

THE SWEET POTATO

Bringing healthy food to everyone!

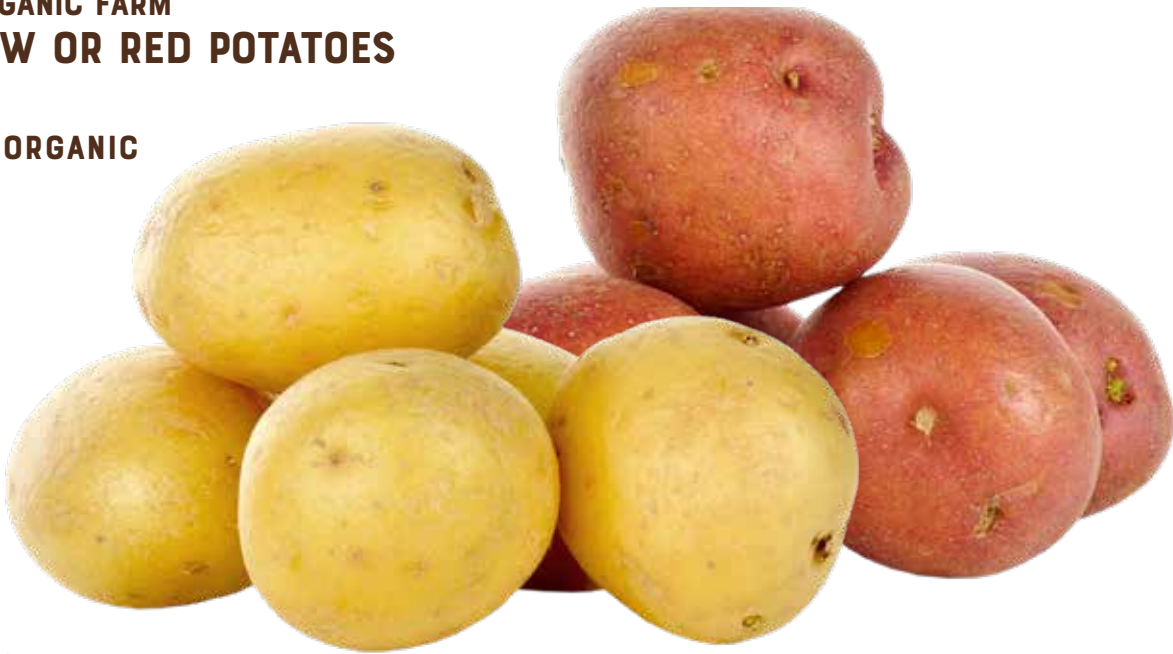
NOV 7 - NOV 13, 2025

BUY CANADIAN

PFENNING'S ORGANIC FARM MINI YELLOW OR RED POTATOES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

3⁹⁹



2 lb • Product of Ontario

IZUMI AQUACULTURE ONTARIO STEELHEAD TROUT FILLETS

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

SAVE
SAVE
SAVE

19⁹⁹
LB
44.07 KG

SAVE \$4/LB



Product of Ontario

SOBER CARPENTER NON ALCOHOLIC BEER & CIDER

- ✓ VEGAN

MIX & MATCH

3 FOR \$7



473 mL

ECO- MAX LAUNDRY LIQUID

- ✓ LOCAL
- ✓ LEAPING BUNNY CERTIFIED
- ✓ VEGAN

12⁹⁹



3 L

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GRAPEFRUIT

✓ CERTIFIED ORGANIC



RED DEVON ORGANICS KALETTES

✓ LOCAL
✓ CERTIFIED ORGANIC



BLUEBERRIES

✓ CERTIFIED ORGANIC



PFENNING'S ORGANIC FARM RAINBOW CHARD

✓ LOCAL
✓ CERTIFIED ORGANIC



SAVOURA BIO MINI CUCUMBERS

✓ CERTIFIED ORGANIC



PRAIRIE FAMILY FARMS ALBERTA GRASS FED OXTAIL

✓ ALL-NATURAL
✓ 100% GRASS-FED
✓ ANTIBIOTIC &
HORMONE-FREE
✓ 100% TRACEABLE
AND SUSTAINABLE

SAVE
SAVE
SAVE



THE PACKING HOUSE ONTARIO SKINLESS BONELESS CHICKEN THIGHS

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



DUBRETON ONTARIO PORK BONE-IN CENTRE CUT CHOPS

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



BERETTA FARMS ALBERTA BISON FLANKS

✓ ALL-NATURAL
✓ ANTIBIOTIC &
HORMONE-FREE
✓ 100% TRACEABLE
AND SUSTAINABLE
✓ HUMANELY RAISED



SEACORE ICELANDIC COD FILLETS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ OCEAN WISE RECOMMENDED
- ✓ SUSTAINABLE
- ✓ MSC
- ✓ FRESH, NEVER FROZEN



Product of Iceland

SAUSAGE OF THE WEEK

PORK, APPLE & CAMELIZED ONIONS

\$6.99/LB (SAVE \$2/LB)
\$15.41/KG

KEEP AN EYE ON OUR MEAT MANAGER'S WEEKLY SELECTION TO EXPAND BEYOND THE CLASSICS AND FULLY APPRECIATE HOW VERSATILE SAUSAGES CAN BE!

MADE GOOD SNACKERS

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

MIX & MATCH



NUTS TO YOU MACADAMIA OR MACADAMIA CASHEW BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE



CAMINO CHOCOLATE BARS

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



MAISON ORPHEE VIRGIN COCONUT OIL

- ✓ CERTIFIED ORGANIC



NEAL BROTHERS TORTILLA CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

MIX & MATCH



NEAL BROTHERS SALSA

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



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TEA

Unlike ordinary paper tea bags, our pyramid sachets are spacious and biodegradable, allowing the large tea leaves, infused with bergamot and vanilla, to fully expand. You get the full-bodied flavour and aroma of loose-leaf tea with the convenience of a bag. It's the best of both worlds – premium taste made easy.

- 15CT
- BIODEGRADABLE PLANT BASED TEA BAGS

LOCALLY
MADE
SCARBOROUGH
ONTARIO

7⁹⁹



DAVID O'CONNOR & SARAH WILCOX

Lovers of tea and lovers of adventure, David and Sarah travel the world in search of premium loose leaf teas. They met in 2008 at a ski resort in British Columbia, spent nearly 5 amazing years in Taiwan discovering the wonders of hand-crafted artisan teas, visited plantations across Asia and, eventually, returned to Canada with a simple dream - to share their love of tea and adventure with others.



SO YAM
GOOD

CAKE CUPS -
LEMON BLUEBERRY OR
CHOCOLATE RASPBERRY

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

5⁹⁹

SAVE \$2



Various

SPAGHETTI AND MEAT
BALLS OR PLANT BALLS

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

10⁹⁹

SAVE \$3



355 G

SMALL SOUP AND
WRAP COMBO

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

14⁰⁰

SAVE \$4



Various

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NATURE'S PATH INSTANT OATMEAL

✓ CERTIFIED ORGANIC



5⁹⁹

320 g - 400 g • Gluten Free Variety
Not Included

CABOO FACIAL TISSUE

✓ NON-GMO PROJECT
VERIFIED
✓ 100% TREE FREE



2 FOR \$6

120 ct

SKINNY POP POPCORN

✓ NON-GMO PROJECT
VERIFIED
✓ GLUTEN-FREE



MIX & MATCH

2 FOR \$10

125 g - 150 g

PACIFIC SOUP

✓ ORGANIC
✓ GLUTEN-FREE



5⁹⁹

946 mL - 1 L

ANNIE'S CHEDDAR BUNNIES

✓ ORGANIC



5⁹⁹

213 g

YOGI TEA

✓ ORGANIC



MIX & MATCH

2 FOR \$12

16 ct

FELICETTI DURUM WHEAT PASTA

✓ ORGANIC



MIX & MATCH

2 FOR \$5

454 g

OCEAN'S HALO BROTH

✓ ORGANIC
✓ VEGAN



7⁹⁹

946 mL

CLIF ENERGY BARS

✓ MADE WITH ORGANIC
INGREDIENTS



MIX & MATCH

3 FOR \$7

68 g

Product packaging may differ in store than shown in the flyer, in case of discrepancy between the picture and the text, the text will be deemed correct. We reserve the right to limit quantities, while supplies last. Deals may differ for online shopping. Produce, meat, and seafood pricing is valid for seven days.

Karthein's

ORGANIC • BIOLOGIQUE

Plant-Based

SPOTLIGHT

SAUERKRAUT

Karthein's Organic Unpasteurized Sauerkraut is prepared the old fashioned way. It's naturally fermented, meaning it is aged in a brine of salt and its own juice. This strict recipe and process encourages the proliferation of lactobacillus, a probiotic microorganism that is beneficial to the flora in your gut (improving digestion, nutrient extraction, and more!)

- 750 ML
- ORGANIC
- GLUTEN FREE
- RAW



9⁹⁹



JOE KARTHEIN

Karthein's began with Joe Karthein's vision: he wanted Canadians to experience sauerkraut at the height of its form—perfected. In 1999, he began producing Karthein's Organic Unpasteurized Sauerkraut and soon he had a strong following clamouring to get his product.

NORA'S

NON DAIRY DESSERT

- ✓ DAIRY-FREE
- ✓ GLUTEN-FREE



500 mL

SUNFLOWER KITCHEN

SOUP

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



700 mL

MAISON RIVIERA

COCONUT YOGURT

- ✓ NON-GMO
- ✓ VEGAN



4 x 120 g

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NOV 7 - NOV 13, 2025

L'ANCETRE MEDIUM CHEDDAR

✓ ORGANIC



6⁹⁹

200 g



BUBBIES KOSHER DILL PICKLES

✓ NON-GMO
✓ GLUTEN-FREE



9⁹⁹

1 L

MAISON RIVIERA COCONUT YOGURT

✓ NON-GMO
✓ VEGAN



6⁹⁹

650 g



RAW CASHEW PIECES

✓ CERTIFIED ORGANIC



1⁵⁹
100 G
15.90 KG

SAVE \$8/KG

Product of India

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

WHITE KIDNEY BEANS

✓ CERTIFIED ORGANIC



79¢
100 G
7.90 KG

SAVE \$3/KG

Product of China

BUCKWHEAT KASHA

✓ CERTIFIED ORGANIC



59¢
100 G
5.90 KG

SAVE \$5/KG

Product of Canada



BANANA CHIPS

✓ CERTIFIED ORGANIC



99¢
100 G
9.90 KG

SAVE \$3/KG

Product of Phillipines

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FRITZ KAISER DOUANIER

The aromas are earthy, milky, and rustic, while the flavors are creamy, mild, fruity notes and nuts with aging. The line of ash in the middle symbolizes the Lacolle border crossing between Quebec and the US, and the name of the cheese means customs officer.



5⁸⁴
100 G
58.40 KG
SAVE \$4.50/KG

Product of Quebec



STONETOWN WILDWOOD

Local
Stonetown Wildwood is a raw milk artisanal, Appenzeller-style cheese made in St. Marys, Ontario, with a rich, creamy, and zesty flavor profile, a firm, rich interior with notes of brown butter and nuts. The cheese is highly versatile, suitable for cheese boards, sandwiches, and melting in grilled cheese



11⁴⁹
SAVE \$1.50

180 g • Product of Ontario



CROSSWIND FARM MAGGIE

Local
Experience the best of the farm with this smoked goat Gouda. Crafted with care, it delivers a delicate balance of sweet and nutty flavours, accented by a light casual farmhouse smoke. It's satisfyingly squeaky texture makes it a memorable and versatile addition to any cheeseboard.



13⁹⁹
SAVE \$1.50

200 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

