

THE SWEET POTATO

Bringing healthy food to everyone!

JUNE 6 - JUNE 19, 2025

BUY CANADIAN

SUNSET GRAPE TOMATOES

✓ CERTIFIED ORGANIC



3 FOR \$5
OR \$1.99 EACH

Dry Pint • Product of Canada

RISE PREBIOTIC BETTER SODA

✓ VEGAN
✓ LOW IN SUGAR



3 FOR \$6
MIX & MATCH

355 mL

BERETTA FARMS ALBERTA BEEF "DENVER STEAKS" (CHUCK FLATS)

✓ CERTIFIED ORGANIC
✓ HUMANELY RAISED
✓ 100% TRACEABLE AND SUSTAINABLE



21⁹⁹
LB
48.48 KG

SAVE \$8/LB

Product of Alberta

PFENNING'S ORGANIC FARM SPINACH

✓ LOCAL
✓ CERTIFIED ORGANIC



2⁷⁹

Bunch • Product of Ontario

PHOEAPOLIS EXTRA VIRGIN OLIVE OIL

✓ ORGANIC



13⁹⁹
SAVE \$5

500 mL

ZEPHYR ORGANICS RHUBARB

✓ LOCAL
✓ CERTIFIED ORGANIC



3⁹⁹
LB
8.80 KG

Product of Ontario

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ZEPHYR ORGANICS LARGE BOK CHOY

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1⁴⁹
LB
3.28 KG

Product of Ontario

PFENNING'S ORGANIC FARM CURLY PARSLEY

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1⁹⁹

Bunch • Product of Ontario

BLUEBERRIES

- ✓ CERTIFIED ORGANIC



3⁹⁹

6oz Clam • Product of Mexico

ORKNEY ORGANIC SALMON SCOTLAND ATLANTIC SALMON FILLETS

- ✓ CERTIFIED ORGANIC
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ FRESH, NEVER FROZEN
- ✓ FARMED



26⁹⁹
LB
59.50 KG

**SAVE
\$2/LB**

Product of Scotland

SEACORE ONTARIO PICKEREL FILLETS

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



18⁹⁹
LB
41.87 KG



Product of Ontario

BERETTA FARMS QUEBEC SKINLESS BONELESS CHICKEN THIGHS

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



11⁹⁹
LB
26.43 KG

Product of Quebec

MCLEAN MEATS ONTARIO ORGANIC ROSEMARY SMOKED HAM

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



3^{OR} \$9

**SAVE
\$5.49**

125 G • Product of Ontario

DUBRETON ONTARIO RUSTIC PORK BACK RIBS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ CERTIFIED HUMANE
- ✓ FREE-RUN
- ✓ RAISED ON FAMILY FARMS



11⁹⁹
LB
26.43 KG

Product of Ontario

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HUMBLE POTATO CHIPS

- ✓ LOCAL
- ✓ ORGANIC VARIETIES AVAILABLE
- ✓ GLUTEN-FREE



135 g • Rumbles not included

NEAL BROTHERS BBQ SAUCE

- ✓ LOCAL
- ✓ ALL-NATURAL



350 mL

NAKED & SAUCY SOY SAUCE SUBSTITUTE

- ✓ ORGANIC
- ✓ SOY-FREE
- ✓ GLUTEN-FREE



296 mL

BROYA CHICKEN BONE BROTH

- ✓ LOCAL
- ✓ ORGANIC



500 mL

HEALTHY CRUNCH CRISPY SQUARES OR GRANOLA BARS

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



6 X 22 g Or 5 X 24 g

NUTS TO YOU RAINFOREST NUT BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE



365 g

LÄRABAR ENERGY BAR

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



45 g - 48 g

CLIF ZBARS

- ✓ ORGANIC



5 X 36 g

LILY'S CHOCOLATE BARS

- ✓ NON-GMO
- ✓ FAIR TRADE CERTIFIED
- ✓ SUGAR-FREE
- ✓ GLUTEN FREE



80 g - 85 g

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CEDAR VALLEY

Local SPOTLIGHT

Pita Chips

Non-GMO Project Verified

Soy-free

Vegan

LOCALLY MADE WINDSOR ONTARIO

2 FOR \$8 MIX & MATCH



AMEEN & SURRIA FADEL

Cedar Valley began in 2015 as a high school project, when our friend Ameen Fadel received a \$3,000 grant from his school board. After selling at farmer's markets for several years, in 2018, along with his mom Surria, Ameen opened his first production facility in Windsor, Ontario. Fast forward through many opportunities and challenges, including a famous \$1,000,000 offer from Arelene Dickinson on Dragon's Den, and Ameen and Surria's chips are now sold in every province across Canada. Try them today with this incredible deal, and enjoy the finest all natural pita chips in the land!



SO YAM GOOD

SPK SINGLE COOKIE SALE

- ✓ ORGANIC INGREDIENTS

✓ MADE IN-HOUSE



2 FOR \$2 SAVE \$2.58

70 g • New bigger size!

SPK FROZEN PIZZAS

- ✓ LOCAL

✓ ORGANIC FLOUR CRUST



13⁹⁹ NEW!

400 g / 420 g • 3 Cheese or Cup and Char Pepperoni

SPK SMALL SOUP AND WRAP LUNCH COMBO

- ✓ LOCAL

✓ ANTIBIOTIC & HORMONE-FREE MEAT

✓ MADE IN-HOUSE

✓ ORGANIC INGREDIENTS



13⁹⁹ SAVE \$4

Various • Does not include Breakfast Burrito

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KING ISLAND COCONUT WATER

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



2 FOR \$10

1 L

ITALIAN VOLCANO LEMON OR LIME JUICE

- ✓ CERTIFIED ORGANIC



8⁹⁹ SAVE \$3

500 mL

MUIR GLEN TOMATOES

- ✓ ORGANIC



6⁹⁹

796 mL

OCEAN'S POLE & LINE WHITE TUNA

- ✓ WILD CAUGHT



2 FOR \$9

170 g • Solid or Flaked

DUMET SPANISH OLIVES

- ✓ PLANT-BASED



MIX & MATCH

2 FOR \$7 SAVE \$2.98

150 g - 200 g

MATIZ SARDINES

- ✓ WILD CAUGHT



2 FOR \$10 MIX & MATCH

120 g

CARBONAUT HAMBURGER BUNS

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



5⁹⁹ SAVE \$3

315 g

RISE BOTANICAL BEVERAGES

- ✓ CERTIFIED ORGANIC



2 FOR \$7 MIX & MATCH

414 mL

BUBBIE'S DILL PICKLES

- ✓ NON-GMO
- ✓ KOSHER
- ✓ GLUTEN-FREE



9⁹⁹

1 L

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PLANT VEDA

Plant-Based
SPOTLIGHT

Cashew
Lassi

Plant-Based

Gluten-Free



VANITA & SUNNY GURNANI

When founder Sunny Gurnani learned about the widespread mistreatment of animals common in the conventional dairy industry, he decided to become vegan, which would change his family's future forever. Starting with a food truck which sold exclusively plant-based foods, his dream of 'shifting humanity to a plant-based lifestyle' continues to grow to this day, and now includes a state of the art facility. If you haven't tried his incredible cashew based lassi's yet, you're really missing out. Now's your chance!

TOFURKY
PLANT BASED ITALIAN
SAUSAGE

- ✓ NON-GMO

✓ VEGAN



369 g

MINOR FIGURES
OAT MILK BARISTA

- ✓ ORGANIC

✓ PLANT-BASED



946 mL

HOUSE FOODS
TOFU

- ✓ NON-GMO PROJECT
VERIFIED

✓ GLUTEN-FREE

✓ PLANT-BASED



340 g - 396 g

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JUNE 6 - JUNE 19, 2025

HEMP HEART SEEDS

- ✓ CERTIFIED ORGANIC
- ✓ RAW



2⁹⁰
100 G
\$28.99 KG

Product of Canada



BANANA CHIPS (SWEETENED)

- ✓ CERTIFIED ORGANIC



1¹⁸
100 G
\$11.79 KG

Product of Phillipines

WALNUTS

- ✓ CERTIFIED ORGANIC
- ✓ RAW



2⁸⁰
100 G
\$27.99 KG

Product of California

HULLED BARLEY

- ✓ CERTIFIED ORGANIC



45[¢]
100 G
\$4.49 KG

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://www.friendlier.ca)

Ice Cream
SUNDAYS

STARTING
JULY



DELICIOUS FREE FROZEN
TREATS COMING SOON!



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MILLBANK FLAMING HOT HAVARTI

Mild creamy havarti combined with the kick of hot peppers, this havarti is sure to give your taste buds a wake-up

3⁶⁴
100 G
\$36.40 KG

SAVE
\$4.50



Product of Ontario

BELLA CASARA BURRATA

Beautifully balanced in taste, Burrata is a perfect blend of contrasting textures working together to create a landscape of soothing delights. Its soft shell wrapped around a creamy center delivers a clash of sensations and a buttery consistency unlike any other.

12⁴⁹

SAVE
\$1.50



250 g • Product of Ontario

BOTHWELL BLACK TRUFFLE MONTEREY JACK

An exquisite blend of Bothwells' award winning Monterey Jack and Italian Black Summer Truffles, imparting an earthy, complex flavour with a rich, smooth finish.

11⁹⁹

SAVE
\$2



170 g • Product of Manitoba

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

IN-STORE Events

108 Vine

– FRIDAY 12PM-4PM –
JUNE 6TH

Sweet Potato Kitchen

**SPK MARINATED
CHICKEN**

– SATURDAY 2PM-4PM –
JUNE 7TH

Two Bears

VANILLA OAT

– SUNDAY 2PM-4PM –
JUNE 8TH

Two Bears

VANILLA OAT

– FRIDAY 12PM-4PM –
JUNE 13TH

Sweet Potato Kitchen

**CRANBERRY CHESS PIE
& PEACH CRUMBLE**



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



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