THE SWEET POTATO

Bringing healthy food to everyone!

BUY CANADIAN

HONEY CRISP APPLES

✓ CERTIFIED ORGANIC

RED DEVON ORGANICS BUTTERNUT SQUASH

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC

RED DEVON ORGANICS CELERY

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC



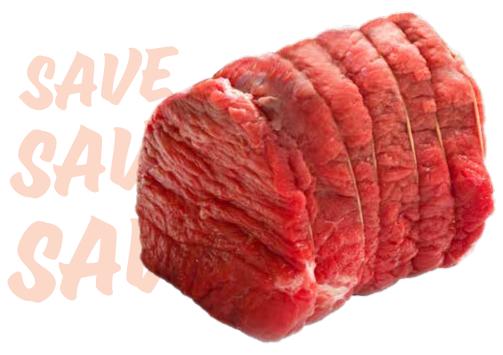


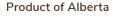
BERETTA FARMS ALBERTA BEEF TOP **SIRLOIN STEAKS**

- **✓** ORGANIC
- **✓** CERTIFIED HUMANE
- **✓** 100% TRACEABLE AND SUSTAINABLE









ECO-MAX DISH LIQUID

✓ LOCAL

✓ ECO LOGO, NO



THE GOOD CRISP **POTATO CRISPS**

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





RED DEVON ORGANICS BRUSSELS SPROUTS

- **✓** LOCAL
- ✓ CERTIFIED ORGANIC

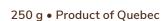
PFENNING'S ORGANIC FARM **CILANTRO**

- **✓** LOCAL
- **✓** CERTIFIED ORGANIC

SAVOURA BIO APERO TOMATOES

✓ CERTIFIED ORGANIC







SEACORE ICELANDIC ARCTIC CHAR FILLETS

✓ HIGH IN OMEGA-3 **FATTY ACIDS**

Product of Ontario

- **✓** OCEAN WISE RECOMMENDED
 - **✓** FRESH. NEVER FROZEN



SEACORE **BRAZILIAN** TILAPIA FILLETS

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



THE PACKING HOUSE ONTARIO WHOLE CHICKENS

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

DUBRETON ONTARIO PORK SHOULDER STEWING CUBES

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

PRAIRIE FAMILY FARMS ALBERTA MEDIUM **GROUND BEEF**

✓ ALL-NATURAL

and Cajun Marinade

- ✓ ANTIBIOTIC & **HORMONE-FREE**
- ✓ SUSTAINABLY RAISED
- **✓** FAMILY FARM RAISED



Each • Product of Ontario

THE SWEET POTATO

Bringing healthy food to everyone!

CANADIAN HERITAGE ROASTING COFFEE

✓ ORGANIC



NEAL BROTHERS PASTA SAUCE

- ✓ LOCAL
- ✓ ORGANIC



RAINCOAST GLOBAL SKIPJACK TUNA

✓ MSC CERTIFIED, DOLPHIN SAFE



SMARTBITE FIT FIGURE THIN CAKES

- **✓** ORGANIC
- **✓** GLUTEN-FREE
- VEGAN

 MIX & MATCH

 2ES7

SWEET & FRIENDLY LOLLIPOPS

- **✓** LOCAL
- **✓ PEANUT-FREE**
- **✓** VEGAN



FOUR O'CLOCK TEA

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



AELO MOCKTAILS

- **✓** GLUTEN-FREE
- **✓** VEGAN



GOOD TO GO SNACK BARS

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





ABOKICHI OKAZU CHILI OIL

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









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 famkily will love, guilt free!

- GLUTEN FREE
- VEGAN

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.



SPINACH OR MEAT LASAGNA

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



HOUSE BAKED TEA LOAVES

- ✓ MADE IN-HOUSE DAILY
 ✓ FREE-RUN EGGS
- 799 SAVE. \$2

BUTTER CHICKEN

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



550 g • Fresh or Frozen



420 g • Fresh or Frozen



BLUE DIAMOND ALMOND BREEZE

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



THEO PEANUT BUTTER CUPS

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



RICEWORKS RICE CHIPS

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



LUNDBERG INSTANT RICE POUCH

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



LILY'S CHOCOLATE BARS

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



THE GINGER PEOPLE GIN GINS CANDY

- **✓** NON-GMO
- **✓** GLUTEN-FREE
- **✓** VEGAN







FRANKIE*S ORGANIC

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**







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.







GREENHOUSE PLANT MILKS

✓ LOCAL **✓** ORGANIC **DAIRY-FREE**



LITTLE NORTHERN **BAKEHOUSE**

WIDE SLICE BREAD

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



THE SWEET POTATO

Bringing healthy food to everyone!

PLANT UP PLANT BASED APPETIZERS

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



288 g - 300 g

MOONSHINE MAMA'S ELIXIR

✓ MADE WITH ORGANIC INGREDIENTS



TOFURKY ITALIAN STYLE SAUSAGE

- ✓ NON-GMO
- **✓** VEGAN



389 g

BANANA CHIPS





REUSABLE PACKAGING MADE EASY!











HAZELNUTS

✓ CERTIFIED ORGANIC



TURKISH FIGS

✓ CERTIFIED ORGANIC



CRYSTALLIZED GINGER

✓ CERTIFIED ORGANIC





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.



GREAT LAKES MAPLE GOAT CHEESE

Loca

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.



175 g • Product of Ontario

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

CELEBRITY ORIGINAL SHEEP

Loca

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



113 g • Product of Ontario

SANTA LUCIA MINI BOCCONCINI

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



200 g





FRESH SUSHI AND MAKI MADE DAILY · OCEANWISE CERTIFIED FISH
· NATURAL AND ORGANIC INGREDIENTS · PLANT-BASED OPTIONS
· FAMILY-OWNED SMALL BUSINESS









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

✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS







SALAD BOWLS

- **✓** 6 VARIETIES
- **✓ PLANT-BASED OPTIONS**





Thursday

READY-TO-HEAT SOUPS

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

99 1199

riday

PIES & TARTS

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

veryday

DELI SALADS

ALL SMALL DELI SALADS 2 FOR \$11 **ALL LARGE DELI**

