

THE SWEET POTATO

Bringing healthy food to everyone!

MAY 23 - JUNE 5, 2025

BUY CANADIAN

WELSH BROS ASPARAGUS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

6⁹⁹
LB
15.41 KG

SAVE
\$2/LB



 Product of Ontario

CHICKAPEA PASTA

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

2 FOR \$8⁹⁹

SAVE
\$4.98



 227 G

ZETTEL FAMILY FARMS ONTARIO BEEF SHANK "OSSO BUCO"

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

11⁹⁹
LB
26.43 KG

SAVE
\$4/LB



 Product of Ontario

PORTABELLO MUSHROOM CAPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

4⁹⁹



 6 oz • Product of Ontario

YOGGU! COCONUT YOGURT

- ✓ GLUTEN-FREE
- ✓ VEGAN

2 FOR \$11⁹⁹

SAVE
\$6.98



 450 G

HOT HOUSE TOMATOES

- ✓ CERTIFIED ORGANIC

2⁹⁹
LB
6.59 KG



 Product of Quebec

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PARADISE FIELDS SALADS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



5⁹⁹

125 G Clamshell • Product of Ontario • EDLP

ENGLISH CUCUMBERS

- ✓ CERTIFIED ORGANIC



2⁹⁹

Each • Product of Quebec

SEACORE BRITISH COLUMBIA WILD CHINOOK SALMON FILLETS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ FRESH, NEVER FROZEN
- ✓ FIRST WILD SALMON OF THE SEASON!



Product of British Columbia

SEACORE ICELAND COD FILLETS

- ✓ ALL-NATURAL
- ✓ FRESH, NEVER FROZEN
- ✓ WILD CAUGHT
- ✓ OCEAN WISE RECOMMENDED
- ✓ MSC CERTIFIED



Product of Iceland

DUBRETON ONTARIO PORK TENDERLOINS

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



22⁹⁹
LB
50.68 KG



Product of Ontario

BERETTA QUEBEC WHOLE CHICKEN LEGS

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



5⁴⁹
LB
12.10 KG



Product of Quebec

PRAIRIE FAMILY FARMS ALBERTA MEDIUM GROUND BEEF

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



10⁴⁹
LB
23.13 KG



Product of Alberta

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MADE GOOD OAT CUPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ NUT-FREE
- ✓ VEGAN



2 FOR \$10

5 X 35 G

CAFE WILLIAM COFFEE

- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED



11⁹⁹

SAVE \$4
IMPACT

340 G

SMARTBITE FIT FIGURE THIN CAKES

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



2 FOR \$7

120 G

NEAL BROTHERS TORTILLA CHIPS

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



2 FOR \$10

300 G

NEAL BROTHERS SALSA

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



5⁹⁹

410 ML

LOVE CHILD BABY FOOD POUCHES

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



3 FOR \$8

128 ML

ROAR ELECTROLYTE INFUSION

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



3 FOR \$8

SAVE \$3.97

532 ML

MIDEL COOKIES

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



2 FOR \$10

227 G

THE GOOD CRISP POTATO CRISPS

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



2 FOR \$8

160 G

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MAY 23 - JUNE 5, 2025



Dessert for breakfast?

Guilt-free seconds?

Simple, all natural ingredients?

With Nanapops, the answer is always yes, yes and more yes!

LOCALLY
MADE
TORONTO
ONTARIO



YAZEED YASIN & TAMARA AL DIP

Tamara Al Dip and Yazeed Yasin are the Toronto-based founders of Nanashake, the creators of NanaPops—Canada’s first frozen banana-based treat. As parents searching for better dessert options for their kids, they began experimenting in their home kitchen with simple, wholesome ingredients. What started as a personal quest for a delicious and healthy dessert the entire family could enjoy lead to starting Toronto’s first plant-based frozen desserts parlour. Though their storefront is now closed, the local, family-run business of Nanashake lives on through their beloved Nanapops.



SO YAM
GOOD

SPK
ORIGINAL OR
TROPICAL MUESLI

- ✓ PLANT-BASED
- ✓ ORGANIC INGREDIENTS
- ✓ MADE IN-HOUSE



4⁴⁹
SAVE
\$1.50

250G • New item!

SPK
HOUSE MARINADES

- ✓ MADE IN-HOUSE



4⁴⁹
SAVE
\$1.50

220G • New item!

SPK
SELECT SPK DIPS

- ✓ PLANT-BASED OPTIONS
- ✓ ORGANIC VEGETABLES
- ✓ MADE IN-HOUSE DAILY



2^{FOR} \$8
UP TO
\$6

250G

KETTLE BRAND
POTATO CHIPS

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



3 FOR \$11

156 g - 198 G

THEO
PEANUT BUTTER CUPS

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



2 FOR \$8

38 G

BLUE DIAMOND
ALMOND BREEZE

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



3 FOR \$9

946 ML

ANNIE'S
MAC & CHEESE

- ✓MADE WITH ORGANIC INGREDIENTS



2 FOR \$7

149 g - 170 G

SAN-J
TAMARI SPLASH

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



11⁹⁹

296 ML

THE GINGER PEOPLE
PICKLED GINGER

- ✓CERTIFIED ORGANIC



6⁹⁹

190 G

NORA'S
DESSERT

- ✓GLUTEN-FREE
- ✓VEGAN



6⁹⁹ SAVE \$2

500 ML

GREENHOUSE
COLD PRESSED JUICE

- ✓LOCAL
- ✓CERTIFIED ORGANIC



5⁹⁹

300 ML

TONICA
KOMBUCHA

- ✓LOCAL
- ✓CERTIFIED ORGANIC
- ✓RAW



2 FOR \$7

355 ML • Cans not Included

WHOLLY
VEGGIE!

Plant-Based
SPOTLIGHT

Non-GMO
Project
Verified

Gluten-Free

Plant-Based

LOCAL
ONTARIO

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



DAVID & JOHN

David and John started Wholly Veggie with a simple mission: democratize access to healthy foods, thereby helping to create a more sustainable food system. Nothing they do is made in a lab or synthesized from a protein. Just great quality vegetables and simple seasonings used to prepare delicious recipes.

MAISON RIVIERA
DRINKABLE YOGURT

✓UPCYCLED CERTIFIED



7⁹⁹

946 ML

MAISON RIVIERA
COCONUT KEFIR

✓VEGAN



6⁹⁹

946 ML

ORGANIC MEADOW
GREEK YOGOURT

✓LOCAL
✓CERTIFIED ORGANIC
✓GLUTEN-FREE



5⁹⁹

450 g - 500 G

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MAY 23 - JUNE 5, 2025

PASTA TAVOLA RAVIOLI

✓ LOCAL



11⁹⁹

400 G • Plant-based varieties available

AMY'S BURRITO

✓ MADE WITH ORGANIC
INGREDIENTS



2 FOR \$9

156 g - 170 G • Vegan Varieties
Available, Gluten-Free SKUs not included

EARTH ISLAND ORIGINAL VEGENAISE

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



7⁹⁹

414 ML

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
\$35.99KG

Product of India & USA

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COOMBE CASTLE CRACKINGTON

Crackington, combines the sweet nutty flavour of Red Leicester with cracked black pepper, giving an added bite to the creamy texture. Crackington's bright orange colour and nutty bite make this cheese a real showstopper as part of a cheeseboard!

5⁸⁹
100 G
\$58.90 KG

SAVE
\$3



Product of England

ASLI MALAI PANEER

Asli Malai Paneer is a premium-quality fresh cheese known for its rich, creamy texture and authentic taste.

8⁹⁹

SAVE
\$2



350 G • Product of Ontario

KRINOS HALLOUMI

Halloumi, derived from the Greek word "almi", meaning salty, is a semi-hard cheese made from a blend of cow, goat and sheep's milk, seasoned with mint leaves and then soaked in brine. Its taste is best described as somewhere between kashkaval and mozzarella. Halloumi is still made the old fashioned way in villages throughout the island of Cyprus.

7⁹⁹

SAVE
\$2



250 G • Product of Cyprus

DEVON CREAM CO DOUBLE CREAM

English Double Cream is dessert perfection. Simply spoon straight from the jar, no whipping needed. It's great added to sauces or pasta for extra thickness.

8⁹⁹

SAVE
\$1.50



170 G • Product of England

IN-STORE Events

108 Vine

— SATURDAY 11AM-3PM —
MAY 24TH

Wholly Veggie

**PLANT-BASED
FRIES**

— SATURDAY 11AM-3PM —
MAY 24TH

Sweet Potato Kitchen

**NY CHEESECAKE &
PEAR FRANGIPANE
TART**

— SATURDAY 11AM-3PM —
MAY 31ST

Passport Pantry

**SWEET GRANOLA &
SAVOURY GRANOLA**



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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