

THE SWEET POTATO

Bringing healthy food to everyone!

MAY 2 - MAY 8, 2025

BUY CANADIAN

NATURE'S FIRST FRUIT ROYAL GALA APPLES

✓ CERTIFIED ORGANIC



CABOO PAPER TOWELS

✓ NON-GMO PROJECT
VERIFIED
✓ 100% TREE FREE



BERETTA FARMS ALBERTA BEEF TENDERLOIN STEAKS

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



STRAWBERRIES

✓ CERTIFIED ORGANIC



HIPPEAS CHICKPEA PUFFS

✓ NON-GMO VERIFIED
✓ GLUTEN-FREE
✓ VEGAN



DEL FRESCO HEIRLOOM TOMATOES

✓ LOCAL
✓ HYDROPONIC



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RED POTATOES

✓ CERTIFIED ORGANIC



1²⁹
LB
2.84 KG



Product of Canada

GREEN ONIONS

✓ CERTIFIED ORGANIC



2^{FOR} \$3
OR 1 FOR \$1.69

Bunch • Product of California

FAIRTRADE BANANAS

✓ CERTIFIED ORGANIC



99¢
LB
2.18KG

Product of Ecuador

SEACORE
ICELAND ARCTIC CHAR FILLETS

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

✓ OCEAN WISE
RECOMMENDED



21⁹⁹
LB
48.48 KG

Product of Iceland



SEACORE
ICELAND HADDOCK FILLETS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ OCEAN WISE
RECOMMENDED
- ✓ MSC



16⁹⁹
LB
37.46 KG

Product of Iceland



DUBRETON
ONTARIO PORK BLADE
ROASTS & STEAKS

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



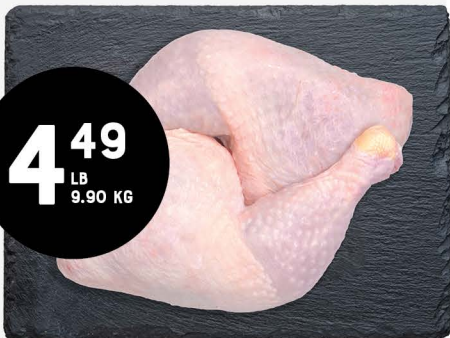
10⁴⁹
LB
23.13 KG

Product of Ontario



BERETTA FARMS
QUEBEC WHOLE
CHICKEN LEGS

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



4⁴⁹
LB
9.90 KG

Product of Quebec



BERETTA FARMS
ALBERTA BISON
STEWING CUBES

- ✓ ALL-NATURAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ 100% TRACEABLE
AND SUSTAINABLE
- ✓ HUMANELY RAISED



13⁹⁹
LB
30.84 KG

Product of Alberta



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NATURE'S PATH LOVE CRUNCH GRANOLA

✓ CERTIFIED ORGANIC



5⁹⁹

300 g - 325 g

CHA'S ORGANICS COCONUT MILK

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



2 FOR \$6

MIX & MATCH

400 mL

FLOW ALKALINE WATER

✓ LOCAL
✓ NATURALLY ALKALINE



3 FOR \$8

SAVE \$2.47

MIX & MATCH

1 L

NUTS TO YOU SUNFLOWER SEED BUTTER

✓ LOCAL
✓ CERTIFIED ORGANIC
✓ GLUTEN-FREE



6⁹⁹

500 g

ONE DEGREE BROWN RICE CRISPS

✓ CERTIFIED ORGANIC
✓ GLUTEN-FREE



5⁹⁹

227 g - 284 g

MANITOBA HARVEST HEMP HEARTS

✓ CERTIFIED ORGANIC
✓ GLUTEN-FREE
✓ RAW



16⁹⁹

SAVE \$3

340 g

WAKEWATER CAFFEINATED SPARKLING WATER

✓ LOCAL
✓ SUGAR-FREE



3 FOR \$7

MIX & MATCH

355 mL

NATURE'S PATH GRANOLA

✓ CERTIFIED ORGANIC
✓ GLUTEN-FREE



6⁹⁹

312 g

STASH TEA

✓ CERTIFIED ORGANIC



2 FOR \$9

SAVE \$4.98

MIX & MATCH

16 ct

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Local SPOTLIGHT

PUMPKIN SEED BUTTER

Our good friend Sam started Nuts to You in Paris, Ontario over 35 years ago with a simple mission: produce the finest nut butters in all the lands with no added sugars, hydrogenated oils, or any of the other stuff commonly found in mass market products. Now produced in Brantford, Ontario, Nuts to You's pumpkin seed butter (made with Ontario grown pumpkin seeds!) is as good for you as it is delicious. With high levels of protein, healthy fats, and magnesium, it's great for heart health, muscle recovery, and getting deep, restful sleeps. Not to mention it absolutely slaps on some toast with honey or strawberry jam.

7⁹⁹
SAVE \$2.00



LOCALLY
MADE
BRANTFORD
ONTARIO

- ✓ NON-GMO
- ✓ GLUTEN-FREE



SO YAM GOOD

PIZZA SAUCE AND
2 PIZZA DOUGHS

- ✓ LOCAL
- ✓ ORGANIC INGREDIENTS



10⁰⁰
SAVE \$4

Various Sizes

SPRING QUICHE SALE

- ✓ LOCAL
- ✓ MADE IN-HOUSE DAILY
- ✓ ORGANIC VEGETABLES



12⁹⁹
OR
13⁹⁹
SAVE \$4

Various Sizes

BUY A COMBO DINNER
GET A FREE COOKIE

- ✓ LOCAL
- ✓ ANTIBIOTIC & HORMONE-FREE MEAT



10⁹⁹
OR
11⁹⁹
SAVE \$2

Various Sizes

FREE
COOKIE!

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FOOD FOR LIFE
EZEKIEL BREAD

✓ CERTIFIED ORGANIC



ANNIE'S
CHEDDAR BUNNIES

✓ CERTIFIED ORGANIC



ALTER ECO
CHOCOLATE BARS

✓ CERTIFIED ORGANIC
✓ FAIR TRADE CERTIFIED
✓ GLUTEN-FREE
✓ FILLED BARS INCLUDED!



THAT'S IT
DARK CHOCOLATE TRUFFLES

✓ CERTIFIED ORGANIC
✓ GLUTEN-FREE



NORA
SEAWEED SNACKS

✓ NON-GMO PROJECT VERIFIED
✓ GLUTEN-FREE



CLIF
ENERGY BARS

✓ PLANT-BASED
✓ MADE WITH ORGANIC INGREDIENTS



MUIR GLEN
TOMATOES

✓ CERTIFIED ORGANIC
✓ NUT-FREE



FELICETTI
RICE & CORN PASTA

✓ CERTIFIED ORGANIC
✓ GLUTEN-FREE



COCONUT SECRETS
COCONUT SEASONING SAUCE

✓ CERTIFIED ORGANIC
✓ GLUTEN-FREE



KEFIRKULT

Plant-Based SPOTLIGHT

COCONUT YOGURT KEFIR

KefirKult counts on its founders' background in microbiology and biochemistry to produce its fresh and delicious coconut yogurt kefir. Packed with probiotics and made with four ingredients, their high-quality manufacturing practices are inspired by pharmaceutical standards. Their products are distinguished by their proprietary in-house cultivation of probiotic strains, which makes them unique.

9⁹⁹
SAVE \$3.00



LOCALLY MADE ONTARIO

- ✓ NON-GMO
- ✓ SOY-FREE
- ✓ VEGAN

SUNFLOWER KITCHEN PESTO

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



2 FOR \$10
MIX & MATCH

227 g

SPREAD 'EM KITCHEN CASHEW DIPS

- ✓ NON-GMO
- ✓ VEGAN



7⁹⁹

185 g

LE GRAND MAC 'N CHEEZE SAUCE

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



6⁹⁹

227 g

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TOFURKY DELI SLICES

- ✓ NON-GMO
- ✓ VEGAN



156 g

GT'S KOMBUCHA

- ✓ NON-GMO
- ✓ UNPASTEURIZED
- ✓ RAW INGREDIENTS



480 mL

BEYOND MEAT BURGERS

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ SOY FREE



226 g

BLACK CHIA SEEDS

- ✓ CERTIFIED ORGANIC



Product of Paraguay

OUR BULK
DEPARTMENT IS
friendlier

REUSABLE
PACKAGING
MADE EASY!



REUSE RETURN

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

LEARN MORE AT FRIENDLIER.CA

TURKISH FIGS

- ✓ CERTIFIED ORGANIC



Product of Turkey

RAW ALMONDS

- ✓ CERTIFIED ORGANIC



Product of California

GUMMY PACIFIERS

- ✓ CERTIFIED ORGANIC
- ✓ PLANT-BASED



Product of Netherlands

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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



Product of Ontario

ILE-AUX-GRUES CHEVAL NOIR

Mild, with lactic notes, this semi-soft paste cheese is covered with a thin coat of vegetable ash and a bloomy rind. The name Cheval noir (black horse) comes from the legend in which a black horse is seen galloping across the island only to disappear in the cold waters of the St. Lawrence River.

9⁴⁹
100 G



Product of Quebec

GUNN'S HILL HANDECK

This is a hand crafted washed rind cow's milk cheese, It's delicately aged on pine wood planks adding robust flavors to the cheese. It is a drier hard cheese with very rich and complex flavors and nutty overtones. All of the milk used comes from the family dairy farm. It pairs well with red wines such as Pinot Noir and also dark roasted beers.

7⁶⁹
100 G



Product of Ontario

PORTUGUESE CHEESE CO. QUESO FRESCO

This delicately milky, slightly spongy cheese can be grilled or grated and crumbled and then sprinkled liberally on traditional dishes like enchiladas, tacos and burritos, from Mexico and South America to Spain.

2³⁹
100 G



Product of Ontario

IN-STORE Events

108 Vine

— FRIDAY 3PM-7PM —
MAY 2ND

Sweet Potato Kitchen

**ENCHILADAS
&
CHICKEN
POZOLE**

— SATURDAY 11AM-3PM —
MAY 10TH

Sweet Potato Kitchen

**BUTTER
CHICKEN
&
SAAG
PANEER**



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



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

NEW!

Friday

SUSHI

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



\$2-3
OFF

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