

# 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

**4.99**

Product of Ontario

### BERETTA FARMS

## ALBERTA BEEF TOP SIRLOIN STEAKS & MEDALLIONS

- ✓ CERTIFIED ORGANIC
- ✓ HUMANELY RAISED

- ✓ 100% TRACEABLE  
AND SUSTAINABLE

- ✓ FAMILY FARM RAISED

**15.99**  
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

## GRAPEFRUIT

✓ CERTIFIED ORGANIC



**2.29**  
LB  
5.05 KG

Product of California

## RED BEETS

✓ LOCAL  
✓ CERTIFIED ORGANIC



**1.79**  
LB  
3.95 KG

Product of Ontario

## KENT MANGOES

✓ CERTIFIED ORGANIC



**2.50**  
\$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



**1.99**

Product of California • Italian & Curly

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

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



**24.99**  
LB  
55.09 KG

SAVE \$3/LB

Product of Alberta

## THE PACKING HOUSE ONTARIO CHICKEN BREAST CUTLETS

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



**12.99**  
LB  
28.64 KG

Product of Ontario

## KIPFER FAMILY FARMS ONTARIO BERKSHIRE PORK STEWING CUBES

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



**6.99**  
LB  
15.41 KG

Product of Ontario • Shoulder  
Stewing Cubes & Leg Stewing Cubes



## 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



## QUEEN ST. BAKERY

### 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

**LOCALLY  
MADE**  
SCARBOROUGH  
ONTARIO

5<sup>99</sup>



### 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

\$10  
SAVE \$4

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



## NUTIVA COCONUT OIL

✓ CERTIFIED ORGANIC



## LUNDBERG THIN STACKERS

✓ CERTIFIED ORGANIC  
✓ GLUTEN-FREE



## THREE FARMERS BEAN SNACKS

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



## PURPLESFUL POPCORN

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



## RAINCOAST GLOBAL SKIPJACK TUNA

✓ DOLPHIN SAFE/  
MSC CERTIFIED



## OAT-LY! OAT DRINK

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



## NATURE CLEAN DISHWASHER PODS

✓ LOCAL  
✓ CRUELTY FREE/VEGAN



## CWENCH SPORTS HYDRATION DRINK

✓ LOCAL  
✓ SUGAR-FREE



## MIDDLETON'S

PLANT-BASED FOODS

### PLANT-BASED SEITAN RIBS

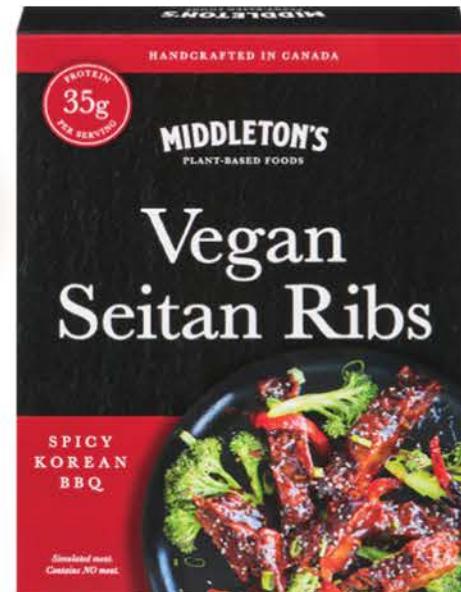
Fire up your grill for a vegan "boneless rib rack," packed with protein and ready in no time. Loaded with clean, real ingredients and protein to power your day, these vegan ribs are fast, easy, and unapologetically delicious.

- 360 G
- NON-GMO

LOCALLY  
MADE  
HAMILTON  
ONTARIO

## Plant-Based SPOTLIGHT

11 99



### 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 99

### MILLSIE CASHEW CHEESE BLOCKS

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



8 99

### YOSO COCONUT OR SOY YOGURT

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



2 FOR \$10

**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



**HULLED BARLEY**

- ✓ CERTIFIED ORGANIC



**OUR BULK**  
DEPARTMENT IS  
*friendlier*  
**REUSABLE**  
**PACKAGING**  
**MADE EASY!**



SIMPLY BUY\*, SCAN,  
AND RETURN

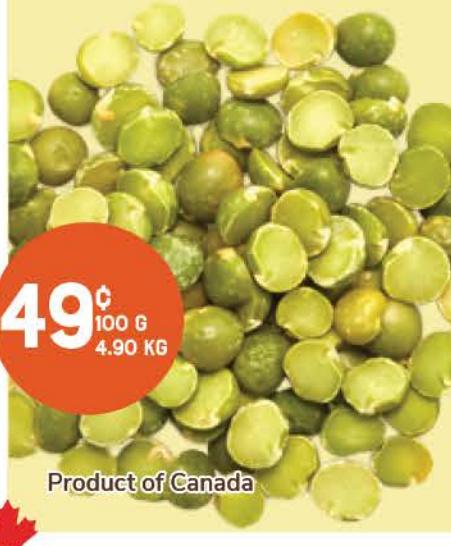


\*a refundable deposit of 50¢ will be applied to each purchase

LEARN MORE AT FRIENDLIER.CA

**GREEN SPLIT PEAS**

- ✓ CERTIFIED ORGANIC



**PITTED PRUNES**

- ✓ CERTIFIED ORGANIC



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## STONETOWN WILDWOOD

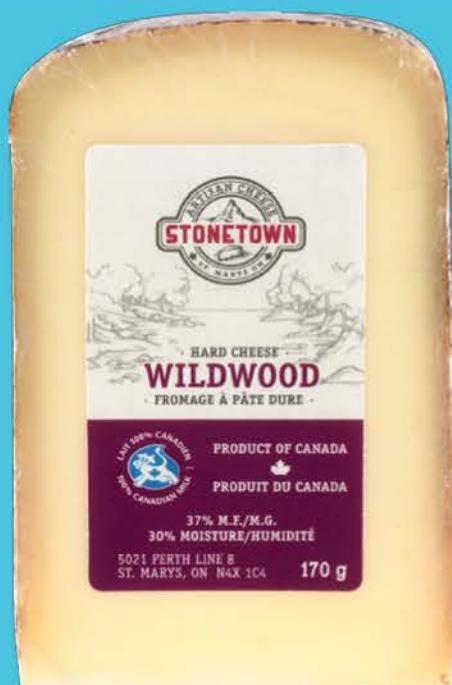
Local

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



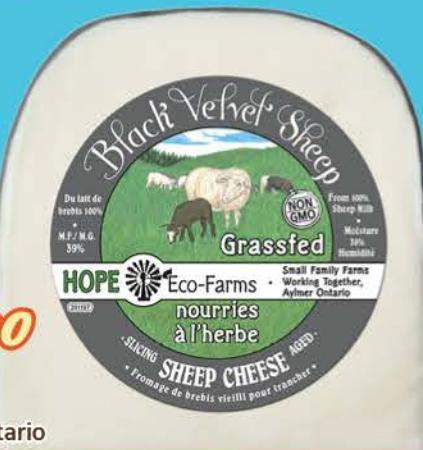
## HOPE ECO FARMS BLACK VELVET

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



  
**MAKIWISE**  
SUSTAINABLE Sushi

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

**19<sup>99</sup>**

*ADD GRAVY \$2*



## Wednesday

### SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

**8<sup>99</sup>**



## Tuesday

### SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

**2 FOR \$24**



### 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

