

THE SWEET POTATO

Bringing healthy food to everyone!

MAY 16 - MAY 22, 2025

BUY CANADIAN

WELSH BROS ASPARAGUS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

6⁹⁹
LB
15.41 KG

SAVE
\$2/LB



Product of Ontario

FREEYUMM SNACK BARS

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

2 FOR \$7

SAVE
\$4.98



PRAIRIE FAMILY FARMS ALBERTA BEEF STRIPLOIN STEAKS

- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ FAMILY FARM RAISED

29⁹⁹
LB
66.12KG

SAVE
\$6/LB



Product of Alberta

COCKTAIL OR OMBRE TOMATOES

- ✓ LOCAL
- ✓ HYDROPONIC

3⁹⁹



1lb • Product of Ontario

NUTS TO YOU ALMOND BUTTER

- ✓ LOCAL
- ✓ NON-GMO

8⁹⁹



365 g

BLUEBERRIES

- ✓ CERTIFIED ORGANIC

3⁹⁹



6 oz • Product of Georgia, USA

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BROCCOLI

✓ CERTIFIED ORGANIC



2⁹⁹

Each • Product of California

GEN V ENGLISH CUCUMBERS

✓ CERTIFIED ORGANIC



2⁹⁹

Each • Product of Quebec

NATURE'S FIRST FRUIT ROYAL GALA APPLES

✓ CERTIFIED ORGANIC



1⁹⁹
LB
4.39 KG

Product of British Columbia

SEACORE ONTARIO STEELHEAD TROUT FILLETS

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

- ✓ OCEAN WISE RECOMMENDED
- ✓ BAP



21⁹⁹
LB
48.48KG

Product of Ontario



SEACORE BRITISH COLUMBIA ROCKFISH "PACIFIC SNAPPER" FILLETS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLE



10⁹⁹
LB
24.23KG

Product of British Columbia

BERETTA FARMS QUEBEC SKINLESS BONELESS CHICKEN THIGHS

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



11⁹⁹
LB
26.43KG

Product of Quebec

BERETTA FARMS ALBERTA LEAN GROUND BISON

- ✓ ALL-NATURAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED



12⁹⁹
LB
28.64KG

Product of Alberta

DUBRETON ONATRIO PORK BLADE ROASTS AND CHOPS

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



10⁹⁹
LB
24.23KG

Product of Onatrio

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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



18⁹⁹



1 kg

CHA'S SPICES

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



9⁹⁹
SAVE \$3



80 g - 150 g

CHOSEN FOODS AVOCADO OIL MAYO

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



12⁹⁹

355 mL

KOOPS' MUSTARD

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$8
SAVE \$3.98

325 mL

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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



4⁹⁹

125 g - 150 g

MARY'S CRACKERS

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



6⁹⁹

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 31ST, 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.

6⁹⁹
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



6⁹⁹

473 mL

L'ANCETRE MEDIUM CHEDDAR

- ✓ CERTIFIED ORGANIC
- ✓ MADE W/RAW MILK



11⁹⁹

325 g

KARTHEIN'S SAUERKRAUT

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



10⁹⁹

750 mL

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MAY 16 - MAY 22, 2025

CARBONAUT BREAD

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



6⁹⁹

544 g

YUCATAN RESTAURANT STYLE GUACAMOLE

- ✓ NON-GMO PROJECT VERIFIED



9⁹⁹

340 g

JUST EGG EGG FROM PLANTS

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



9⁹⁹

500 g

HULLED BARLEY

- ✓ CERTIFIED ORGANIC



45¢
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¢
100G
\$5.89KG

Product of Ontario

GREEN LENTILS

- ✓ CERTIFIED ORGANIC



90¢
100 G
\$8.99KG

Product of Turkey

CAJUN CASHEWS

- ✓ CERTIFIED ORGANIC



3⁶⁰
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.



9⁹⁰
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.



3⁴⁹
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.



5⁹⁹
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.



12⁴⁹

**SAVE
\$2.50**

170 g • Product of Ontario

IN-STORE Events

108 Vine

— FRIDAY 10AM-2PM —
MAY 16TH

Gryfe's Bagel Bakery
BAGELS

— SATURDAY 11AM-3PM —
MAY 17TH

Sweet Potato Kitchen
**DELI
SALADS**

— SATURDAY 11AM-3PM —
MAY 24TH

Sweet Potato Kitchen
**NY CHEESECAKE
& PEAR
FRANGIPANE
TART**



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

NEW!

Friday

SUSHI

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



\$2-3

OFF