

THE SWEET POTATO

Bringing healthy food to everyone!

JUNE 27 - JULY 3, 2025

BUY CANADIAN

RED CHERRIES

✓ CERTIFIED ORGANIC



5⁹⁹
LB
13.21 KG

Product of Washington

PEPPER NORTH HOT SAUCE

✓ LOCAL
✓ GLUTEN-FREE



2 FOR \$12
SAVE \$7.98

148 mL

PRAIRIE RANCHER FARMS ALBERTA BEEF RIB EYE STEAKS

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



29⁹⁹
LB
66 KG

SAVE \$6/LB

Product of Alberta

PFENNING'S ORGANIC FARM CILANTRO

✓ LOCAL
✓ CERTIFIED ORGANIC



Bunch • Product of Ontario

MAPLE3 MAPLE WATER

✓ CERTIFIED ORGANIC



3 FOR \$10
SAVE \$4.97

1 L

ZEPHYR ORGANICS RED RADISHES

✓ LOCAL
✓ CERTIFIED ORGANIC



2⁴⁹

Bunch • Product of Ontario

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DEL FRESCO HEIRLOOM TOMATOES

- ✓ LOCAL
- ✓ HYDROPONIC



Product of Ontario

ZEPHYR ORGANICS GREEN & RED LEAF LETTUCE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



Head • Product of Ontario

ENVIRO FARMS BLACK OYSTER MUSHROOMS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



150 g pkg • Product of Ontario

COLE MUNRO ONTARIO RAINBOW TROUT FILLETS

- ✓ LOCAL
- ✓ FRESH, NEVER FROZEN
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ OCEAN WISE RECOMMENDED
- ✓ BAP CERTIFIED



Product of Ontario

SEACORE BRITISH COLUMBIA ROCKFISH "PACIFIC SNAPPER" FILLETS

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



Product of British Columbia

PRAIRIE RANCHER FARMS ALBERTA MEDIUM GROUND BEEF

- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ 100% TRACEABLE AND SUSTAINABLE
- ✓ FAMILY FARM RAISED



Product of Alberta

DUBRETON ONTARIO PORK BONE-IN CENTRE CUT CHOPS

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



Product of Ontario

BERETTA FARMS ALBERTA BISON FLANKS

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



Product of Alberta

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HUMBLE RUMBLES POTATO CHIPS

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



2 FOR \$8



135 g

PRANA TRAIL MIX

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



2 FOR \$11



150 g

FRANKIE'S ORGANICS PUFFS OR PUFFCORN

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$7



113 g - 140 g

HARMON'S NON ALCOHOLIC BEER

- ✓ LOCAL



\$9⁹⁹



4 x 355 mL

PURPLEFUL POPCORN

- ✓ LOCAL
- ✓ NON-GMO PROJECT VERIFIED
- ✓ PLANT-BASED
- ✓ GLUTEN-FREE



2 FOR \$8



136 g

SILVER HILLS HAMBURGER OR HOT DOG BUNS

- ✓ CERTIFIED ORGANIC
- ✓ NUT-FREE
- ✓ VEGAN



2 FOR \$10



330 g - 390 g

MRS J'S FREEZE POPS

- ✓ LOCAL
- ✓ ORGANIC



\$5⁹⁹



12 x 40 mL

NUTS TO YOU MACADAMIA BUTTER OR MACADAMIA CASHEW BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE



\$11⁹⁹

SAVE \$3



365 g

FARM GIRL CEREAL

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ KETO FRIENDLY



\$9⁹⁹



289 g

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SAPONETTI

Local
SPOTLIGHT

DISH SOAP

In 2016, Nikki and Christian launched Saponetti, Toronto’s first zero waste store. Their venture is not just a business, but a movement towards eco-living, offering essential products and inspiration for a sustainable lifestyle. We’re proud to support them on their mission, and encourage you to try their products today. Saving the environment is too big of a job for any one person, but if we all work together we can get there one reusable jar of dish soap at a time.

LOCALLY
MADE
TORONTO
ONTARIO

6⁹⁹



NIKKI SELF & CHRISTIAN VON SEYDLITZ

Nikki Self grew up to understand the devastating impact of unsustainable practices through Dr Seuss’ “The Lorax”. This realization fueled her journey towards eco-conscious living, a path she shared with her life partner Christian von Seydlitz. Together, they embarked on a mission to make a significant impact through a purpose-driven business.



SO YAM
GOOD

SPK
FROZEN SAAG PANEER
OR CHANA MASALA

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

10⁹⁹
OR
7⁹⁹

SAVE
\$4



420 g • Frozen items only

SPK
CAKE CUPS

- ✓ ORGANIC INGREDIENTS
- ✓ MADE IN-HOUSE

4⁹⁹

SAVE
\$3



390 g

SPK
2 PIZZA DOUGHS
AND PIZZA SAUCE

- ✓ MADE IN-HOUSE
- ✓ ORGANIC INGREDIENTS
- ✓ PRESERVATIVE-FREE

9⁹⁹

SAVE
\$4



450 g + 2 x 350 g

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JUNE 27 - JULY 3, 2025

MAISON ORPHEE MUSTARD

- ✓ ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$9
SAVE \$2.98



250 mL

DAIYA MAC & CHEESE

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



2 FOR \$10



156 g

MAISON ORPHEE EXTRA VIRGIN OLIVE OIL

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



\$21⁹⁹
SAVE \$10



750 mL

NATURE'S PATH ECO PACKS

- ✓ CERTIFIED ORGANIC



\$9⁹⁹



650 g - 907 g • Eco Pack Granola Not Included

MANITOBA HARVEST HEMP HEARTS

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



\$11⁹⁹
SAVE \$3



200 g

PATIENCE TART CHERRY JUICE

- ✓ CERTIFIED ORGANIC
- ✓ 100% PURE



\$11⁹⁹
SAVE \$3



946 mL

MADE GOOD GRANOLA BARS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ NUT-FREE
- ✓ SCHOOL SAFE



2 FOR \$7



5 x 24 g

CAMINO CHOCOLATE BARS

- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE



\$6⁹⁹



80 g - 100 g

RAWCOLOGY GRAIN FREE GRANOLA

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



\$8⁹⁹



200 g

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GUSTA

Plant-Based SPOTLIGHT

SEITAN SAUSAGES

Since 2015, Gusta has been making some of the finest plant-based cheeses and meats in all the land. Now headquartered in Anjou, Quebec, they continue to produce new and exciting vegan products that are so delicious, even some of our pickiest meat lover friends have been converted to die hard fans. Try their mouthwatering sausages today and see why they're such a big deal.

5⁹⁹

SAVE \$2



100% VEGETAL PLANT BASED
FUMÉES SMOKED
Saucisses de seitan
Seitan sausages



SYLVAIN KARPINSKI

A foodie driven by vegan causes and passionate about entrepreneurship, Sylvain founded GUSTA with the idea of creating a socially minded business at the cutting edge of good business practices.

SUNFLOWER KITCHEN HUMMUS

- ✓ LOCAL
- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



2 FOR 9

500 g

GREENHOUSE SUPER SMOOTHIES & SHAKES

- ✓ LOCAL
- ✓ ORGANIC



8⁹⁹

900 mL

L'ANCETRE FETA CHEESE

- ✓ CERTIFIED ORGANIC



7⁹⁹

150 g

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MAISON RIVIERA OAT BASED GREEK YOGURT

✓ VEGAN, MADE W/
CANADIAN OATS



6⁹⁹

500 g

HARMONY 2% MILK - CARTON

✓ LOCAL
✓ CERTIFIED ORGANIC



2⁸⁵⁰ FOR

1 L

YOSO COCONUT YOGURT

✓ LOCAL
✓ NON-GMO
✓ VEGAN



2¹⁰ FOR

440 g

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

YELLOW SPLIT PEAS ✓ CERTIFIED ORGANIC

55[¢]
100 G
\$5.49 KG



Product of Canada

DRIED APRICOTS ✓ CERTIFIED ORGANIC

2⁷⁰
100 G
\$26.99 KG



Product of Türkiye

RED LENTILS ✓ CERTIFIED ORGANIC

80[¢]
100 G
\$7.99 KG



Product of Türkiye

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BELLA CASARA RICOTTA

The creamy texture and milky aroma of Bella Casara Ricotta make it a refined, delicate and balanced cheese. This Ricotta made history at the eighth edition of the Canadian Cheese Grand Prix by becoming the first fresh cheese, and the first cheese from Ontario, to win the title of Grand Champion



7⁹⁹

300 g • Local

MOUNTAIN OAK MEDIUM GOUDA

This is a perfect everyday cheese! It has a smooth and creamy texture that makes it a great choice on a sandwich or melted in your favourite recipe



12⁹⁹

Each • Local

6 MONTH MANCHEGO

Spain's iconic cheese, nutty, smooth and endlessly versatile.



7²⁹
100 G
\$72.90 KG

SAVE \$7/KG

CELEBRITY ORIGINAL SHEEP'S MILK CHEESE

A fresh, creamy cheese made with 100% Ontario sheep's milk from local farms. It has a mellow and balanced flavor, with a subtle sweetness and a creamy, rich texture. This cheese has a clean finish and can be either spreadable or crumbled.



6⁴⁹

SAVE \$1

113 g • Local

IN-STORE Events

108 Vine

— FRIDAY, 10AM-12:30PM —
JUNE 27TH

YOSO

**COCONUT YOGURT
& SOY YOGURT**

— FRIDAY, 5PM-7PM —
JUNE 27TH

Two Bears

VANILLA OAT



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

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

