

THE SWEET POTATO

Bringing healthy food to everyone!

OCT 24 - OCT 30, 2025

BUY CANADIAN

HONEY CRISP APPLES

✓ CERTIFIED ORGANIC



6⁹⁹

3 lb • Product of British Columbia

RED DEVON ORGANICS BUTTERNUT SQUASH

✓ LOCAL
✓ CERTIFIED ORGANIC



1²⁹
LB
2.84 KG

Product of Ontario

RED DEVON ORGANICS CELERY

✓ LOCAL
✓ CERTIFIED ORGANIC



2⁴⁹

Product of Ontario

BERETTA FARMS ALBERTA BEEF TOP SIRLOIN STEAKS

✓ ORGANIC
✓ CERTIFIED HUMANE
✓ 100% TRACEABLE AND SUSTAINABLE

17⁹⁹
LB
39.66 KG

SAVE
\$7/LB!

SAVE
SAVE
SAVE



Product of Alberta

ECO-MAX DISH LIQUID

✓ LOCAL
✓ ECO LOGO, NO ANIMAL TESTING



2 FOR \$8

SAVE \$3.98

MIX & MATCH

740 mL

THE GOOD CRISP POTATO CRISPS

✓ NON-GMO PROJECT VERIFIED ✓ GLUTEN-FREE VERIFIED



2 FOR \$7

SAVE \$2.98

MIX & MATCH

160 g

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RED DEVON ORGANICS BRUSSELS SPROUTS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



4⁹⁹
LB
11 KG

Product of Ontario

PFENNING'S ORGANIC FARM CILANTRO

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1⁹⁹

Product of Ontario

SAVOURA BIO APEROTOMATOES

- ✓ CERTIFIED ORGANIC



3⁹⁹

250 g • Product of Quebec

SEACORE ICELANDIC ARCTIC CHAR FILLETS

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



22⁹⁹
LB
50.68 KG

SAVE \$2/LB

Product of Iceland

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

THE PACKING HOUSE ONTARIO WHOLE CHICKENS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ AIR-CHILLED
- ✓ FREE-RUN
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ FAMILY FARM RAISED



15⁹⁹

Each • Product of Ontario

DUBRETON ONTARIO PORK SHOULDER STEWING CUBES

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



8⁹⁹
LB
19.82 KG

Product of Ontario

PRAIRIE FAMILY FARMS ALBERTA MEDIUM GROUND BEEF

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



10⁹⁹
LB
24.23 KG

Product of Alberta

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CANADIAN HERITAGE ROASTING COFFEE

✓ ORGANIC



13⁹⁹

SAVE \$5

SEASON

COFFEE • CAFE

NOTES: MILK CHOCOLATE, TOASTED

340g

NEAL BROTHERS PASTA SAUCE

✓ LOCAL
✓ ORGANIC



8⁹⁹

680 mL

RAINCOAST GLOBAL SKIPJACK TUNA

✓ MSC CERTIFIED,
DOLPHIN SAFE



2 FOR \$8

142 g

SMARTBITE FIT FIGURE THIN CAKES

✓ ORGANIC
✓ GLUTEN-FREE
✓ VEGAN



2 FOR \$7

120 g

SWEET & FRIENDLY LOLLIPOPS

✓ LOCAL
✓ PEANUT-FREE
✓ VEGAN



8⁹⁹

250g

FOUR O'CLOCK TEA

✓ ORGANIC
✓ FAIR TRADE CERTIFIED
✓ GLUTEN-FREE



5⁹⁹

16 ct.

AELO MOCKTAILS

✓ GLUTEN-FREE
✓ VEGAN



13⁹⁹

BELLINI

ZERO ALCOHOL

ZERO SUGAR

ALL NATURAL

GLUTEN FREE

4 X 355 mL

GOOD TO GO SNACK BARS

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



3 FOR \$6

SAVE \$2.97

40 g

ABOKICHI OKAZU CHILI OIL

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



11⁹⁹

230 mL

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CEREAL

100% CANADIAN, 100% NATURAL & DELICIOUS. This cereal stays true to Farm Girl's roots by using simple, quality ingredient, that don't sacrifice on taste. Enjoy a quick and delicious breakfast the whole family will love, guilt free!

- GLUTEN FREE
- VEGAN

8⁹⁹
SAVE \$3



LOCALLY
MADE
MISSISSAUGA
ONTARIO



JENNIFER BOVILLE
Farm Girl stems from Jennifer's lifelong love of simple, wholesome food. As a mom, she wanted to bring that same goodness to her family. So she founded Farm Girl to make delicious, healthy food easy, even for those with busy schedules and picky eaters.



SO YAM
GOOD

SPINACH OR MEAT LASAGNA

- ✓ ANTIBIOTIC & HORMONE-FREE BEEF
- ✓ MADE IN-HOUSE
- ✓ PRESERVATIVE-FREE



11⁹⁹

SAVE UP TO \$3

550 g • Fresh or Frozen

HOUSE BAKED TEA LOAVES

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



7⁹⁹

SAVE \$2

600 g

BUTTER CHICKEN

- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN
- ✓ MADE IN-HOUSE



12⁹⁹

SAVE \$2

420 g • Fresh or Frozen

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BLUE DIAMOND ALMOND BREEZE

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

MIX & MATCH

2 FOR \$6

946 mL

THEO PEANUT BUTTER CUPS

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

2 FOR \$8

38 g

MIX & MATCH

RICEWORKS RICE CHIPS

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

MIX & MATCH

2 FOR \$10

155 g

LUNDBERG INSTANT RICE POUCH

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

MIX & MATCH

2 FOR \$10

SAVE \$3.98

227 g

LILY'S CHOCOLATE BARS

- ✓ NON-GMO
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE
- ✓ NO SUGAR ADDED

5⁹⁹

80 g - 85 g

THE GINGER PEOPLE GIN GINS CANDY

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN

MIX & MATCH

2 FOR \$10

84 g

Ask the Yam Fam

SEND US

YOUR QUESTIONS AND WE'LL ANSWER ONE A WEEK IN OUR

NEWSLETTER!

[THESWEETPOTATO.CA/QUESTIONS](https://thesweetpotato.ca/questions)

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FRANKIE'S
ORGANIC

Plant-Based
SPOTLIGHT

PUFFS & PUFFCORN

These guilt-free puffs are made with good-for-you ingredients like sprouted quinoa and sprouted brown rice. They're also certified gluten-free without compromising on flavor, making them the perfect snack for everyone.

- ORGANIC
- GLUTEN FREE
- VEGAN VARIETIES AVAILABLE



2 FOR \$6
MIX & MATCH



Frankie's Organic is a family-owned brand that believes food can be both healthy and delicious. Its name is a tribute to the founders' grandfather Francesco (pictured left) whose farm set the bar for them of what great quality food really means.

NUTS FOR CHEESE
CASHEW CHEESE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



9⁹⁹

120 g
NET WT. 120 g (4.2 oz)

GREENHOUSE
PLANT MILKS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ DAIRY-FREE



MIX & MATCH

2 FOR \$10

946 ML

LITTLE NORTHERN
BAKEHOUSE
WIDE SLICE BREAD

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



6⁹⁹

567 g

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PLANT UP PLANT BASED APPETIZERS

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



7⁹⁹

288 g - 300 g

MOONSHINE MAMA'S ELIXIR

- ✓ MADE WITH ORGANIC
INGREDIENTS



19⁹⁹

500 mL

TOFURKY ITALIAN STYLE SAUSAGE

- ✓ NON-GMO
- ✓ VEGAN



7⁹⁹

389 g

BANANA CHIPS

- ✓ CERTIFIED ORGANIC



99[¢]

100 G
9.90 KG

SAVE \$3

Product of Phillipines

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

HAZELNUTS

- ✓ CERTIFIED ORGANIC



2⁷⁹

100 G
27.90 KG

SAVE \$4

Product of Turkiye

TURKISH FIGS

- ✓ CERTIFIED ORGANIC



1⁹⁹

100 G
19.90 KG

SAVE \$5

Product of Turkiye

CRYSTALLIZED GINGER

- ✓ CERTIFIED ORGANIC



2⁹⁹

100 G
29.90 KG

SAVE \$2

Product of China

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STONETOWN FARMSTEAD EMMENTAL

Local
Aromatic, sweet and delightfully intricate in flavour, Emmentaler is a semi-hard cheese often identified by interspersed cherry-sized eyes (also known as holes). Boasting tones of ripe fruit and hazelnuts, it has no traces of acidity.



8⁹⁹

SAVE \$1

180 g • Product of Ontario

GREAT LAKES MAPLE GOAT CHEESE

Local
This decadent, sweet and savoury cheddar is sure to please any crowd. 100% real maple syrup is artfully added as to not take away from the flavour, this soft-textured cheese offers that mild maple syrup flavour with every bite.



8⁹⁹

SAVE \$1

175 g • Product of Ontario

CELEBRITY ORIGINAL SHEEP

Local
Exceptionally creamy and mild with a tangy flavour and a clean finish



6⁴⁹

SAVE \$1

113 g • Product of Ontario

SANTA LUCIA MINI BOCCONCINI

These mini Bocconcini balls have a creamy texture and a mild and refreshing flavour.



8⁹⁹

SAVE \$1

200 g

IN-STORE Events

108 Vine

- FRIDAY, 2PM-6PM -
OCTOBER 24TH

Plant Up

ASIAN DUMPLINGS & THAI STIRFRY

- SATURDAY, 11AM-3PM -
OCTOBER 25TH

Good to Go

SOFT BAKED BARS



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

