

# THE SWEET POTATO

Bringing healthy food to everyone!

JULY 11 - JULY 17, 2025

BUY CANADIAN

## ZEPHYR ORGANICS ROMAINE HEARTS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



3<sup>99</sup>

3ct • Product of Ontario

## FLOW WATER

- ✓ LOCAL
- ✓ NATURALLY ALKALINE

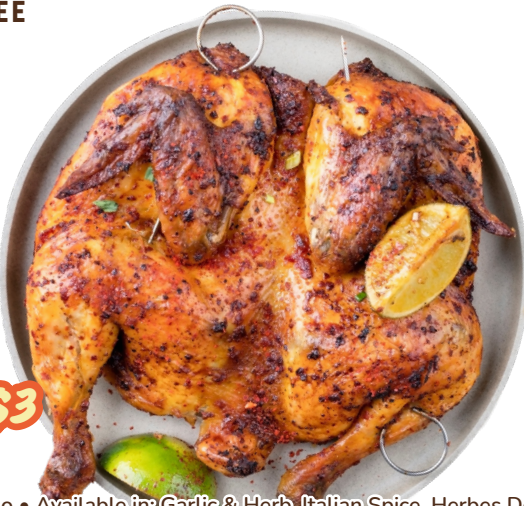


4 FOR \$9  
\$4.96

1 L • Plain Variety Only

## ENS POULTRY FARMS ELORA, ONTARIO SPATCHCOCK CHICKENS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ FREE-RUN
- ✓ AIR-CHILLED
- ✓ PRODUCED WITH MARINADES MADE IN-HOUSE



15<sup>99</sup>

SAVE UP TO \$3

Product of Elora, Ontario • Available in: Garlic & Herb, Italian Spice, Herbes Des Provinces, Cajun, Tandoori, Jerk Spice, Piri Piri, Salt & Pepper and Unseasoned.

## PFENNING'S ORGANIC FARM RED & RAINBOW CHARD

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1<sup>99</sup>

Bunch • Product of Ontario

## THREE FARMERS SALAD TOPPERS

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



2 FOR \$6

SAVE \$3.98

MIX & MATCH

140 g

## RED CHERRIES

- ✓ CERTIFIED ORGANIC



5<sup>99</sup>  
LB  
13 KG

Product of Washington



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## HOPE ECO-FARMS ITALIAN PARSLEY

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1<sup>99</sup>

Bunch • Product of Ontario

## PICCIONI BROS MUSHROOM FARM PORTABELLA BBQ CAPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



4<sup>99</sup>

6oz • Product of Ontario

## HOPE ECO-FARMS ZUCCHINI

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1<sup>99</sup>  
LB  
4 KG

Product of Ontario

## COLE MUNRO ONTARIO STEELHEAD TROUT FILLETS

- ✓ LOCAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ PRESERVATIVE-FREE

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



21<sup>99</sup>  
LB  
48.48 KG

Product of Ontario

## SEACORE BRITISH COLUMBIA HALIBUT FILLETS

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



35<sup>99</sup>  
LB  
79.34 KG

SAVE  
\$3/LB



Product of British Columbia

## BERETTA FARMS ALBERTA LEAN GROUND BISON

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



14<sup>99</sup>  
LB  
33.05 KG

Product of Alberta

## DUBRETON ONTARIO PORK BONELESS BLADE CHOPS & ROASTS

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



10<sup>99</sup>  
LB  
24.23 KG

Product of Ontario

## SWEET POTATO BUTCHER ONTARIO LAMB MERGUEZ SAUSAGE

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ 100% GRASS-FED
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ MADE IN-HOUSE



19<sup>99</sup>  
LB  
44.07 KG

Product of Ontario

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## SOBER CARPENTER NON-ALCOHOLIC BEER OR CIDER

✓ VEGAN



473 mL

## NUTS TO YOU PEANUT CASHEW OR PEANUT HAZELNUT BUTTERS

✓ LOCAL  
✓ NON-GMO  
✓ GLUTEN-FREE



365 g

## GOOD TO GO SOFT BAKED SNACK BARS

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



40 g

## CLEARLY CANADIAN SPARKLING MINERAL WATER

✓ NON-GMO  
✓ VEGAN



750 mL

## NEAL BROTHERS TORTILLA CHIPS

✓ LOCAL  
✓ CERTIFIED ORGANIC  
✓ GLUTEN-FREE



300 g

## HABIBI TOUM

✓ GLUTEN-FREE



250 g

## HEARTBEAT HOT SAUCE

✓ LOCAL  
✓ GLUTEN-FREE



177 mL

## RISE KOMBUCHA

✓ CERTIFIED ORGANIC  
✓ UNPASTEURIZED  
✓ GLUTEN-FREE



414 mL • Botanical Beverages Not Included

## THE GOOD CRISP POTATO CRISPS

✓ NON-GMO PROJECT  
VERIFIED  
✓ GLUTEN-FREE



160 g

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## BBQ SAUCE & KETCHUP

Good Food for Good's sauces are certified organic and free of refined sugar, soy, corn syrup, gluten, dairy, or preservatives. Basically, if you wouldn't add it when cooking from scratch, you won't find it here!

LOCALLY  
MADE  
ONTARIO

2 FOR \$12  
MIX & MATCH  
SAVE \$3.98



### RICHA



Born and raised in India, Richa grew up eating fresh home-cooked meals every night. As an adult, she strived to cook the same kind of wholesome, hearty meals she grew up on, but the lack of options that were both convenient and nutritious made it increasingly difficult to eat healthy on busy nights. Driven by her growing desire to make a difference in the world through food, Richa launched Good Food For Good. Her fierce belief in the power of real, whole food and her love for cooking empowered her to create food products that were both nutritious and delicious.



SO YAM  
GOOD

SPK  
HOUSE SALSAS:  
TOMATO AND VERDE

- ✓ PLANT-BASED
- ✓ MADE IN-HOUSE
- ✓ PRESERVATIVE-FREE



2 FOR 12  
SAVE \$4

500 g/450 g

SPK  
SPK TEA LOAVES

- ✓ MADE IN-HOUSE DAILY
- ✓ ORGANIC INGREDIENTS



6<sup>99</sup>  
SAVE \$3

600 g

SPK  
ALOO GOBI

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



7<sup>99</sup>  
SAVE \$3

420 g

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## TWO BEARS OAT MILK LATTE & FLASH BREW COFFEE

- ✓ LOCAL
- ✓ MADE W/GLUTEN FREE OATS



2 FOR \$6

207 mL

## CLIF BUILDER BARS

- ✓ NON-GMO
- ✓ GLUTEN-FREE



3 FOR \$8

68 g

## CHA'S ORGANICS CURRY PASTE OR SOUP MIXES

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



2 FOR \$12

55 g

## LE PAIN DES FLEURS CRISPREAD

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



6<sup>99</sup>

150 g

## RAINCOAST GLOBAL SKIPJACK TUNA

- ✓ MSC CERTIFIED, DOLPHIN SAFE



2 FOR \$9

142 g

## THEO CHOCOLATE BARS

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



6<sup>99</sup>

85 g

# ICE CREAM SUNDAYS

JULY 13



- MADE IN CANADA
- ORGANIC

JULY 20



- MADE IN CANADA
- PLANT-BASED

AUG 10



- MADE IN CANADA
- ORGANIC



\*1 ICE CREAM TREAT PER PERSON WHILE QUANTITIES LAST. SUBJECT TO AVAILABILITY.

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## Plant-Based SPOTLIGHT

### CASHEW CREAM CHEESE

The classic, smooth and velvety cream cheese that your bagel craves. This fresh and mildly tangy spread will be the hero of your cheesecake fillings, pasta sauces and creamy dips. Made with organic cashews and never any starches, gums or fillers.



7<sup>99</sup>

### MARGARET COONS



Many years ago, while working as a vegan chef, our friend (and now plant-based celebrity) Margaret Coons started experimenting with cashews and seeds to create these uniquely exquisite dairy-free cheeses. Originally sold at a farmer's market in London, Ontario, Nuts for Cheese has now captured the hearts and palates of both meat-eaters and vegans alike from coast to coast. If you like cheese and you've never tried their incredibly delicious creations, you're seriously missing out.

### NANASHAKE NANAPOPS

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



6<sup>99</sup>

4 X 60 mL

### BEYOND MEAT BEYOND BURGER

- ✓ NON-GMO
- ✓ PLANT-BASED
- ✓ GLUTEN-FREE
- ✓ SOY FREE



7<sup>99</sup>

226 g

### ORGANIC MEADOW ICE CREAM

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



8<sup>99</sup>

946 mL

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AMY'S  
PIZZA

✓NON-GMO  
✓MADE WITH ORGANIC  
INGREDIENTS  
✓VEGAN VARIETIES  
AVAILABLE



11<sup>99</sup>

340 g - 397 g

LE GRAND  
MAC 'N CHEESE SAUCE

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



5<sup>99</sup>

227 g • Original Variety Only

STAHLBUSH  
FRUIT

✓NON-GMO  
✓GLUTEN-FREE



5<sup>99</sup>

284 g - 300 g • Raspberries not Included

BUCKWHEAT KASHA  
✓CERTIFIED ORGANIC



2<sup>90</sup>  
100 G  
28.99 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

CINNAMON CRUNCH  
TRAIL MIX  
✓CERTIFIED ORGANIC



1<sup>18</sup>  
100 G  
11.79 KG



Prepared In Canada

PINENUTS  
✓CERTIFIED ORGANIC



2<sup>80</sup>  
100 G  
27.99 KG

Product of China



HULLED BARLEY  
✓CERTIFIED ORGANIC



45<sup>¢</sup>  
100 G  
4.49 KG

Product of Canada



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### IDIAZIABAL

A hard to come by raw sheep-milk cheese produced in The Basque Region of Spain. The cheese is traditionally smoked for 10 days, giving it a slightly smoky finish. Made in the mountains where the Shepherds spent the summer in the highland pastures and came back in the fall with their cheese. The sheep migrate to higher pastures to graze on the newly blossomed grass in the summer, producing exceptional milk. The flavours are buttery, nutty and smoky with sweet aromas.



**NEW!**

**7<sup>99</sup>**  
100 G  
79.90 KG

Product of Spain

### JENSEN MOZZARELLA

Local  
A mild, smooth-textured cheese with a nice salty taste that's great on its own, with a sandwich, melted on a yummy pizza and so much more.



**4<sup>34</sup>**  
100 G  
43.40 KG

**SAVE  
\$8.50**

Product of Canada

### DEVON CREAM CO ENGLISH CLOTTED CREAM

Clotted cream is silky smooth, indulgently creamy, and deliciously thick. Perfect spread thickly over a warm scone with a dollop of strawberry jam.



**7<sup>99</sup>**

**SAVE  
\$3**

170 g • Product of England

## IN-STORE Events

*108 Vine*

— FRIDAY, 3-7PM —  
**JULY 11<sup>TH</sup>**

Sweet Potato Kitchen

**MAC & CHEESE**

— SUNDAY, 2-4PM —  
**JULY 13<sup>TH</sup>**

Ice Cream Sundays

**ORGANIC MEADOW  
ICE CREAM**



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

19<sup>99</sup>

ADD GRAVY \$2



Tuesday

SALAD BOWLS

✓ 6 VARIETIES INCLUDING PLANT-BASED OPTIONS

9<sup>99</sup>



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

