

THE SWEET POTATO

Bringing healthy food to everyone!

MAY 30 - JUNE 5, 2025

BUY CANADIAN

BLUEBERRIES

✓ CERTIFIED ORGANIC



6 oz • Product of Mexico

CHICKAPEA PASTA

✓ LOCAL
✓ CERTIFIED ORGANIC
✓ GLUTEN-FREE



227 G

ZETTEL FAMILY FARMS ONTARIO BEEF BLADE STEAKS AND ROASTS

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



16⁹⁹
LB
37.46 KG

Product of Ontario

WHITE MUSHROOMS (WHOLE)

✓ LOCAL
✓ CERTIFIED ORGANIC



2⁹⁹

8oz • Product of Ontario

YOGGU! COCONUT YOGURT

✓ GLUTEN-FREE
✓ VEGAN



2 FOR \$11
SAVE \$6.98

450 G

EGGPLANT

✓ LOCAL
✓ HYDROPONIC



2⁹⁹
LB
6.59 KG

Product of Ontario

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BROCCOLI

✓ CERTIFIED ORGANIC



2⁹⁹

Each • Product of California

BANANAS

✓ CERTIFIED ORGANIC



99¢
LB
2.18 KG

Product of Costa Rica • EDLP

ENGLISH CUCUMBERS

✓ CERTIFIED ORGANIC



2⁹⁹

Each • Product of Quebec

e

SEACORE
ONTARIO RAINBOW TROUT FILLETS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ SUSTAINABLY RAISED

- ✓ FRESH, NEVER FROZEN
- ✓ OCEAN WISE RECOMMENDED
- ✓ BAP CERTIFIED



15⁹⁹
LB
35.25 KG

Product of Ontario



SEACORE
BRAZIL TILAPIA FILLETS

- ✓ ALL-NATURAL
- ✓ FRESH, NEVER FROZEN
- ✓ OCEAN WISE RECOMMENDED
- ✓ SUSTAINABLY RAISED



12⁹⁹
LB
28.64 KG

Product of Brazil • Available marinated in Garlic & Herb, Korean BBQ and Cajun

BERETTA FARMS
QUEBEC SKINLESS BONELESS CHICKEN BREASTS

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



13⁹⁹
LB
30.84 KG

Product of Quebec



DUBRETON
ONTARIO PORK BACK RIBS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ CERTIFIED HUMANE
- ✓ FAMILY FARM RAISED



11⁹⁹
LB
26.43 KG

Product of Ontario



MCLEAN MEATS
ONTARIO PIZZA PEPPERONI TOPPING

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ PRESERVATIVE-FREE



3 FOR \$9
SAVE \$3.99

125 G • Product of Ontario



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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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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

THE SWEET POTATO

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MAY 30 - JUNE 5, 2025

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

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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

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MAY 30 - 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](https://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/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.

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 31ST

Passport Pantry

**SWEET GRANOLA &
SAVOURY GRANOLA**

— SUNDAY 11AM-3PM —
JUNE 1ST

Sweet Potato Kitchen

**MUESLI
ORIGINAL &
TROPICAL**

— SUNDAY 2 12PM-3PM —
JUNE 1ST

Sweet Potato Kitchen

**SPK MARINATED
CHICKEN**



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

SALAD BOWLS

✓ 6 VARIETIES INCLUDING PLANT-BASED OPTIONS

9⁹⁹



Wednesday

DESSERT PIES & TARTS

✓ 5 VARIETIES

\$3
OFF



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

BUY ANY ASIAN ENTREE & GET A SIDE OF RICE FOR \$1

✓ MADE IN HOUSE
✓ FAMILY FAVOURITE!

\$3
OFF



Friday

SUSHI

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

\$2-3
OFF



Everyday

DELI SALADS

\$3-4
OFF

✓ ALL SMALL DELI SALADS 2 FOR \$11
✓ ALL LARGE DELI SALADS 2 FOR \$20

