

500 mL

RED CABBAGE

- ✓ CERTIFIED ORGANIC

1⁷⁹

LB
3.95 KG



Product of Quebec



CAULIFLOWER

✓ CERTIFIED ORGANIC



Product of California

GALA APPLES

✓ CERTIFIED ORGANIC



3 lb bag • Product of British Columbia

BRUSSEL SPROUTS

✓ CERTIFIED ORGANIC



Product of California

SEACORE
ONTARIO STEELHEAD TROUT FILLETS

- ✓ LOCAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ OCEAN WISE RECOMMENDED

- ✓ SUSTAINABLY RAISED
- ✓ FRESH, NEVER FROZEN



21⁹⁹
LB
48.48KG

SAVE \$2/LB



SEACORE
BRAZILIAN
TILAPIA FILLETS

- ✓ ALL-NATURAL
- ✓ FRESH, NEVER FROZEN
- ✓ OCEAN WISE RECOMMENDED
- ✓ SUSTAINABLY RAISED



11⁹⁹
LB
26.43KG

SAVE \$2/LB



Available Marinated in Garlic & Herb,
Korean BBQ and Cajun

ZETTEL FAMILY FARMS
ONTARIO LEAN
GROUND BEEF

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ 100% GRASS-FED
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ PASTURE RAISED ON FAMILY FARMS



14⁹⁹
LB
33.05KG

SAVE \$2/LB

DUBRETON
ONTARIO BONELESS
PORK LOIN CHOPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ CERTIFIED HUMANE
- ✓ FAMILY FARM RAISED



15⁹⁹
LB
35.25KG

SAVE \$3/LB

BERETTA FARMS
QUEBEC SKINLESS
BONELESS CHICKEN BREASTS

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



11⁹⁹
LB
26.43KG

NUTS TO YOU

PEANUT BUTTER

- ✓ LOCAL
- ✓ GLUTEN-FREE



6⁹⁹

750 g



THEOBROMA

CHOCOLATE BARS

- ✓ CERTIFIED ORGANIC
- ✓ FAIR FOR LIFE



2 FOR \$6

MIX & MATCH

35 g



MAISON ORPHEE

SUNFLOWER SEED OIL

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



13⁹⁹

750 mL



CROFTERS

FRUIT SPREAD

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



7⁹⁹

383 mL



HEARTWOOD

SPARKLE BEVERAGES

- ✓ LOCAL



3 FOR \$8

MIX & MATCH

355 mL



CRANK

COFFEE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED



13⁹⁹

340 g



PRANA

BEAN ME UP! SNACK MIXES

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



5⁹⁹

325 g



CHA'S ORGANICS

GROUND TURMERIC

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



3⁹⁹

30 g • All Small Spices on Sale



RAINCOAST GLOBAL

ALBACORE TUNA

- ✓ MSC CERTIFIED



6⁹⁹

142 g



THE SWEET POTATO

Bringing healthy food to everyone!

MAR 28 - APR 10, 2025



Local SPOTLIGHT

GET YOUR CLOTHES CLEAN USING ONLY NATURALLY DERIVED, POWERFUL INGREDIENTS.

Get your clothes clean using only naturally derived, powerful ingredients. Nature Clean Liquid Laundry is hypoallergenic and perfect for people with sensitive skin. It is made without phosphates, enzymes, dangerous sulphates (SLES), choline, optical brighteners, synthetic perfumes, dyes or any animal ingredients and scented with essential oils only. Developed to protect the look and health of our skin, it's also safer for our lungs and our overall well-being. Our laundry liquid is sage enough, even for infant clothing. Fully biodegradable, septic and grey water safe, and never, ever, tested on animals.

LOCALLY MADE

12⁹⁹
SAVE \$4.00



Mr. Bernard Ross created Nature Clean in 1963 to help his wife, who suffered from allergic reactions to harsh chemicals in traditional household products, by creating his own natural formulations. What started as a family's mission to develop safe, non-toxic alternatives has grown into a trusted and proudly Canadian brand dedicated to healthier homes and a cleaner planet. For over 60 years, Nature Clean has been committed to crafting effective, natural solutions for household and personal care products free from harmful chemicals, synthetic fragrances, and unnecessary additives. Because your home deserves a clean that's both safe for your family and gentle on the planet.



SO YAM GOOD

READY TO HEAT SIDES

- ✓ MADE IN-HOUSE
- ✓ ORGANIC INGREDIENTS



2 FOR \$10
MIX & MATCH

Various Sizes

WRAP AND SMALL SOUP COMBO

- ✓ MADE IN-HOUSE DAILY
- ✓ ORGANIC INGREDIENTS
- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN



12⁹⁹
SAVE UP TO \$5

Various Sizes • Excludes breakfast burrito

DESSERT PIE SALE! 8 INCH PIE

- ✓ MADE IN-HOUSE
- ✓ ORGANIC INGREDIENTS



13⁹⁹
SAVE UP TO \$4

Includes all dessert pies, including frozen pies

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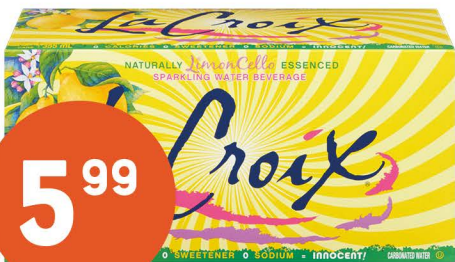
THE SWEET POTATO

Bringing healthy food to everyone!

MAR 28 - APR 10, 2025

LACROIX SPARKLING FLAVOURED WATER

- ✓ NON-GMO
- ✓ SUGAR-FREE
- ✓ GLUTEN-FREE



5⁹⁹

8 x 355 mL

SONOMA CREAMERY CHEESE CRISPS

- ✓ GLUTEN-FREE



6⁹⁹

64 g

NATURE CLEAN DISH LIQUID

- ✓ LOCAL
- ✓ BIODEGRADABLE
- ✓ CRUELTY FREE



2⁹⁹ FOR

MIX & MATCH

740 mL

PACIFIC BROTH

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2⁹⁹ FOR

MIX & MATCH

946 mL - 1 L • Bone Broth Excluded

FARMER'S MARKET PUREED VEGETABLES

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2⁹⁹ FOR

MIX & MATCH

398 mL

LUNDBERG LONG OR SHORT GRAIN BROWN RICE

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



8⁹⁹

907 g

LUNDBERG WILD RICE BLEND

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



8⁹⁹

454 g

ENJOY LIFE BAKING CHIPS

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



6⁹⁹

255 g

RIGHTEOUS GELATO & SORBET

- ✓ GLUTEN-FREE
- ✓ VEGAN OPTIONS AVAILABLE



6⁹⁹

473 mL

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MID-DAY SQUARES™

Plant-Based SPOTLIGHT

Mid-Day Squares is a unique functional square + chocolate that will satisfy your sweet cravings. If you've ever got hit with afternoon hunger at work... if you've ever been on the run and had to delay lunch or dinner...if you've ever felt guilty, after eating that "insert secret here"... Mid-Day Squares were made for you. Imagine the benefits of a protein bar, and the satisfaction of a chocolate bar; this is the inspiration behind Mid-Day Squares. Each square is certified Non-Gmo, Fair Trade, Kosher, Vegan and are gluten, soy and dairy-free. We do not use any artificial preservatives. P.S. Find us in the fridge!

7⁹⁹

SAVE \$3.00



NICK, LEZLIE & JAKE

Lezlie, known as "Panda," co-founded Mid-Day Squares with her husband, Nick, and her brother, Jake. In 2015, she began experimenting with plant-based foods in her condo kitchen in Montreal, Quebec. Mid-Day Squares was born from a passion for clean, high-protein snacks designed for busy, everyday life. Launched in 2018, they sold over a million bars in just 20 months. Today, they are still proudly made in Montreal, with an impressive 2.1 million bars sold just last month. Mid-Day Squares: chocolate, made functional.

MAISON RIVIERA
OAT BASED GREEK YOGURT

✓ VEGAN



6⁹⁹

500 g

TONICA
KOMBUCHA

✓ LOCAL

✓ CERTIFIED ORGANIC

✓ RAW



7⁹⁹

1.1 L

GARDEIN
SEVEN GRAIN CRISPY TENDERS

✓ NON-GMO PROJECT VERIFIED

✓ VEGAN



7⁹⁹

255 g

CALIFIA

ALMOND MATCHA LATTE

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



6⁹⁹

1.4 L

CAULIPOWER

PEPPERONI PIZZA

- ✓GLUTEN-FREE



12⁹⁹

320 g

EARTH BALANCE

TRADITIONAL SPREAD

- ✓NON-GMO
- ✓GLUTEN-FREE
- ✓VEGAN



7⁹⁹

425 g

NATURE'S WAY


POPPING CORN

- ✓CERTIFIED ORGANIC



80[¢]

100G
7.99KG

Product of Canada

OUR BULK

DEPARTMENT IS

friendlier

REUSABLE

PACKAGING

MADE EASY!



SIMPLY BUY*, SCAN,
AND RETURN



REUSE RETURN

*a refundable deposit of 50¢
will be applied to each purchase

LEARN MORE AT FRIENDLIER.CA

YELLOW SPLIT PEAS

- ✓CERTIFIED ORGANIC



54[¢]

100 G
5.39KG

Product of Canada

WHITE SESAME SEEDS

- ✓CERTIFIED ORGANIC



3³⁵

100G
33.50KG

Product of Brazil

GUMMY PACIFIERS

- ✓CERTIFIED ORGANIC
- ✓PLANT-BASED



3¹⁵

100G
31.50KG

Product of The Netherlands

THE SWEET POTATO

Bringing healthy food to everyone!

MAR 28 - APR 10, 2025

AGROPUR OKA

Rich in history and flavour, Oka Original cheese is perfected in the cellars of the Fromagerie d'Oka, still crafted according to the original recipe handed down from the monks of the Oka Abbey. In addition to its legendary, distinctive aroma, the washed, amber-coloured rind offers a subtle taste of butter

6⁷⁹
100 G

SAVE \$5



Product of Quebec

STONETOWN AMAZING GREY

Amazing Grey's natural sweet flavour brings out the best in goat cheese. This Farmstead Parmesan is sure to please even those who are not goat cheese lovers, making it the perfect cheese for serving to friends and family. The aromatic rind gives this cheese a contrasting texture to the interior and typical aromas associated with washed rind cheeses

11⁹⁹

SAVE \$3



170 g • Product of Ontario

MILLBANK GARLIC AND DILL BRICK

Millbank Cheese Garlic & Dill is a deliciously flavoured cheese made from high-quality milk, blended with aromatic garlic and fresh dill for a savoury, herb-infused taste. This creamy, smooth cheese offers a perfect balance of tangy cheddar and zesty garlic with the refreshing note of dill

3⁶⁹
100 G

SAVE \$4



Product of Ontario

JENSEN MEDIUM CHEDDAR

Jensen Medium Cheddar Cheese is smooth, creamy, and perfectly balanced between mild and sharp. It's an excellent all-purpose cheese for sandwiches, grilled cheese, mac and cheese, or just snacking on its own.

3⁵⁹
100 G

SAVE \$4



Product of Ontario

IN-STORE Events

108 Vine

— SATURDAY 11AM-3PM —
MARCH 29TH

Sweet Potato Kitchen

**SALSA,
SALSA VERDE,
PINTO BEANS**

— SATURDAY 11AM-3PM —
MARCH 29TH

Habibi's

TOUM DIPS



FRESH SUSHI AND MAKI MADE DAILY • OCEANWISE CERTIFIED FISH
• NATURAL AND ORGANIC INGREDIENTS • PLANT-BASED OPTIONS
• FAMILY-OWNED SMALL BUSINESS



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Monday

ROTISSERIE CHICKEN
+ 2 SIDES

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



19⁹⁹
ADD GRAVY \$2

Tuesday

SOUPS OR CHILI

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



9⁹⁹ OR
10⁹⁹

Wednesday

FROZEN POT PIES

- ✓ 5 VARIETIES INCLUDING PLANT-BASED OPTIONS



14⁹⁹



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!



14⁹⁹
FAMILY SIZE!

NEW!

Friday

SUSHI

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



\$2-3
OFF