

THE SWEET POTATO

Bringing healthy food to everyone!

SEP 12 - SEP 25, 2025

BUY CANADIAN

HOPE ECO-FARMS BUTTERNUT SQUASH

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

**BUTTER-NOT MISS
THIS SWEET DEAL!**

99¢
LB
2.18 KG

Product of Ontario



**SO YAM
GOOD**

SWEET POTATO KITCHEN BAKERY BARS

- ✓ ORGANIC INGREDIENTS
- ✓ MADE IN-HOUSE DAILY

**BUY ONE
GET ONE
50% OFF**

2 FOR \$7.50

SAVE \$2.50

Various • 8 Varieties



DUBRETON ONTARIO BONELESS PORK BLADE ROASTS OR CHOPS

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

10.99
LB
24.23 KG

Product of Ontario



NUTS TO YOU ALMOND HAZELNUT BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

8.99

SAVE \$3

365 G



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Thanksgiving

PRE-ORDERING

STARTS SEPTEMBER 19



PRE-ORDER YOUR WHOLE, ORGANIC TURKEY (FRESH OR FROZEN)

Booking available in person or by phone at (416)762-4848.

GREENHOUSE BOOSTERS

- ✓ LOCAL

✓ CERTIFIED ORGANIC



ZEPHYR ORGANICS RED RADISHES

- ✓ LOCAL

✓ CERTIFIED ORGANIC



ZEPHYR ORGANICS ICEBERG LETTUCE

- ✓ LOCAL

✓ CERTIFIED ORGANIC



Thanksgiving

PRE-ORDERING

STARTING
SEPTEMBER 19



PRE-ORDER YOUR
THANKSGIVING FEAST

Enjoy a special holiday meal *without* cooking! The Sweet Potato Kitchen has you covered with pre-made Thanksgiving dinners, so you can relax AND enjoy a healthy, delicious meal - without the stress.

BOOKING AVAILABLE IN PERSON OR BY
PHONE AT (416)762-4848 STARTING SEPTEMBER 19.



PFENNING'S ORGANIC FARM
ITALIAN PARSLEY

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



Product of Ontario

NATURE'S FIRST FRUIT
MACINTOSH APPLES

- ✓ CERTIFIED ORGANIC



Product of British Columbia

PARADISE FIELDS
PARADISE FIELDS
SALADS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



Product of Ontario o EDLP

SEACORE
ICELANDIC COD FILLETS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ SUSTAINABLE
- ✓ MSC
- ✓ OCEAN WISE
RECOMMENDED



23⁹⁹
LB
52.89 KG

Product of Iceland



COLE MUNRO
ONTARIO RAINBOW
TROUT FILLETS

- ✓ LOCAL
- ✓ HIGH IN OMEGA-3
FATTY ACIDS
- ✓ SUSTAINABLY RAISED
- ✓ OCEAN WISE
RECOMMENDED
- ✓ BAP



15⁹⁹
LB
35.25 KG

Product of Ontario



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SEP 12 - SEP 25, 2025

FERME DES VOLTIGEURS QUEBEC WHOLE BONE-IN CHICKEN LEGS

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



5⁴⁹
LB
12.10 KG

Product of Quebec

BERETTA FARMS ONTARIO FROZEN CHICKEN POT PIE

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC &
HORMONE-FREE
- ✓ HUMANELY RAISED



29⁹⁹

SAVE \$4

908 G • Product of Ontario

ZETTEL FAMILY FARMS ONTARIO LEAN GROUND BEEF

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ 100% GRASS-FED
- ✓ 100% TRACEABLE
AND SUSTAINABLE
- ✓ FAMILY FARM RAISED



14⁹⁹
LB
33.05 KG

Product of Ontario

MADE GOOD MORNING OAT CUPS

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



2 FOR \$10

5 X 35 G

NUTS TO YOU PEANUT BUTTER

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



8⁹⁹

750 G

DUTCHMAN'S GOLD RAW HONEY

- ✓ LOCAL
- ✓ 100% PURE



18⁹⁹

1 KG

MANITOBA HARVEST HEMP HEARTS

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



7⁹⁹

227 G

SMARTBITE FIT FIGURE CAKES

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$7

120 G

RAWCOLOGY GRAIN FREE GRANOLA

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



8⁹⁹

200 G

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SEP 12 - SEP 25, 2025

CHICKAPEA

Local
SPOTLIGHT

ONE POT MEALS

Designed for maximum deliciousness and minimum dishes, Chickapea's One Pot Meals go from box to bowl in just 12 minutes! Each meal features high protein chickpea pasta and is made from wholesome, real ingredients. Your classic boxed mac and cheese just got a big glow up.

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



LOCALLY
MADE

COLLINGWOOD
ONTARIO



SHELBY TAYLOR

Shelby created Chickapea to make it easier and more delicious for people to eat healthy. We shouldn't have to choose between the foods we love and the foods that love us back. With Chickapea, they're one in the same.



SO YAM
GOOD

SMALL SOUP AND WRAP COMBO

- ✓ MADE IN-HOUSE DAILY
- ✓ PLANT-BASED OPTIONS
- ✓ ANTIBIOTIC & HORMONE-FREE MEAT

BUY ONE GET ONE 50% OFF SPK BAKERY BARS

- ✓ ORGANIC INGREDIENTS
- ✓ MADE IN-HOUSE DAILY

SMALL SPAGHETTI AND MEAT BALLS OR PLANT BALLS

- ✓ PRESERVATIVE-FREE
- ✓ MADE IN-HOUSE



14⁰⁰

SAVE \$4

Various



2 FOR \$7⁵⁰

SAVE \$2.50

Various 8 Varieties



9⁹⁹

SAVE \$4

355 G

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SEP 12 - SEP 25, 2025

SALT SPRING COFFEE

- ✓ CERTIFIED ORGANIC
- ✓ FAIR FOR LIFE



19⁹⁹

400 G



MARY'S CRACKERS

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



6⁹⁹

156 G - 184 G

BOB'S RED MILL OAT'S

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



9⁹⁹

SAVE \$3

796 G - 907 G

ANNIE'S MAC & CHEESE

- ✓ MADE WITH ORGANIC INGREDIENTS



2 FOR \$6

149 G - 170 G

BLUE DIAMOND ALMOND BREEZE

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



2 FOR \$6

946 ML

CLIF BUILDERS BARS

- ✓ NON-GMO
- ✓ GLUTEN-FREE



2 FOR \$5

68 G

NORA SEAWEED SNACKS

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



2 FOR \$10

32 G

FELICETTI DURUM WHEAT PASTA

- ✓ CERTIFIED ORGANIC



3 FOR \$9

454 G

COCONUT SECRETS SOY SAUCE SUBSTITUTE

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



8⁹⁹

237 ML

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Plant-Based SPOTLIGHT

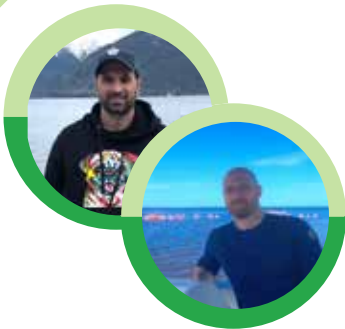
OAT BEVERAGE & BARISTA OAT

From the barista-level Barista Oat to the unsweetened but naturally delicious Vanilla Oat to the classic and versatile Original Oat, Two Bears is here for all your dairy-free beverage needs. Add them to your smoothies, cereal, coffee, and more for a ferocious start to your day.

2 FOR \$7
MIX & MATCH



MADE IN
CANADA



JOE & DAVID

Joe and David are two friends (one a coffee roaster, the other a health nut) on a mission to prove that you don't have to choose between health and taste. Together, they founded Two Bears to create high-quality, great-tasting drinks that actually *do* something for you.

YOGGU! CULTURED COCONUT YOGURT

- ✓ GLUTEN-FREE
- ✓ VEGAN



7⁹⁹

450 G

L'ANCÊTRE CHEESE SLICES

- ✓ CERTIFIED ORGANIC



6⁹⁹

180 G

SILVER HILLS SPROUTED BREAD

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



2 FOR \$10

510 G - 680 G

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SEP 12 - SEP 25, 2025

GOOD VIBES JUICE CO. WELLNESS SHOTS

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ MADE W/ORGANIC INGREDIENTS



2 FOR \$7

50 ML

AMY'S BOWLS

- ✓ MADE WITH ORGANIC INGREDIENTS



7.99

241 G - 269 G

SILK CREAMERS

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



7.99

890 ML

WHITE SESAME SEEDS

- ✓ CERTIFIED ORGANIC



1.59

100 G
15.90 KG

Product of Pakistan

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

CRYSTALIZED GINGER

- ✓ CERTIFIED ORGANIC



2.99

100 G
29.90 KG

Product of USA

YELLOW SPLIT PEAS

- ✓ CERTIFIED ORGANIC



55¢

100 G
5.49 KG

Product of Canada

RAW WALNUTS

- ✓ CERTIFIED ORGANIC



2.79

100 G
27.90 KG

Product of California

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GUNN'S HILL SMOKED FIVE BROTHERS

Local
A unique, handcrafted, smoked cheese from Gunn's Hill Artisan Cheese in Ontario. 5 Brothers Smoked blends the best of a buttery Gouda and a nutty Appenzeller, then gets a rich, natural smoke over maple and apple wood. This is one cheese that's sure to be the star of the show.



6⁷⁹
100 G
67.90 KG

SAVE \$5/KG

Product of Ontario

CROSSWIND FARM ARTISAN CHEVRE HERB DE PROVENCE

Local
An absolute favourite and a true culinary delight. This artisanally made chevre is a luxurious, soft, and spreadable cheese with a mild creamy texture. It's a perfect balance of rich, tangy goat cheese and the savoury herbal notes of a traditional Herbes de Provence blend.



11⁹⁹

SAVE \$1.50

250 G • Product of Ontario

CATHERINE'S JELLIES

Local
Discover the sweet and savoury delight of Catherine's Jellies, a beloved classic made right here in Toronto. From mild to hot these versatile jellies are the perfect addition to your charcuterie board, a delicious glaze for roasted meats or a surprising twist on your favourite sandwich.



2 FOR \$15

SAVE \$2.98

250 ML • Product of Ontario • Red Pepper Jelly, Hot Red Pepper Jelly, Jalapeno Jelly

IN-STORE Events

108 Vine

- MONDAY, 3-7PM -

SEPTEMBER
15TH

Sweet Potato Kitchen

BAKERY BARS

- SUNDAY, 3-7PM -

SEPTEMBER
21ST

Sweet Potato Kitchen

SOUP

- SATURDAY, 11AM-3PM -

SEPTEMBER
27TH

Sunflower Kitchen

HUMMUS



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

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

\$3-4
OFF

