

THE SWEET POTATO

Bringing healthy food to everyone!

JULY 25 - JULY 31, 2025

BUY CANADIAN

WELSH BROS CORN

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ NON-GMO



5 FOR \$5
OR \$1.29 EACH

Product of Ontario

SAPSUCKER SPARKLING TREE WATER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



3 FOR \$5
SAVE \$2.47

355 mL

PRAIRIE RANCHER FARMS ALBERTA BEEF SIRLOIN TIP STEAKS

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

12⁹⁹
LB
28.64 KG

Product of Alberta

FARMING KARMA FRUIT SODA

- ✓ GLUTEN-FREE



2 FOR \$10
SAVE \$7.98

4 x 285 mL

HOPE ECO-FARMS GALIA MELONS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



4⁹⁹

Product of Ontario

ZEPHYR ORGANICS FIELD CUCUMBERS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



3 FOR \$5
OR \$1.99 EACH

Product of Ontario

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RED CHERRIES

✓ CERTIFIED ORGANIC



3⁹⁹
LB
8.8 KG

Product of Washington

HOPE ECO-FARMS ZUCCHINI

✓ LOCAL
✓ CERTIFIED ORGANIC



1⁹⁹
LB
4.39 KG

Product of Ontario

HOPE ECO-FARMS CURLY PARSLEY

✓ LOCAL
✓ CERTIFIED ORGANIC



1⁹⁹

Bunch • Product of Ontario

SEACORE ICELAND ARCTIC CHAR FILLETS

✓ HIGH IN OMEGA-3 FATTY ACIDS
✓ FRESH, NEVER FROZEN
✓ OCEAN WISE RECOMMENDED
✓ SUSTAINABLY RAISED



22⁹⁹
LB
50.68 KG

Product of Iceland

SEACORE ICELAND COD FILLETS

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



21⁹⁹
LB
48.48 KG

Product of Iceland

BERETTA FARMS ALBERTA BEEF TOP SIRLOIN CAP STEAKS

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



17⁹⁹
LB
39.66 KG

Product of Alberta

FERME DES VOLTIGEURS QUEBEC SKINLESS BONELESS CHICKEN THIGHS

✓ ALL-NATURAL
✓ FREE-RUN
✓ AIR-CHILLED
✓ HALAL
✓ AGRO-COM CERTIFIED, SUSTAINABLE



12⁹⁹
LB
28.64 KG

Product of Quebec

DUBRETON ONTARIO BONE-IN PORK RIB CHOP

✓ LOCAL
✓ CERTIFIED ORGANIC
✓ 100% TRACEABLE AND SUSTAINABLE
✓ CERTIFIED HUMANE
✓ FREE-RUN
✓ FAMILY FARM RAISED



12⁹⁹
LB
28.64 KG

Product of Ontario

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QUE PASA TORTILLA CHIPS

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$10

286 g - 350 g



QUE PASA SALSA

- ✓ CERTIFIED ORGANIC
- ✓ VEGAN



2 FOR \$10

420 mL



ROAR ELECTROLYTE INFUSION

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



2 FOR \$7

532 mL

CANADIAN HERITAGE ROASTING CO. COFFEE

- ✓ CERTIFIED ORGANIC



15⁹⁹

340 g



MAISON ORPHEE VINAIGRETTE DRESSING

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



2 FOR \$10

250 mL



COVE SODA

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ SUGAR-FREE
- ✓ CAFFEINE FREE



2 FOR \$5

355 mL



HEALTEA SPARKLING TEA

- ✓ ORGANIC



2 FOR \$5

355 mL



ONE DEGREE PROTEIN GRANOLA

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



7⁹⁹

283 g



ECO-MAX LAUNDRY SOAP

- ✓ LOCAL
- ✓ BIODEGRADABLE
- ✓ LEAPING BUNNY CERTIFIED



14⁹⁹

3 L



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Local SPOTLIGHT

NON ALCOHOLIC BEER

How do they do it?
They fuse the creativity of craft beverages with the inspired talents of artists worldwide, featuring limited-edition works of art on their labels, merchandise, and more.

LOCALLY
MADE
HAMILTON
ONTARIO



MATT JOHNSTON & BOB RUSSELL

Collective Arts was formed in Hamilton in 2013 by Matt Johnston and Bob Russell. From releasing their very first craft beer, Rhyme & Reason, to their latest lineup of Wide Eyed Energy Drinks, Matt & Bob's original vision to make the world a more creative place remains as they strive to be the most creative beverage company in the world.



SO YAM GOOD

SPK MARINADES

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



2 FOR \$8

SAVE \$4

230 g • 5 varieties

SPK HOUSE MADE CAKES

- ✓ FREE-RUN EGGS
- ✓ MADE IN-HOUSE DAILY
- ✓ ORGANIC INGREDIENTS



8⁹⁹

SAVE \$3

500 g • 3 varieties to choose from

SPK SMALL MAC 'N CHEESE

- ✓ MADE IN-HOUSE
- ✓ PRESERVATIVE-FREE



7⁹⁹

SAVE \$3

600 g • Available fresh or frozen

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HIPPEAS CHICKPEA PUFFS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



3⁹⁹

113 g

BLUE MONKEY COCONUT WATER

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$10

1 L

ITALIAN VOLCANO LEMON OR LIME BURSTS

- ✓ ORGANIC



2 FOR \$6

200 mL

ICE CREAM SUNDAYS

BEAT
THE
HEAT!



JULY 27

RIGHTeous



MADE IN CANADA

AUG 10

Mrs. J's
NATURAL



MADE IN CANADA



AUG 17

DEEBEE'S
ORGANICS



MADE IN CANADA



ORGANIC



Plant-Based SPOTLIGHT

NON DAIRY DESSERT

Let's get one thing straight: Frozen dessert isn't worth eating if it isn't ridiculously creamy and delicious. Yeah, we said it. Even we don't want vegan frozen dessert if it tastes like pure coconut and goes down like a snow cone. With Nora's, you can have your frozen dessert and eat it, too.

6⁹⁹



KATHERINE BACKMAN & TYLER BOTHWELL

Co-founded by Katherine Backman and Tyler Bothwell in 2017, Nora's started as a delicious experiment because there needed to be a creamier more satisfying frozen vegan dessert option, and the answer was cashews. Nora's launched locally in Vancouver in 2017 and has been growing ever since.

RIGHTEOUS
GELATO OR SORBETTO

- ✓ GLUTEN-FREE
- ✓ VEGAN OPTIONS AVAILABLE



6⁹⁹

473 mL

LITTLE
NORTHERN BAKERY
HAMBURGER OR HOT DOG BUNS

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



2¹¹

260 g - 320 g

SPREAD 'EM KITCHEN
CASHEW DIP

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



7⁹⁹

185 g

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HARMLESS HARVEST COCONUT WATER

- ✓ CERTIFIED ORGANIC
- ✓ FAIR FOR LIFE



6⁹⁹

473 mL

DR PRAEGER VEGGIE BURGER

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



7⁹⁹

283 g

MAISON RIVIERA GOAT YOGURT



6⁹⁹

500 g



SUNDRIED TOMATOES ✓ CERTIFIED ORGANIC



2¹⁵
100 G
21.49 KG

Product of Turkiye

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

PEARLED COUSCOUS ✓ CERTIFIED ORGANIC



99¢
100 G
9.99 KG

Product of Canada



RAW ALMONDS ✓ CERTIFIED ORGANIC



3⁰⁰
100 G
29.99 KG

Product of California

THOMPSON RAISINS ✓ CERTIFIED ORGANIC



99¢
100 G
9.99 KG

Product of California

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GIOIELLA LACTOSE FREE FRESH MOZZARELLA AND BURRATA

Introducing our perfect pairing for Summer, Gioiella fresh Mozzarella and Burrata now lactose free. The result of artisanal production that enhances the freshness of 100% Italian whole cow's milk. Every bite delivers the authentic flavor of real fresh stretched-curd mozzarella.



9⁹⁹
OR
10⁴⁹

125 g

JENSEN NOT SO SWEET CAROLINE

Local
Creamy Brick cheese enriched with the flavours of onions and garlic.



10⁴⁹

SAVE
\$1

200 g

ILE AUX GRUES CHEVAL NOIR

The name Cheval noir (black horse) comes from the legend in which a black horse is seen galloping across the island only to disappear in the cold waters of the St. Lawrence River. This cheese is covered in vegetable ash which adds a subtle bitter finish to the smooth creamy, slightly nutty interior.



9⁴⁹
100 G
94.90 KG

SAVE
\$10/KG

IN-STORE Events

108 Vine

— SATURDAY, 2-6PM —
JULY 26TH

Nuts for Cheese

**CASHEW CHEESES,
DIPS &
CREAM CHEESE**

— FRIDAY, 3-7PM —
AUGUST 1ST

Sweet Potato Kitchen

**PEAR
FRANGIPANE TART**



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

