



BROCCOLI

✓ CERTIFIED ORGANIC



FREEYUMM  
SNACK BARS

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



SPB  
100% GRASS FED BEEF BURGERS

✓ LOCAL  
✓ ALL-NATURAL  
✓ ANTIBIOTIC & HORMONE-FREE  
✓ NON-GMO  
✓ FAMILY FARM RAISED



Product of Ontario • Available in Salt & Pepper and Basic versions, Fresh and Frozen

MINI CUCUMBERS

✓ CERTIFIED ORGANIC



6ct Tray • Product of Canada

NUTS TO YOU  
ALMOND BUTTER

✓ LOCAL  
✓ NON-GMO



365 g

STRAWBERRIES

✓ CERTIFIED ORGANIC



1lb Clam • Product of Mexico



GRAPE TOMATOES

✓ CERTIFIED ORGANIC



2<sup>99</sup>

 Dry Pint • Product of Canada

ALOE VERA

✓ CERTIFIED ORGANIC



1<sup>99</sup>


Leaf • Product of Mexico

GREENBELT ORGANICS  
GREENBELT SALADS

✓ LOCAL  
✓ CERTIFIED ORGANIC



3<sup>99</sup>

 142g • Product of Ontario • EDLP

SEACORE  
CHINOOK SALMON FILLETS

✓ CERTIFIED ORGANIC  
✓ HIGH IN OMEGA-3 FATTY ACIDS  
✓ LOW DENSITY ENVIRONMENT  
✓ FRESH, NEVER FROZEN



27<sup>99</sup>  
LB  
61.71 KG

 Product of British Columbia

SEACORE  
EUROPEAN SEA BASS  
"BRANZINO" FILLETS

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



23<sup>99</sup>  
LB  
52.89 KG

Product of Brazil

BERETTA FARMS  
SKINLESS BONELESS  
CHICKEN BREASTS

✓ ALL-NATURAL  
✓ AIR-CHILLED  
✓ NON-GMO  
✓ CERTIFIED HUMANE



13<sup>99</sup>  
LB  
30.84 KG


 Product of Quebec

DUBRETON  
PORK BONE-IN RIB  
CHOPS

✓ LOCAL  
✓ CERTIFIED ORGANIC  
✓ FREE-RUN



12<sup>99</sup>  
LB  
28.64 KG

 Product of Ontario

BERETTA FARMS  
BEEF STEWING  
CUBES

✓ CERTIFIED ORGANIC  
✓ HUMANELY RAISED



16<sup>99</sup>  
LB  
37.46 KG

 Product of Alberta



# THE SWEET POTATO

Bringing healthy food to everyone!

MAY 9 - MAY 22, 2025

## HUMBLE RUMBLES POTATO CHIPS

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



2 FOR \$8



135 g

## SAPSUCKER SPARKLING TREE WATER

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



3 FOR \$6



355 mL

## MAISON ORPHEE VINAIGRETTE DRESSING

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



2 FOR \$10



250 mL

## RISE KOMBUCHA

- ✓ CERTIFIED ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



2 FOR \$7



414 mL

## SOBER CARPENTER NON ALCOHOLIC BEER OR CIDER

- ✓ VEGAN



2 FOR \$6



473 mL

## DUTCHMAN'S GOLD SUMMER BLOSSOM HONEY

- ✓ LOCAL
- ✓ UNPASTEURIZED
- ✓ 100% PURE



18<sup>99</sup>



1 kg

## CHA'S SPICES

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



9<sup>99</sup> SAVE \$3



80 g - 150 g

## CHOSEN FOODS AVOCADO OIL MAYO

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



12<sup>99</sup>

355 mL

## KOOPS' MUSTARD

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$8 SAVE \$3.98

325 mL

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# THE SWEET POTATO

Bringing *healthy* food to everyone!



MAY 9 - MAY 22, 2025

## PLANTUP

## Local SPOTLIGHT

Introducing Plant Up Puffs – the ultimate guilt-free snack that’s as wholesome as it is delicious. Made from tasty Canadian fava beans, these light, crunchy puffs are bursting with bold flavor and none of the junk. Whether you’re craving something savory or need a quick pick-me-up, Plant Up Puffs satisfy without compromise. They’re gluten-free, vegan, non-GMO, and free from artificial additives—perfect for any lifestyle. With 26 grams of plant protein per bag, snack smart, snack sustainably, and power your day the plant-based way. One puff, and there’s no going back.

LOCALLY  
MADE

2 FOR \$7  
MIX & MATCH  
SAVE \$2.98



Aamir Malkani, founder of Plant Up, was inspired to launch the brand after moving from India to Oakville and discovering a surprising lack of diversity in the plant-based food scene. Determined to bring bold, global flavors to the table, he created Plant Up—a brand that reimagines plant-based eating through a rich cultural lens. From savory frozen dumplings and butter “chicken” bites to protein-packed snacks like Maple Masala and Memphis BBQ puffs, Plant Up makes plant-based foods more exciting, accessible, and delicious while supporting local Canadian farmers.



SO YAM  
GOOD

SPK  
HOUSE BAKED MUFFINS

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



140 g

SPK  
BUY BUTTER CHICKEN OR  
SAAG PANEER AND GET FREE  
SIDE OF RICE

- ✓ LOCAL
- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN



420 g / 320 g

SPK  
SMALL DELI SALADS

- ✓ LOCAL
- ✓ ORGANIC VEGETABLES
- ✓ PLANT-BASED OPTIONS



230 g - 350 g

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## SKINNY POP POPCORN

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



4<sup>99</sup>

125 g - 150 g

## MARY'S CRACKERS

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



6<sup>99</sup>

156 g - 184 g

## SESMARK SAVOURY THINS

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



2 FOR \$8

90 g

## LA TORTILLA FACTORY TRADITIONAL FLOUR TORTILLA

- ✓ CERTIFIED ORGANIC



2 FOR \$10

216 g

## RICEWORKS RICE SNACKS

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



2 FOR \$10

155 g

## EARTH'S OWN OAT BEVERAGE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



2 FOR \$7

946 mL



## GRILLIN' ME SOFTLY

SAVE \$4/LB ON  
**Chicken Garlic  
BURGERS**

NOW \$11.99/LB!

SAVE \$7/PACK  
**CHICKEN GARLIC  
BURGER 4-PACKS  
(FROZEN)**

NOW \$14.99/PACK!



SALE ENDS MAY 31<sup>ST</sup>, 2025

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Elmhurst®

Est. 1925

## Plant-Based SPOTLIGHT

Elmhurst's process is simpler and better from start to finish. Their unique HydroRelease method allows them to use more of the grain, nut or seed, which provides a superior flavour and nutrition without the need for added gums or emulsifiers. The result is a rich, creamy line of beverages with less ingredients than any other widely available product.

6<sup>99</sup>  
SAVE \$2



In 2016, Henry Schwartz closed Elmhurst Dairy. After adopting a plant-based diet himself, Henry had a chance meeting with Dr Cheryl Mitchell, who was looking for a partner to bring her revolutionary HydroRelease technology to market. Looking towards the future, Henry decided he was all in, and converted his plant, which had opened its doors in 1925, to a fully plant-based operation. Elmhurst is now the fastest growing plant-based milk on the market.



### RIGHTEOUS GELATO & SORBET

- ✓ GLUTEN-FREE
- ✓ VEGAN VARIETIES AVAILABLE



6<sup>99</sup>

473 mL

### L'ANCETRE MEDIUM CHEDDAR

- ✓ CERTIFIED ORGANIC
- ✓ MADE W/RAW MILK



11<sup>99</sup>

325 g

### KARTHEIN'S SAUERKRAUT

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



10<sup>99</sup>

750 mL



# THE SWEET POTATO

Bringing healthy food to everyone!

MAY 9 - MAY 22, 2025

## CARBONAUT BREAD

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



6<sup>99</sup>

544 g

## YUCATAN RESTAURANT STYLE GUACAMOLE

- ✓ NON-GMO PROJECT VERIFIED



9<sup>99</sup>

340 g

## JUST EGG EGG FROM PLANTS

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



9<sup>99</sup>

500 g

## HULLED BARLEY

- ✓ CERTIFIED ORGANIC



45<sup>¢</sup>  
100G  
\$4.49KG

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

## BLACK TURTLE BEANS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



59<sup>¢</sup>  
100G  
\$5.89KG

Product of Ontario

## GREEN LENTILS

- ✓ CERTIFIED ORGANIC



90<sup>¢</sup>  
100 G  
\$8.99KG

Product of Turkey

## CAJUN CASHEWS

- ✓ CERTIFIED ORGANIC



3<sup>60</sup>  
100 G  
\$35.99 KG

Product of India & USA

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## ÎLE AUX GRUES RIOPELLE

This raw milk, soft triple-cream cheese with a bloomy rind melts in your mouth and has a wonderful taste of mushroom and a hint of butter. This cheese is named after the famous painter Jean-Paul Riopelle, who kindly lent his name and one of his masterpieces to promote this new cheese. For each wheel of cheese sold, one dollar goes to the Île-aux-Grues Youth Foundation.



9<sup>90</sup>  
100 G  
\$90.90 KG

SAVE  
\$20

Product of Quebec

## FETA IN BRINE

This cheese is rich in flavour and has a firm texture, making it an excellent addition to every recipe. Low in cholesterol. Low in saturated fat. Gluten and sulphite free.



3<sup>49</sup>  
100 G  
\$34.90 KG

SAVE  
\$5

Product of Ontario

## FRITZ KAISER DOUANIER

A semi-soft cheese with a washed and brushed rind. This variety is left to ripen for more than 9 weeks. The cheese features a signature central line of edible vegetable ash. With its earthy aroma and organic flavour, Le Douanier tempts the palate with a hint of nuts and green apple.



5<sup>99</sup>  
100 G  
\$59.90 KG

SAVE  
\$3

Product of Quebec

## STONETOWN GRAND TRUNK

What appears to be a crumbly interior is actually rich and creamy on the palate with a nice balance of salt. The aromatic rind gives this cheese a contrasting texture to the interior and typical aromas associated with washed rind cheeses.



12<sup>49</sup>

SAVE  
\$2.50

170 g • Product of Ontario

## IN-STORE Events

108 Vine

— SATURDAY 11AM-3PM —  
**MAY 10<sup>TH</sup>**

Sweet Potato Kitchen

**BUTTER  
CHICKEN  
&  
SAAG  
PANEER**

— FRIDAY 10AM-2PM —  
**MAY 16<sup>TH</sup>**

Gryfe's Bagel Bakery

**BAGELS**

— SATURDAY 11AM-3PM —  
**MAY 17<sup>TH</sup>**

Sweet Potato Kitchen

**DELI SALADS**



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.



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>

NEW!

Friday

SUSHI

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



\$2-3  
OFF