

# THE SWEET POTATO

Bringing healthy food to everyone!

JAN 23 - JAN 29, 2026

BUY CANADIAN

## PFENNING'S ORGANIC FARM YELLOW ONIONS 3LB BAG

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

4<sup>99</sup>

Product of Ontario

## BOSC PEAR

- ✓ CERTIFIED ORGANIC

2<sup>49</sup>  
LB  
5.49 KG

Product of Washington

## BERETTA FARMS ALBERTA BEEF TOP SIRLOIN STEAKS & MEDALLIONS

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

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

SAVE \$9/LB

Product of Alberta

## SOBER CARPENTER NON ALCOHOLIC BEER & CIDER

- ✓ LOCAL
- ✓ VEGAN

3 FOR \$7

SAVE \$3.47

473 mL

## CHA'S ORGANICS COCONUT MILK

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

3 FOR \$8

SAVE \$3.97

400 mL - 405 mL • Light Coconut Milk Excluded

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## GRAPEFRUIT

✓ CERTIFIED ORGANIC



**2<sup>29</sup>**  
LB  
5.05 KG

Product of California

## RED BEETS

✓ LOCAL  
✓ CERTIFIED ORGANIC



**1<sup>79</sup>**  
LB  
3.95 KG

Product of Ontario

## KENT MANGOES

✓ CERTIFIED ORGANIC



**2<sup>00</sup>**  
FOR \$4  
OR 2.29 EACH

Product of Peru

## SAUSAGE OF THE WEEK

### HOT ITALIAN PORK SAUSAGE

— ♦ —  
**\$6.99/LB \$15.41/KG**



## PARSLEY

✓ CERTIFIED ORGANIC



**1<sup>99</sup>**

Product of California • Italian & Curly

## PRAIRIE FAMILY FARMS ALBERTA GRASS FED BEEF BAVETTE/VACIO

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



**24<sup>99</sup>**  
LB  
55.09 KG

**SAVE \$3/LB**

Product of Alberta

## THE PACKING HOUSE ONTARIO CHICKEN BREAST CUTLETS

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



**12<sup>99</sup>**  
LB  
28.64 KG

Product of Ontario

## KIPFER FAMILY FARMS ONTARIO BERKSHIRE PORK STEWING CUBES

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



**6<sup>99</sup>**  
LB  
15.41 KG

Product of Ontario • Shoulder  
Stewing Cubes & Leg Stewing Cubes



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## SEACORE ICELANDIC HADDOCK FILLETS

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



## SEACORE ICELANDIC ARCTIC CHAR FILLETS

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



## MADE GOOD GRANOLA BARS

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



## CHA'S ORGANICS CURRY PASTE

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



## NEAL BROTHERS TORTILLA CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



## NATURE'S PATH LOVE CRUNCH GRANOLA

- ✓ CERTIFIED ORGANIC



## OHME! FREEZE DRIED FRUIT

- ✓ ALL-NATURAL
- ✓ NO ADDED SUGAR



## FLOW WATER

- ✓ LOCAL
- ✓ NATURALLY ALKALINE





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## QUEEN ST. BAKERY

## Local SPOTLIGHT

### BAGELS

Chewy, flavour-packed bagels ready to be toasted and piled high. Sweet, savoury, or seeded — these bagels are your new breakfast BFF.

- 464 G
- NON-GMO
- GLUTEN-FREE
- PLANT-BASED

5<sup>99</sup>



## LOCALLY MADE SCARBOROUGH ONTARIO

### TONY & GIO



In 2018, Gio set out to whip up a loaf that everyone could enjoy and feel good about eating. He'd had enough of watching his mom and wife struggle to find a decent gluten-free bread to eat. So, he ditched all the fake stuff, went back to basics, and loaded each loaf with real, good-for-you ingredients that everyone can enjoy, regardless of allergies and food restrictions. Gio brought on his best friend Tony and Queen Street Bakery was born.



## SO YAM GOOD

### MAC 'N CHEESE

- ✓ MADE IN-HOUSE
- ✓ PRESERVATIVE-FREE
- ✓ VEGETARIAN



600 g/1200 g • Fresh or Frozen

### 2 FROZEN PIZZA DOUGHS AND 1 PIZZA SAUCE

- ✓ LOCAL
- ✓ ORGANIC INGREDIENTS
- ✓ MADE IN-HOUSE
- ✓ PLANT-BASED



450 g + 2 x 350 g

### MEAT OR SPINACH LASAGNA

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



550 g • Fresh or Frozen



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## AREMA TOMATOES

✓ CERTIFIED ORGANIC



2 FOR \$9

SAVE \$2.98

796 mL

## NUTIVA COCONUT OIL

✓ CERTIFIED ORGANIC



14<sup>99</sup>

444 mL

## LUNDBERG THIN STACKERS

✓ CERTIFIED ORGANIC  
✓ GLUTEN-FREE



6<sup>99</sup>

168 g

## THREE FARMERS BEAN SNACKS

✓ NON-GMO  
✓ GLUTEN-FREE  
✓ NUT-FREE  
✓ VEGAN



2 FOR \$8

140 g

## PURPLEFUL POPCORN

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



2 FOR \$9

132 g

## RAINCOAST GLOBAL SKIPJACK TUNA

✓ DOLPHIN SAFE / MSC CERTIFIED



2 FOR \$9

142 g

## OAT-LY! OAT DRINK

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



2 FOR \$9

946 mL

## NATURE CLEAN DISHWASHER PODS

✓ LOCAL  
✓ CRUELTY FREE/VEGAN



24<sup>99</sup>

60 ct

## CWENCH SPORTS HYDRATION DRINK

✓ LOCAL  
✓ SUGAR-FREE



2 FOR \$6

500 mL



MIDDLETON'S

PLANT-BASED FOODS

Plant-Based

SPOTLIGHT

PLANT-BASED SEITAN RIBS

Fire up your grill for a vegan “boneless rib rack,” packed with protein and ready in no time. Loaded with clean, real ingredients and protein to power your day, these vegan ribs are fast, easy, and unapologetically delicious.

- 360 G
- NON-GMO

LOCALLY MADE

HAMILTON ONTARIO

11<sup>99</sup>



EM & JACK MIDDLETON



Middleton’s Plant-Based Foods was born and raised by Canadian brother-sister team, Jack and Emily Middleton. The idea for Middleton’s began on a road-trip driving northbound for a weekend at our family cottage and they started working on their plant-based innovations at The Kitchen Collective. Jack Middleton is a classically-trained Red Seal Chef and the master of product development at Middleton’s. Handcrafted in Ontario, all their products are designed to exceed culinary expectations.

L'ANCÊTRE SHREDDED CHEESE

✓ CERTIFIED ORGANIC



6<sup>99</sup>

200g

MILLSIE CASHEW CHEESE BLOCKS

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



8<sup>99</sup>

200g

YOSO COCONUT OR SOY YOGURT

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



2 FOR \$10

440 g



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## TOFURKY LIGHTLY SEASONED CHICK'N

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



## STAHLBUSH FRUIT

- ✓ NON-GMO
- ✓ GLUTEN-FREE



## GT'S KOMBUCHA

- ✓ NON-GMO
- ✓ UNPASTEURIZED
- ✓ RAW



## DRY ROASTED UNSALTED ALMONDS

- ✓ CERTIFIED ORGANIC



OUR BULK  
DEPARTMENT IS  
**friendlier**

REUSABLE  
PACKAGING  
MADE EASY!



SIMPLY BUY\*, SCAN,  
AND RETURN



\*a refundable deposit of 50¢  
will be applied to each purchase

LEARN MORE AT FRIENDLIER.CA

## HULLED BARLEY

- ✓ CERTIFIED ORGANIC



## GREEN SPLIT PEAS

- ✓ CERTIFIED ORGANIC



## PITTED PRUNES

- ✓ CERTIFIED ORGANIC





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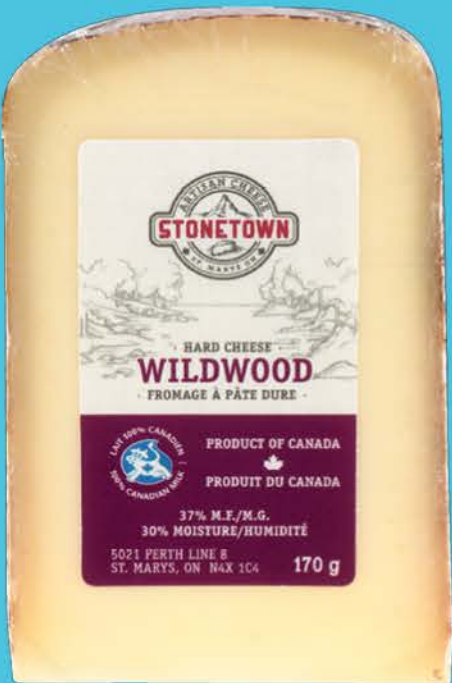
## STONETOWN WILDWOOD

Local  
Wildwood is rich and creamy on the palate with a nice balance of salt. Wildwood is named after the Wildwood Dam in St. Marys. Wildwood tastes excellent in sandwiches or on a cheese platter with fruits, dried meat and bread. It can also be melted very well and used in grilled cheese sandwiches.

11<sup>49</sup>

SAVE \$1.50

170 g • Product of Ontario



## CELEBRITY ORIGINAL GOAT CHEESE

Local  
Made with 100% pure goat's milk, this cheese is both creamy and fresh while boasting a mild, tangy flavor.

4<sup>99</sup>

113 g • Product of Ontario



## HOPE ECO FARMS BLACK VELVET

Local  
100% sheep milk cheese. Smooth velvety texture, mild tasting, creamy in colour, semi-firm, aged two months plus.

14<sup>49</sup>

SAVE \$1.50

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

