

THE SWEET POTATO

Bringing healthy food to everyone!

AUG 22 - AUG 28, 2025

BUY CANADIAN

NATURE'S FIRST FRUIT SUNRISE APPLES

- ✓ CERTIFIED ORGANIC
- ✓ FIRST OF THE SEASON



5⁹⁹

3 lb bag • Product of British Columbia

FARMING KARMA HYDR8 SPARKLING WATER

- ✓ ALL-NATURAL



3 FOR \$4

SAVE \$3.47

285 ML

PENOKEAN HILLS FARMS ONTARIO BEEF BLADE STEAKS & ROASTS

- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ NON-GMO 100%
- ✓ TRACEABLE AND SUSTAINABLE
- ✓ FIELD PEA BASED DIET



11⁹⁹

LB
26.43 KG

SAVE \$4/LB

Product of Ontario

ZEPHYR ORGANICS GREEN BEANS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



4⁹⁹

360 g clam • Product of Ontario

DEEBEE'S GELATO POPS

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



5⁹⁹

SAVE \$3

10 X 40 mL

NATURE'S FIRST FRUIT PEACHES

- ✓ CERTIFIED ORGANIC



4⁹⁹

LB
11 KG

Product of British Columbia

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HOPE ECO-FARMS SUGAR BABY WATERMELONS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



8⁹⁹

Each • Product of Ontario •
with seeds

GREEN & RED GRAPES

- ✓ CERTIFIED ORGANIC



3⁹⁹
LB 8.80

Product of California

HOPE ECO-FARMS CILANTRO

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1⁹⁹

Bunch • Product of Ontario

SEACORE GREEK "BRANZINO" EUROPEAN SEA BASS FILLETS

- ✓ ALL-NATURAL
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED

- ✓ HIGH IN OMEGA-3
FATTY ACIDS



27⁹⁹
LB 61.71 KG

Product of Greece

SEACORE CHILEAN COHO SALMON FILLETS

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



16⁹⁹
LB 37.46 KG

Product of Chile

PRAIRIE RANCHER FARMS ALBERTA GRASS FED BEEF PETITE TENDERS

- ✓ ALL-NATURAL
- ✓ 100% GRASS-FED
- ✓ ANTIBIOTIC &
HORMONE-FREE
- ✓ NON-GMO
- ✓ FULLY SUSTAINABLE



23⁹⁹
LB 52.89 KG

Product of Alberta

FERME DES VOLTIGEURS QUEBEC SKINLESS BONELESS CHICKEN THIGHS

- ✓ ALL-NATURAL
- ✓ AIR-CHILLED
- ✓ FREE-RUN
- ✓ SUSTAINABLY RAISED
- ✓ HALAL



13⁹⁹
LB 30.84 KG

Product of Quebec

DUBRETON ONTARIO ORGANIC LEAN GROUND PORK

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



8⁹⁹
LB 19.82 KG

Product of Ontario

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NUD FUD CRACKERS & CRISPS

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



2 FOR \$11

SAVE \$2.98

66 G



CANADIAN HERITAGE MAPLE SYRUP

- ✓ CERTIFIED ORGANIC



16⁹⁹

500 ML



DEEBEE'S SUPERFRUIT FREEZIES

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



2 FOR \$12

SAVE \$3.98

10 X 40 mL

PERFECT CHEF BBQ SAUCE

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



6⁴⁹

350 ML



FLOW WATER

- ✓ LOCAL
- ✓ NATURALLY ALKALINE



3 FOR \$6

500 ML • Plain Variety Only



RICEWORKS RICE CHIPS

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



2 FOR \$11

155 G

KING ISLAND COCONUT WATER

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



2 FOR \$10

1 L

ROAR ELECTROLYTE INFUSION DRINK

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



2 FOR \$7

532 ML

CHOSEN FOODS BURGER OR CHICKEN SAUCE

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



8⁹⁹

SAVE \$3

266 ML

WILD
ONES

Local
SPOTLIGHT

CRISPS

With our proprietary production process, we are able to maintain nutrients and fibre integrity to feed gut-microbes. All items are organic, metals tested, grain-free, gluten-free, plant-based and baby-approved. Healthy bellies, happy babies!

2 FOR \$7
MIX & MATCH
SAVE \$2.98



LOCALLY
MADE
TORONTO
ONTARIO



JULIA KIROUAC, CNP

When I had a baby by emergency c-section, I rarely had time to shower, let alone cooking everything from scratch. I was shocked to find that many products were filled with high sugar and aseptic purees. The first 1000 days are essential to establishing foundational health and I knew we as parents deserved better.



SO YAM
GOOD

2 FROZEN PIZZA
DOUGHS AND 1
PIZZA SAUCE

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

9⁹⁹

SAVE \$4



450G + 2 x 350G

HOUSE BAKED MUFFINS

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

4 FOR \$8
OR \$2.99 EACH

SAVE \$4



140G

BUY AN SPK ENCHILADA
AND GET PINTO
BEANS FOR \$2

- ✓ LOCAL
- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN
- ✓ PLANT-BASED OPTIONS
- ✓ PRESERVATIVE-FREE

16⁹⁹ OR
14⁹⁹

SAVE \$5



Various • Applies to fresh and frozen enchiladas

BOB'S RED MILL
PANCAKE & WAFFLE MIX

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



WAKEWATER
CAFFEINATED SPARKLING WATER

- ✓ LOCAL
- ✓ SUGAR-FREE
- ✓ VEGAN



OCEAN'S
POLE & LINE SKIPJACK TUNA

- ✓ MSC AND OCEANWISE
CERTIFIED



ALTERED STORE HOURS

TUESDAY AUGUST 26

WE ARE

CLOSED

FOR A FILM SHOOT



Greenhouse

Plant-Based SPOTLIGHT

LEMONADE

Experience our lemonade like never before: bolder, brighter, and bursting with zest. Each sip now delivers 100% of your Recommended Daily Allowance of Vitamin C. Trust us, you'll want to visit our lemonade stand time and time again...

LOCALLY MADE
TORONTO ONTARIO

2 FOR \$8
MIX & MATCH



EMMA KNIGHT, ANTHONY GREEN, AND HANA JAMES

We launched Greenhouse in January 2014 from a teeny little former coach house in Toronto. Our opening day was bone-chillingly cold, but so many brave souls ventured in that we sold an entire night's worth of our organic, plant-based beverages in an hour. As we watched a community form, our mission took shape. Eight years and a lot of innovation later, Greenhouse sells six categories of organic, plant-based beverages across Canada.

RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



8⁹⁹

1 L

GREENHOUSE SHAKES & SMOOTHIES

- ✓ LOCAL
- ✓ ORGANIC
- ✓ PLANT-BASED



2 FOR \$8

300 ML

NORA'S NON DAIRY DESSERT

- ✓ GLUTEN-FREE
- ✓ VEGAN



6⁹⁹

500 ML

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AUG 22 - AUG 28, 2025

KIDFRESH ENTREE'S

✓ ALL-NATURAL



5⁹⁹

NANASHAKE NANAPOPS!

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



6⁹⁹

HOUSE FOODS TOFU

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



2 FOR \$5

SUNFLOWER SEEDS

✓ CERTIFIED ORGANIC



90[¢]
100 G
8.99 KG

Product of Bulgaria

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

RAW PECANS

✓ CERTIFIED ORGANIC



4⁵⁰
100 G
44.99 KG

Product of Mexico

TRI COLOURED QUINOA

✓ CERTIFIED ORGANIC



1²⁰
100 G
11.99 KG

Product of Peru

SULTANA RAISINS

✓ CERTIFIED ORGANIC



1⁵⁰
100 G
14.99 KG

Product of Uzbekistan

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CROSSWIND FARM
GOAT FETA

Local
A truly exceptional cheese that has earned the reputation as one of the best in the province. This goat feta is mild, creamy not overly salty. Melt in your mouth goodness.



13⁹⁹

250 G • Product of Ontario

GLENGARRY
CELTIC BLUE

Local
From Lancaster, Ontario comes a firm, buttery and unaggressive blue cheese with a nice balance between the creamy paste and the gently sweet and earthy blue veining.



7⁵⁹
100 G
75.90 KG

SAVE \$4

Product of Ontario

FROMAGERIE NOUVELLE FRANCE
HOUE LE PATRIARCHE

It has a creamy texture, rustic aromas, and a flavor profile that combines fruity and warm butter notes. The cheese is produced by Fromagerie Nouvelle France and named in honor of Louis Houde, an ancestor of the family who settled in New France in 1642.



6⁹⁴
100 G
69.40 KG

SAVE \$4.50

Product of Quebec



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

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

\$3-4
OFF

