

# THE SWEET POTATO

Bringing healthy food to everyone!

MAY 23 - JUNE 5, 2025

BUY CANADIAN

WELSH BROS

## ASPARAGUS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

6<sup>99</sup>  
LB  
15.41 KG

SAVE  
\$2/LB



Product of Ontario

## CHICKAPEA PASTA

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

2 FOR \$8

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

11<sup>99</sup>  
LB  
26.43 KG

SAVE  
\$4/LB



Product of Ontario

## PORTABELLO MUSHROOM CAPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

4<sup>99</sup>



6 oz • Product of Ontario

## YOGGU! COCONUT YOGURT

- ✓ GLUTEN-FREE
- ✓ VEGAN

2 FOR \$11

SAVE  
\$6.98



450 G

## HOT HOUSE TOMATOES

- ✓ CERTIFIED ORGANIC

2<sup>99</sup>  
LB  
6.59 KG



Product of Quebec

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## PARADISE FIELDS SALADS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



5<sup>99</sup>

125 G Clamshell • Product of Ontario • EDLP

## ENGLISH CUCUMBERS

- ✓ CERTIFIED ORGANIC



2<sup>99</sup>

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



22<sup>99</sup>  
LB  
50.68 KG



Product of Ontario

## BERETTA QUEBEC WHOLE CHICKEN LEGS

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



5<sup>49</sup>  
LB  
12.10 KG



Product of Quebec

## PRAIRIE FAMILY FARMS ALBERTA MEDIUM GROUND BEEF

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



10<sup>49</sup>  
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



11<sup>99</sup>

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



5<sup>99</sup>

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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# THE SWEET POTATO

Bringing *healthy* food to everyone!

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



4<sup>49</sup>  
SAVE  
\$1.50

250G • New item!

SPK  
HOUSE MARINADES

- ✓ MADE IN-HOUSE



4<sup>49</sup>  
SAVE  
\$1.50

220G • New item!

SPK  
SELECT SPK DIPS

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



2<sup>FOR</sup> \$8  
UP TO  
\$6

250G



KETTLE BRAND  
POTATO CHIPS

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



156 g - 198 G

THEO  
PEANUT BUTTER CUPS

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



38 G

BLUE DIAMOND  
ALMOND BREEZE

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



946 ML

ANNIE'S  
MAC & CHEESE

- ✓ MADE WITH ORGANIC INGREDIENTS



149 g - 170 G

SAN-J  
TAMARI SPLASH

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



296 ML

THE GINGER PEOPLE  
PICKLED GINGER

- ✓ CERTIFIED ORGANIC



190 G

NORA'S  
DESSERT

- ✓ GLUTEN-FREE
- ✓ VEGAN



500 ML

GREENHOUSE  
COLD PRESSED JUICE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



300 ML

TONICA  
KOMBUCHA

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ RAW



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



946 ML

MAISON RIVIERA  
COCONUT KEFIR

✓VEGAN



946 ML

ORGANIC MEADOW  
GREEK YOGOURT

✓LOCAL  
✓CERTIFIED ORGANIC  
✓GLUTEN-FREE



450 g - 500 G



# THE SWEET POTATO

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MAY 23 - JUNE 5, 2025

## PASTA TAVOLA RAVIOLI

✓ LOCAL



11<sup>99</sup>

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



7<sup>99</sup>

414 ML

## 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



360<sup>¢</sup>  
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!

5<sup>89</sup>  
100 G  
\$58.90 KG

SAVE  
\$3/KG



Product of England

## ASLI MALAI PANEER

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

8<sup>99</sup>

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.

7<sup>99</sup>

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.

8<sup>99</sup>

SAVE  
\$1.50



170 G • Product of England

## IN-STORE Events

108 Vine

— SATURDAY 11AM-3PM —  
**MAY 24<sup>TH</sup>**

Wholly Veggie

**PLANT-BASED  
FRIES**

— SATURDAY 11AM-3PM —  
**MAY 24<sup>TH</sup>**

Sweet Potato Kitchen

**NY CHEESECAKE &  
PEAR FRANGIPANE  
TART**

— SATURDAY 11AM-3PM —  
**MAY 31<sup>ST</sup>**

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.



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