

THE SWEET POTATO

Bringing healthy food to everyone!

APR 11 - APR 24, 2025

BUY CANADIAN

PFENNING'S ORGANIC FARM YELLOW ONIONS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1²⁹
LB
2.84 KG

Product of Ontario

HUMBLE POTATO CHIPS

- ✓ LOCAL
- ✓ ORGANIC VARIETIES AVAILABLE
- ✓ GLUTEN-FREE



3 FOR \$10

SAVE \$4.97

135 g of Rumble Chips Are Not Included.

YORKSHIRE VALLEY FARMS FRESH ONTARIO WHOLE TURKEYS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



4⁹⁹
LB
11.00KG

SAVE \$2/LB

ORGANIC BIOLOGIQUE
YOUNG TURKEY JEUNE DINDON
with giblets avec abattis

NATURE'S FIRST FRUIT AMBROSIA APPLES

- ✓ CERTIFIED ORGANIC



5⁹⁹

3 lb bag • Product of British Columbia

ITALIAN VOLCANO LEMON OR LIME JUICE

- ✓ CERTIFIED ORGANIC



2 FOR \$5

SAVE \$2.98

MIX & MATCH

200 mL

GEN V ENGLISH CUCUMBERS

- ✓ CERTIFIED ORGANIC



2⁹⁹

Each • Product of Quebec

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BROCCOLI

✓ CERTIFIED ORGANIC

2⁹⁹



Bunch • Product of California

BARTLETT PEARS

✓ CERTIFIED ORGANIC

2⁴⁹
LB
5.49 KG



Product of Argentina

CILANTRO

✓ CERTIFIED ORGANIC

1⁹⁹



Bunch • Product of California

SEACORE SCOTTISH ATLANTIC SALMON FILLETS

✓ CERTIFIED ORGANIC
✓ HIGH IN OMEGA-3 FATTY ACIDS

✓ FRESH, NEVER FROZEN
✓ SUSTAINABLY RAISED

26⁹⁹
LB
59.50KG

SAVE \$2/LB



SEACORE ICELANDIC COD LOINS

✓ ALL-NATURAL
✓ WILD CAUGHT
✓ BAP CERTIFIED
✓ FRESH, NEVER FROZEN

21⁹⁹
LB
48.48KG



BERETTA FARMS ALBERTA BEEF BRISKET

✓ CERTIFIED ORGANIC
✓ 100% TRACEABLE AND SUSTAINABLE
✓ HUMANELY RAISED

DUBRETON ONTARIO RUSTIC PORK BACK RIBS

✓ LOCAL
✓ ALL-NATURAL
✓ ANTIBIOTIC & HORMONE-FREE
✓ SUSTAINABLY RAISED
✓ CERTIFIED HUMANE
✓ RAISED ON ORGANIC FEED

11⁹⁹
LB
26.43KG



BERETTA FARMS QUEBEC BONE-IN CHICKEN THIGHS & DRUMSTICKS

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

4⁹⁹
LB
11.00KG



10⁹⁹
LB
24.23KG

SAVE \$8/LB



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PRANA RAW NUTS

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



11⁹⁹

180 g - 250 g

RAWCOLOGY GRAIN FREE GRANOLA

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



8⁹⁹

SAVE \$2

200 g

CAMINO COCOA POWDER

- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE



8⁹⁹

224 g

GATHERING PLACE BLACK PEPPER GRINDER

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



7⁹⁹

50 g • All Gathering Place Items On Sale

CHA'S ORGANICS HEIRLOOM RICE

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



8⁹⁹

SAVE \$3

900 g

ZAZUBEAN CHOCOLATE BARS

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



5⁹⁹

85 g

GOOD TO GO SNACK BARS

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



3 FOR \$7

SAVE \$1.97

MIX & MATCH

EATLOVE CHOCOLATE CUPS

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ DAIRY-FREE

3⁹⁹

51 g - 52 g

1 Cup - 52g

ABOKICHI MISO CHILI OIL

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

11⁹⁹

230 mL



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TWO BEARS™

Local SPOTLIGHT

LATTE

Two Bears Coffee offers a variety of beverages crafted with high-quality, plant-based ingredients. Their Frothed Oat Lattes provide creamy, dairy-free options for coffee lovers looking for convenience without compromise. For those seeking a protein boost, their Protein Lattes deliver 20 grams of protein per serving with no refined sugar.

2 FOR \$5
MIX & MATCH
SAVE \$2.98



LOCALLY MADE
TORONTO ONTARIO



DAVID & JOE

Two Bears Coffee was brewed into life by longtime friends David and Joe - two guys with a passion for great coffee and a taste for adventure. David kicked things off from the back of his van, while Joe brought serious coffee expertise to the table. Their mission? No added sugar. Real ingredients. Convenient for real life - and always crafted to taste as good as it feels.



SO YAM GOOD

SALAD BOWLS

- ✓ MADE IN-HOUSE DAILY
- ✓ ORGANIC INGREDIENTS



8⁹⁹

SAVE \$3

Various sizes

OOH-REO COOKIES

- ✓ MADE IN-HOUSE
- ✓ PRESERVATIVE-FREE



4⁹⁹

SAVE \$3

4-pack

LARGE DELI SALADS

- ✓ MADE IN-HOUSE DAILY
- ✓ ORGANIC INGREDIENTS



8⁹⁹

SAVE \$2

500 g - 700 g

Product packaging may differ in store than shown in the flyer, in case of discrepancy between the picture and the text, the text will be deemed correct. We reserve the right to limit quantities, while supplies last. Product selection may vary by location. Deals may differ for online shopping. Produce, meat, and seafood pricing is valid for the first seven days of the promotional period.

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TRUEARTH PLATINUM LAUNDRY STRIPS

- ✓ NOT TESTED ON ANIMALS
- ✓ HYPOALLERGENIC



17⁹⁹

SAVE \$4

32 ct



MRS. MEYER'S DISH LIQUID

- ✓ LEAPING BUNNY CERTIFIED



5⁹⁹

473 mL

ELMHURST LATTE

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



8⁹⁹

750 mL

SIMPLY ORGANIC VANILLA EXTRACT

- ✓ CERTIFIED ORGANIC
- ✓ NON ALCOHOLIC VARIETY INCLUDED



24⁹⁹

SAVE \$5

118 mL

BOB'S RED MILL ALMOND FLOUR

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



13⁹⁹

SAVE \$4

453 g

WHOLESOME GOLDEN SUGAR

- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED



7⁹⁹

907 g

LET'S DO ORGANIC SHREDDED COCONUT

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



4⁹⁹

250 g

BRAGG APPLE CIDER VINEGAR

- ✓ CERTIFIED ORGANIC
- ✓ RAW
- ✓ UNFILTERED



9⁹⁹

946 mL

SIMPLY ORGANIC GRAVY MIX

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$5

24 g

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L'ANCETRE BUTTER

- ✓ CERTIFIED ORGANIC
- ✓ GRASS-FED

10⁹⁹



454 g

NUTS FOR CHEESE CULTURED CASHEW CHEESE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ VEGAN

8⁹⁹

SAVE \$3



120 g

EARTH'S OWN OAT MILK

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

2 FOR \$9



1.75 L

ORGANIC MEADOW ICE CREAM

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

9⁹⁹



946 mL

PLANT VEDA CASHEW LASSI

- ✓ GLUTEN-FREE
- ✓ VEGAN

7⁹⁹



1 L

AMY'S BOWLS & ENTREE'S

- ✓ MADE WITH ORGANIC INGREDIENTS

7⁹⁹



241 g - 283 g

WHOLLY WHOLESOME PIE SHELLS

- ✓ CERTIFIED ORGANIC

7⁹⁹



396 g

BUBBIES KOSHER DILL PICKLES

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

9⁹⁹



1 L

STAHLBUSH VEGETABLES

- ✓ CERTIFIED SUSTAINABLE
- ✓ GLUTEN-FREE
- ✓ NON-GMO AND ORGANIC VARIETIES INCLUDED

3⁹⁹



198 g - 350 g

oomé

Plant-Based SPOTLIGHT

SMOKED TOFU

We know that tofu is a super food when it comes to protein. But for many, the challenge is that it's bland and hard to add flavor to. This is where oomé comes in! Marinated in clean and simple ingredients, and then smoked with cherry-wood sourced from the family orchard in Oliver, BC, our smoked tofu is packed with flavor and ready-to-eat straight out of the pack. Our products are always Non-GMO, made from Canadian soy-beans, and Plastic Negative certified. Try our newest smoked tofu, Habanero Hunnie – naturally sweet from vegan honey and lingering heat from Habanero powder. This is amazing in tacos, noodle dishes, salads and so much more!

2 FOR \$11
MIX & MATCH
SAVE \$2.98



MIKI




In 2020, Miki's father, who loved using his smoker to create amazing meals that brought the family together around the dinner table, unexpectedly passed away. In this moment, Miki knew she wanted to use his smoker to honor him in a way that aligned with her own values of sustainability. And so, in 2022, she launched oomé. For Miki, oomé is so much more than just about smoked tofu. It's about creating connection around the dinner table and fueling our bodies with good food that is good for us, and good for the planet.

NAVY BEANS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

75¢
100G
7.49KG



 Product of Ontario

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

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HEMP SEEDS

✓ CERTIFIED ORGANIC

2⁹⁰
100 G
28.99KG



Product of Canada

FRUIT & NUT TRAIL MIX

✓ CERTIFIED ORGANIC

2⁸⁰
100 G
27.99KG



Prepared in Canada

GUMMY PACIFIERS

✓ CERTIFIED ORGANIC
✓ PLANT-BASED

3¹⁵
100G
31.49KG



Product of The Netherlands

ILE AUX GRUES 2 YEAR CHEDDAR

This acclaimed island co-op has been producing artisanal cheeses in some form for over a century. Their award winning cheddar is made by hand from raw cows milk and aged for at least two years. The crumbly paste retains a creamy, nutty mouthful while tangy, lactic and gently sweet flavours prevail on the finish.

6⁵⁹
100 G
SAVE \$5



Product of Quebec

LINCET DELICE DE BOURGOGNE

A rich buttery triple crème cheese from the Burgundy region. It has a white, bloomy rind and a bright white interior paste. The texture is often chalky in the middle and soft around the edges and gets softer as it ages and gets to room temperature. Depending on the age, it could be mild, buttery and lightly acidic or if it's aged, it is mushroomy and has lots of tang. Either way, it's delicious.

6⁸⁹
100 G
SAVE \$7



Product of France

BEEMSTER GOAT GOUDA

Beemster goats are raised humanely in small herds. This is a great introduction to goat cheese—even people who think they don't like goat cheese fall in love with Beemster's! A pale ivory interior and smooth, semi-firm texture deliver a refreshing, sweet, flavorful experience.

7⁰⁹
100 G
SAVE \$6



Product of The Netherlands

GUNN'S HILL TIPSY

This is Gunn's Hill's original Oxford's Harvest cheese that has been soaked in Palatine Hills Cabernet Merlot for several days. It's edible rind is rich in flavour and is a definite favourite of wine lovers.

7³⁹
100 G
SAVE \$6



Product of Ontario

IN-STORE Events

108 Vine

— FRIDAY 11AM-3PM —
APRIL 11TH

Sweet Potato Kitchen

**OOOH-REO
COOKIES**

— SUNDAY 11AM-4PM —
APRIL 13TH

Neil's Real Deal

**HOT
SAUCES**

— SATURDAY 11AM-3PM —
APRIL 19TH

Good to Go

**SNACK
BARS**

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**

