

# THE SWEET POTATO

Bringing healthy food to everyone!

DEC 19 - DEC 25, 2025

BUY CANADIAN

## PFENNING'S ORGANIC FARM CARROTS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

6<sup>99</sup>

5lb Bag • Product of Ontario

## BLACKBERRIES

- ✓ CERTIFIED ORGANIC

2<sup>FOR</sup> \$6

OR 3.49 EACH

Pkg • Product of Mexico

## YORKSHIRE VALLEY FARMS ONTARIO FRESH WHOLE ORGANIC TURKEYS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FAMILY FARM RAISED

5<sup>99</sup>  
LB  
13.21 KG

SAVE \$2/LB

Product of Ontario



Yorkshire Valley Farms is a co-op of farmers where turkeys are raised on family-run farms in Ontario enjoying an organic, non-gmo, all-grain diet.

- ✓ Organic
- ✓ Pesticide & Herbicide-Free
- ✓ Non-gmo grain fed
- ✓ No Animal By-Products
- ✓ Antibiotic-Free

## GENUINE TEA TEA

- ✓ LOCAL
- ✓ BIODEGRADABLE PLANT BASED TEA BAGS

6<sup>99</sup>

SAVE \$3

15 ct



## PATIENCE TART CHERRY JUICE

- ✓ CERTIFIED ORGANIC
- ✓ 100% PURE

9<sup>99</sup>

SAVE \$5

946 ml





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## PFENNING'S ORGANIC FARM RUTABAGAS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1<sup>69</sup>  
LB  
3.73 KG

Product of Ontario



## ALGOMA ORCHARDS APPLES - GALA, AMBROSIA, OR RED DELICIOUS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



5<sup>99</sup>

2.2lb Bags • Product of Ontario



## PFENNING'S ORGANIC FARM GREEN & RED LEAF LETTUCE

- ✓ CERTIFIED ORGANIC



2<sup>79</sup>

Product of Mexico

## PFENNING'S ORGANIC FARM LEEKS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1<sup>99</sup>  
LB  
4.39 KG

Product of Ontario



## ZETTEL FAMILY FARMS ONTARIO LEAN GROUND BEEF

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



14<sup>99</sup>  
LB  
33.05 KG

SAVE \$2/LB

Product of Ontario



## PRAIRIE RANCHER FARMS ALBERTA INSIDE ROUND ROASTS

- ✓ ALL-NATURAL
- ✓ 100% GRASS-FED
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ GMO FREE, FAMILY FARM RAISED



15<sup>99</sup>  
LB  
35.25 KG

SAVE \$2/LB

Product of Alberta



## DUBRETON ONTARIO PORCHETTA ROASTS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ FREE-RUN
- ✓ NON-GMO
- ✓ FAMILY FARM RAISED



9<sup>99</sup>  
LB  
22.02 KG

SAVE \$3/LB

Product of Ontario



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SAUSAGE OF THE WEEK

HOT ITALIAN SAUSAGE

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



ORKNEY ORGANIC SALMON

SCOTTISH ATLANTIC SALMON FILLETS

- ✓ CERTIFIED ORGANIC

✓ FRESH, NEVER FROZEN
- ✓ HIGH IN OMEGA-3 FATTY ACIDS



SEACORE

ICELANDIC COD LOINS

- ✓ ALL-NATURAL

✓ WILD CAUGHT

✓ FRESH, NEVER FROZEN

✓ BAP CERTIFIED



CHA'S ORGANICS

TURMERIC LATTE

- ✓ CERTIFIED ORGANIC

✓ FAIR FOR LIFE

✓ GLUTEN-FREE



SOBER CARPENTER

NON ALCOHOLIC BEER & CIDER

- ✓ VEGAN



HARDBITE

AVOCADO OIL POTATO CHIPS

- ✓ NON-GMO PROJECT VERIFIED

✓ GLUTEN-FREE



silver swallow

Local SPOTLIGHT

BUBBLY NOT BOOZY

Experience Silver Swallow’s Award-Winning Non-Alcoholic Wine Alternatives. Bright, bold, botanical, and better-for-you these bubbly not boozy drinks are made with real ingredients. They are also created using a process designed to skip adding sulfites, artificial flavors, colors, and preservatives!

- 750 ML

14<sup>99</sup>  
SAVE \$5



LOCALLY  
MADE  
OTTAWA  
ONTARIO



GENNA & ANDREW

Genna and Andrew have always shared a love of food and drink. So when Genna decided to cut back on alcohol to support her mental health, her partner Andrew—a Food Scientist—crafted Bubbly Not Boozy bevies to fill her flute. As partners in life and now in business, they dreamed of creating beautifully presented, better-for-you wine alternatives—made with real ingredients.



SO YAM GOOD

SPK HUMMUS OR SPINACH DIP

- ✓ MADE IN-HOUSE
- ✓ ORGANIC VEGETABLES
- ✓ PLANT-BASED OPTIONS



MIX & MATCH

2 FOR \$10

SAVE UP TO \$4



Various

SPK FROZEN PUFF PASTRY

- ✓ MADE IN-HOUSE
- ✓ PRESERVATIVE-FREE



2 FOR \$16

SAVE \$2



2 x 140 g

SPK HAM AND BROCCOLI OR MUSHROOM GOAT CHEESE QUICHE

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



14<sup>99</sup>

SAVE \$2



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## FILSINGER'S SWEET APPLE CIDER

- ✓ LOCAL
- ✓ ORGANIC

7<sup>99</sup>

945 ml



## CAMINO HOT CHOCOLATE MIX

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

9<sup>99</sup>

275 g - 336 g



## ONIBI CARBONATED SPRING WATER

- ✓ SUGAR-FREE

11<sup>99</sup>

10 x 355 ml



## CHIMES GOURMET SOFT TOFFEE

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

MIX & MATCH

2 FOR \$7

100 g



## HEARTBEAT HOT SAUCE

- ✓ LOCAL
- ✓ GLUTEN-FREE

10<sup>99</sup>

177 ml



## EDWARD & SONS BROWN RICE SNAPS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED

MIX & MATCH

2 FOR \$10

100 g



## NONNA PIA'S PASTA SAUCE

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

7<sup>99</sup>

660 ml



## SESMARK ANCIENT GRAIN CRACKERS

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

MIX & MATCH

2 FOR \$8

100 g



## ECO-MAX DISHWASHER PACKS

- ✓ LOCAL
- ✓ BIODEGRADABLE
- ✓ NO ANIMAL TESTING

19<sup>99</sup>

SAVE \$5

50 ct





Plant-Based

SPOTLIGHT

PLANT-BASED

SMOKED SALMON

Save da Sea creates plant-based seafood from whole food ingredients. All smoked salmon alternatives are made from carrots and everything is plant-based, gluten-free, soy-free and contain Omega-3s from flax oil.

- 100 G
- GLUTEN FREE

7<sup>99</sup>



AKI KALTENBACH



Aki came up with the idea for Save da Sea when she was managing her family’s Japanese restaurants. Having shifted to a vegan lifestyle, she was inspired to create “seafood” that everyone could enjoy without impacting the ocean. She founded Save da Sea with the belief that, by inspiring people to eat more plants, we can help consumers to eat more sustainably and help relieve pressure on our oceans.

L'ANCÊTRE

ARTISAN GOAT CHEESE

- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



8<sup>99</sup>

100 g

ORGANIC MEADOW

WHIPPING CREAM

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



6<sup>99</sup>

500 ml

OOMÉ

SMOKED TOFU

- ✓ NON-GMO PROJECT VERIFIED



5<sup>99</sup>

220 g



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## ROLLING MEADOW SHREDDED CHEESE

- ✓ LOCAL
- ✓ GRASS-FED



8<sup>99</sup>

200g

## SO DELICIOUS CASHEW OR COCONUT DESSERT

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



7<sup>99</sup>

500ml

## STAHLBUSH VEGETABLES

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



MIX & MATCH

2 FOR \$8

198 g - 350 g

## GREEN SPLIT PEAS

- ✓ CERTIFIED ORGANIC



49<sup>¢</sup>

100 G  
4.90 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

## BRAZIL NUTS

- ✓ CERTIFIED ORGANIC



3<sup>99</sup>

100 G  
39.90 KG

Product of Bolivia

## TURKISH FIGS

- ✓ CERTIFIED ORGANIC



2<sup>49</sup>

100 G  
24.90 KG

Product of Türkiye

## MUNG BEANS

- ✓ CERTIFIED ORGANIC



79<sup>¢</sup>

100 G  
7.90 KG

Product of USA

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## STONETOWN GRAND TRUNK

Local  
This years winner at Both SIAL and The American Cheese Society. This Gruyere style cheese is creamy, full and slightly salty. Great melting cheese and an intriguing add to a charcuterie board.



**12<sup>49</sup>**  
**SAVE \$2.50**

170 g • Product of Ontario

## FROMAGERIE MÉDARD 14 ARPENTS

14 Arpents is a Quebec washed-rind cheese with a creamy, buttery paste, offering notes of hazelnut, fresh buttermilk, and barnyard funk, plus a salty, tangy finish, becoming more intense and complex as it ages, similar to French Munster.



**8<sup>99</sup>**  
100 G  
89.90 KG  
**SAVE \$10**

Product of Quebec

## CROSSWIND FARM MAGGIE SMOKED GOAT GOUDA

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.



**12<sup>99</sup>**  
**SAVE \$2.5**

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



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Monday

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

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS

19<sup>99</sup>

ADD GRAVY \$2



Tuesday

SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

2 FOR \$24



Wednesday

SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

8<sup>99</sup>



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

9<sup>99</sup> OR 11<sup>99</sup>



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

