



PFENNING'S ORGANIC FARM
CARROTS

- ✓ LOCAL

✓ CERTIFIED ORGANIC

2⁹⁹

2lb bag • Product of Ontario



THE A2 MILK
COMPANY
10% CREAM

- ✓ GUT FRIENDLY

SAVE
SAVE
SAVE



BUY 1
GET 1
FREE

2⁹⁹
FOR 5⁹⁹
SAVE \$5.99

473 mL • Buy 1, Get 1 Free!



YORKSHIRE VALLEY FARMS
ONTARIO WHOLE TURKEYS

- ✓ LOCAL

✓ CERTIFIED ORGANIC

✓ FAMILY FARM RAISED

5⁹⁹
LB
13.21 KG
SAVE \$2/LB

Product of Ontario



BUY
LOCAL THIS
THANKSGIVING!

Thanksgiving Feast

CHEF-PREPARED FOR YOU IN THE SWEET POTATO KITCHEN



EARLY BIRD ENDS

SEPTEMBER 30

ORDERING ENDS

OCTOBER 7

PICKUP OCTOBER 11 & 12

THE SWEET POTATO

FEAST FOR 2 FEAST FOR 5

\$79.99 \$189.99

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Thanksgiving

PRE-ORDER

YOUR ORGANIC WHOLE TURKEY FROM US!



PRE-ORDER YOUR

WHOLE, ORGANIC TURKEY

FRESH

\$5.99/LB

\$50 deposit required

Book in person at

108 Vine

or by phone at

(416) 762-4848

FROZEN

\$4.99/LB

\$40 deposit required

orders start:

September 19

pick-up:

October 3 to October 12



Yorkshire Valley Farms is a co-op of farmers raising high quality turkeys.

- ✓ Organic

✓ Non-gmo grain fed

✓ Antibiotic-Free
- ✓ Pesticide & Herbicide-Free

✓ No Animal By-Products

✓ Size ranges from 13 to 18 pounds

THE SWEET POTATO

Bringing healthy food to everyone!

OCT 3 - OCT 9, 2025

RED DEVON ORGANICS LEEKS

✓ LOCAL



2⁴⁹
LB
5.49

Product of Ontario



MACINTOSH APPLES

✓ CERTIFIED ORGANIC



5⁹⁹

3lb Bag • Product of British Columbia



CHERRY TOMATOES (PURPLE, ORANGE, YELLOW)

✓ LOCAL
✓ CERTIFIED ORGANIC



2⁴⁹ FOR \$5
OR 2.99 EACH

Pinto
Product of Ontario

MIX & MATCH



ZEPHYR ORGANICS ROMAINE LETTUCE

✓ LOCAL



1⁹⁹
LB
4.39

Product of Ontario



PFENNING'S ORGANIC FARM MINI YELLOW POTATOES

✓ LOCAL
✓ CERTIFIED ORGANIC



4⁹⁹

2lb • Product of Ontario



IZUMI AQUACULTURE ONTARIO STEELHEAD TROUT FILLETS

✓ LOCAL
✓ ALL-NATURAL
✓ HIGH IN OMEGA-3
FATTY ACIDS
✓ SUSTAINABLY RAISED

✓ OCEAN WISE
RECOMMENDED
✓ BAP CERTIFIED



21⁹⁹
LB
48.48 KG

SAVE \$2/LB

Product of Ontario



SEACORE BRAZILIAN TILAPIA FILLETS

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



11⁹⁹
LB
26.43 KG

Product of Brazil • Available with Garlic
& Herb Marinade and Cajun Marinade



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OCT 3 - OCT 9, 2025

BERETTA FARMS ALBERTA BONELESS BEEF RIB EYE STEAKS

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

SAVE
SAVE
SAVE

39⁹⁹
LB
88.16 KG

SAVE \$8/LB



Product of Alberta

PRAIRIE FAMILY FARMS ALBERTA MEDIUM GROUND BEEF

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

9⁹⁹
LB
22.02 KG

SAVE \$3/LB



Product of Alberta

DUBRETON ONTARIO BONELESS PORK BLADE CHOPS AND ROASTS

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

10⁹⁹
LB
24.23 KG



Product of Ontario

PATIENCE CRANBERRIES

- ✓ ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$6

113 g - 142 g

GATHERING PLACE CINNAMON POWDER

- ✓ ORGANIC
- ✓ GLUTEN-FREE



5⁹⁹

20g o All Gathering Place Spices on Sale!

PHOEAPOLIS EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC

14⁹⁹



500 mL

NOOCHPOP POPCORN

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



2 FOR \$10

120 g

RAINCOAST TRADING PINK SALMON

- ✓ WILD CAUGHT, MSC CERTIFIED

2 FOR \$10



160 g

THE SWEET POTATO

Bringing *healthy* food to everyone!

OCT 3 - OCT 9, 2025



Local SPOTLIGHT

ORGANIC ICE CREAM

Rich and creamy ice cream carefully crafted in small batches. Every scoop tells Organic Meadow's delicious story again and again - pure simple ingredients that are minimally processed are a real crowd pleaser. Don't be surprised if they ask for a second bowl. And possibly a third.

LOCALLY MADE GUELPH ONTARIO

8⁹⁹

SAVE \$3



Over 35 years ago, Organic Meadow pioneered the organic dairy movement in Canada. Now, over 100 family farms across Ontario have joined the co-op's mission to create fresh, local dairy products that are minimally processed and come from healthy animals that graze on fresh organic pasture.



SO YAM GOOD

ALL READY TO BAKE FROZEN SPK PIES - SWEET AND SAVOURY

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



13⁹⁹ OR 16⁹⁹
SAVE \$3

Various Weights

ABF CHICKEN OR BEEF STOCK - FROZEN

- ✓ ANTIBIOTIC & HORMONE-FREE MEAT
- ✓ ORGANIC VEGETABLES
- ✓ 'STOCK' UP FOR THE HOLIDAYS!



8⁹⁹
SAVE \$3

950 mL

FULL BUTTER PIE PASTRY

NEW!

- ✓ MADE IN-HOUSE
- ✓ ORGANIC FLOUR AND FULL BUTTER PASTRY! GREAT FOR SWEET OR SAVOURY PIES



8⁹⁹

2= 9" rounds

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OCT 3 - OCT 9, 2025

LUNDBERG LONG OR SHORT GRAIN RICE

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



9⁹⁹

907 g

ELMHURST NON DAIRY BEVERAGES

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



7⁹⁹

946 mL

FREEYUM COOKIES

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



2 FOR \$10

7 x 22 g

QUE PASA TORTILLA CHIPS

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



2 FOR \$10

300 g - 350 g

QUE PASA SALSA

- ✓ CERTIFIED ORGANIC



5⁹⁹

420 mL

CHA'S ORGANICS COCONUT ROLLS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



5⁹⁹

100 g

NUTIVA COCONUT OIL

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



13⁹⁹

444 mL

YOGI TEA

- ✓ ORGANIC



2 FOR \$12

16 ct

ALTER ECO CHOCOLATE BARS

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



2 FOR \$9

75 g - 84 g

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Plant-Based SPOTLIGHT

Henry's Tempeh aims to make tempeh the go-to plant-based protein, transforming diets and food systems world-wide. From tacos to pasta to pancakes, Henry's Original tempeh is the perfect blank slate for a delicious and nutritious meal. Or try out one of the other tempeh flavours Henry's has carefully crafted for your enjoyment!

2 FOR \$10 MIX & MATCH



LOCALLY MADE KITCHENER ONTARIO



HENRY SCHMIDT
In the early 2000s, Henry Schmidt nearly had his Tilley hat blown off his head when his daughter introduced him to an Indonesian food called Tempeh. He quickly fell in love and founded a Tempeh factory of his very own in Kitchener, Ontario, because that's just what Henry would do!

SUNFLOWER KITCHEN HUMMUS

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



2 FOR \$8

227 g

RIGHTEOUS GELATO & SORBETTO

- ✓ GLUTEN-FREE
- ✓ VEGAN VARIETIES AVAILABLE



6⁹⁹

473 mL

TONICA KOMBUCHA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ RAW



7⁹⁹

1.1 L

THE SWEET POTATO

Bringing healthy food to everyone!

OCT 3 - OCT 9, 2025

EARTH'S OWN OAT BEVERAGE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



2 FOR \$10

1.75 L

BUBBIE'S KOSHER DILL PICKLES

- ✓ NON-GMO
- ✓ GLUTEN-FREE



9⁹⁹

1 L

STAHLBUSH VEGETABLES

- ✓ GLUTEN-FREE
- ✓ NON GMO & ORGANIC VARIETIES INCLUDED



2 FOR \$8

284 g - 350 g

HEMP SEEDS

- ✓ CERTIFIED ORGANIC



2⁹⁹
100 G
29.90 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

GREEN SPLIT PEAS

- ✓ CERTIFIED ORGANIC



55¢
100 G
39.90 KG

Product of Canada

CURRIED CASHEWS

- ✓ CERTIFIED ORGANIC



3⁷⁹
100 G
37.90 KG

Product of Vietnam/USA

GOJI BERRIES

- ✓ CERTIFIED ORGANIC



3⁹⁹
100 G
39.90 KG

Product of China

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BOTHWELL

MAPLE SMOKED CHEDDAR

Bothwell Maple Smoked Cheddar is a matured cheddar cheese that is gently smoked over pure maple wood, creating a mild smoky flavor that complements its complex, nutty taste

8⁹⁹

SAVE \$1



170 g • Product of Manitoba

SARTORI

MERLOT BELLAVITANO

Fruity notes of plum and berry mixed with creamy richness makes Merlot BellaVitano truly one-of-a-kind.



11⁴⁹

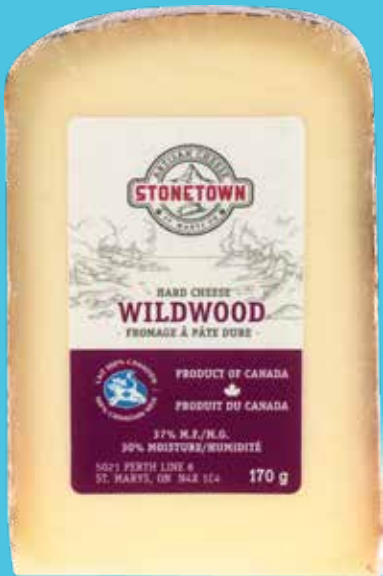
SAVE \$1.50

150 g • Product of USA

STONETOWN

WILDWOOD

Local Wildwood does not only have an impressive zesty flavour, but also has a very rustic and appealing appearance. Wildwood is rich and creamy on the palate with a nice balance of salt.



11⁴⁹

SAVE \$1.50

180 g • Product of Ontario







FRESH SUSHI AND MAKI MADE DAILY • OCEANWISE CERTIFIED FISH

NATURAL AND ORGANIC INGREDIENTS • PLANT-BASED OPTIONS

FAMILY-OWNED SMALL BUSINESS



Monday

ROTISSERIE CHICKEN + 2 READY-TO-HEAT SIDES OR SMALL DELI SALADS

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS

19⁹⁹

ADD GRAVY \$2



Tuesday

SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

2 FOR \$24



Wednesday

SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

8⁹⁹



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

READY-TO-HEAT SOUPS

- ✓ ALL 950ML SPK SOUPS
- ✓ MADE IN HOUSE
- ✓ ORGANIC VEGETABLES
- ✓ ABF PROTEINS

9⁹⁹ OR 11⁹⁹



Friday

PIES & TARTS

- ✓ ALL SPK PIES (SWEET, SAVOURY, FROZEN, & FRESH!)
- ✓ MADE IN HOUSE

\$3 OFF



Everyday

DELI SALADS

\$3-4 OFF

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

