

THE SWEET POTATO

Bringing healthy food to everyone!

FEB 20 - FEB 26, 2026

BUY CANADIAN



PFENNING'S ORGANIC FARM RED & CHIOGGIA BEETS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1.49
LB
3.28 KG

Product of Ontario

STRAWBERRIES 1LB

- ✓ CERTIFIED ORGANIC



3.99

454 g • Product of Mexico



BERETTA FARMS ALBERTA ABF BISON FLANKS

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



15.99
LB
35.25 KG

SAVE \$3/LB

Product of Alberta



CHICKAPEA PASTA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

MIX & MATCH



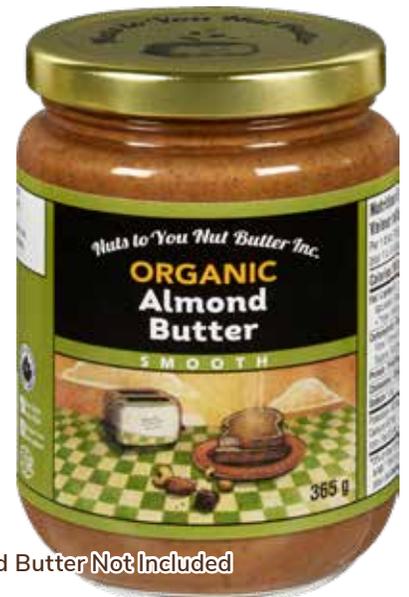
2 FOR \$8

SAVE \$4.98

227 g

NUTS TO YOU ALMOND BUTTER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



11.99

SAVE \$5

365 g • Raw Almond Butter Not Included



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CLEMENTINES 2LB BAG

✓ CERTIFIED ORGANIC



4⁹⁹

908 g • Product of California

RED ONIONS 3LB BAG

✓ CERTIFIED ORGANIC



5⁹⁹

1.36 kg • Product of USA

BUNCHED CARROTS

✓ CERTIFIED ORGANIC



2⁹⁹

Product of USA

SAUSAGE OF THE WEEK

HOT ITALIAN PORK SAUSAGE

— ♦ —
\$7.99/LB \$17.61/KG



MINI SWEET PEPPERS 1LB BAG

✓ CERTIFIED ORGANIC



4⁹⁹

454 g • Product of Mexico

DUBRETON ONTARIO BONELESS PORK TOP SIRLOIN CHOPS

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



8⁹⁹
LB
19.82 KG

Product of Ontario

BERETTA FARMS ALBERTA BEEF TRI TIP STEAKS & ROASTS

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



21⁹⁹
LB
48.48 KG

SAVE \$3/LB

Product of Alberta

SWEET POTATO BUTCHER ONTARIO SKINLESS BONELESS CHICKEN BREASTS

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



12⁹⁹
LB
28.64 KG

Product of Ontario

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ORKNEY ORGANIC SALMON SCOTTISH ATLANTIC SALMON FILLETS

- ✓ CERTIFIED ORGANIC
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ SUSTAINABLY RAISED
- ✓ FRESH, NEVER FROZEN

26⁹⁹
LB
59.50 KG
SAVE \$2/LB



Product of Scotland

SEACORE BRITISH COLUMBIA ROCKFISH "PACIFIC SNAPPER" FILLETS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLE

15⁹⁹
LB
35.25 KG



Product of British Columbia

NEAL BROTHERS TORTILLA CHIPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE

MIX & MATCH

2 FOR \$10



300 g

NEAL BROTHERS SALSA

- ✓ LOCAL
- ✓ ORGANIC

5⁹⁹



410 mL

THE GOOD CRISP POTATO CRISPS

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

MIX & MATCH

2 FOR \$9



160 g

CANADIAN HERITAGE MAPLE SYRUP

- ✓ CERTIFIED ORGANIC

17⁹⁹



500 mL

BOB'S RED MILL PANCAKE MIX

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

7⁹⁹



680 g

FOUR O'CLOCK TEA

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

5⁹⁹



16 ct

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Local SPOTLIGHT

FRAGRANCE-FREE LAUNDRY DETERGENT TABS

Lumehra offers plant-and-mineral-based cleaning solutions designed for modern homes. Our range includes fragrance-free and naturally scented laundry detergents, dishwasher tablets, stain remover bars, and specialty tablets for whitening and active-wear. Pre-measured, effective, and thoughtfully formulated for sensitive skin, convenience, and everyday clean without compromise.

- 480 G • BIODEGRADABLE
- PVA FREE • NO ANIMAL TESTING

9⁹⁹
SAVE \$4



LOCALLY MADE TORONTO ONTARIO

ANU LUTHRA



Lumehra was created by Anu Luthra in response to her family's need for effective cleaning products that were gentle, and safe for sensitive skin. Frustrated by limited options, she developed plant- and mineral-based solutions designed for real homes, busy families, and anyone seeking powerful clean without compromise.



SO YAM GOOD

SPAGHETTI AND PLANT OR MEAT BALLS

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

10⁹⁹

SAVE \$3

355 g

SLICE OF VANILLA CHEESECAKE WITH RASPBERRY

- ✓ MADE IN-HOUSE
- ✓ FREE-RUN EGGS

5⁹⁹

NEW!

165 g

BUY ANY FRESH ASIAN ENTRÉE AND GET FREE SIDE OF BROWN OR WHITE RICE

- ✓ PLANT-BASED OPTIONS
- ✓ ANTIBIOTIC & HORMONE-FREE MEAT
- ✓ PRESERVATIVE-FREE

10⁹⁹ TO 14⁹⁹

SAVE \$3.99

Various • Fresh entrées only

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FEB 20 - FEB 26, 2026

HIPPIE SNACKS CRISPS

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



2 FOR \$10

70 g



LEVEL GROUND COFFEE

- ✓ FAIR TRADE CERTIFIED
- ✓ ORGANIC VARIETIES AVAILABLE



14⁹⁹

300 g



FILSINGER'S APPLE CIDER VINEGAR

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



7⁹⁹

945 mL



ALTER ECO CHOCOLATE BARS

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



2 FOR \$10

75 g - 84 g

LOTUS FOODS RAMEN NOODLES 4PK

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



7⁹⁹

283 g

ABOKICHI OKAZU CHILI OIL

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



11⁹⁹

230 mL



LUNDBERG LONG OR SHORT GRAIN BROWN RICE

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



8⁹⁹

907 g

FRUIT D'OR WHOLE DRIED CRANBERRIES

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ PEANUT-FREE



2 FOR \$7

113 g



CABOO BATHROOM TISSUE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ BIODEGRADABLE
- ✓ 100% TREE FREE



11⁹⁹

12 ct

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FreeYUMM

Plant-Based SPOTLIGHT

CRACKERS & CRACKER BITES

Deliciously crunchy, allergy-friendly snacks made with simple, better-for-you ingredients. Free from the top 9 allergens and full of bold flavor, they're perfect for lunchboxes, charcuterie boards, or on-the-go snacking. Big taste, safe ingredients, and a satisfying crunch in every bite!

- 120 G • GLUTEN FREE
- NON-GMO PROJECT VERIFIED
- NUT FREE

2 FOR \$9
MIX & MATCH

SAVE \$2.98



MADE IN



CANADA



SARAH CLARKE

My son was my inspiration for starting FreeYumm. Seeing him excluded from sharing food with friends was an everyday experience and it was difficult to watch. And it wasn't just my son... there are so many kids now that have various and numerous food restrictions, and they were all being left out. I was determined to find a fun, healthy way to make delicious food inclusive!

EARTH'S OWN OAT BEVERAGE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



MIX & MATCH

2 FOR \$10

1.75 L

LITTLE NORTHERN BAKEHOUSE BAGELS

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



6⁹⁹

400 g

ORGANIC MEADOW PLAIN KEFIR

- ✓ LOCAL
- ✓ ORGANIC



2 FOR \$10

1 L

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SILVER HILLS SPROUTED BREADS

MIX & MATCH

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



2 FOR \$8

430g = 615g

HAPPY PLANET SMOOTHIES

- ✓ ALL-NATURAL
- ✓ NO SUGAR ADDED



7⁹⁹

900 mL

GT'S KOMBUCHA

- ✓ NON-GMO PROJECT VERIFIED
- ✓ UNPASTEURIZED
- ✓ RAW



12⁹⁹

1.4 L

TURKISH FIGS

- ✓ CERTIFIED ORGANIC



2⁴⁹
100 G
24.90 KG

Product of Türkiye

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

HULLED BARLEY

- ✓ CERTIFIED ORGANIC



29[¢]
100 G
2.90 KG

Product of Canada

SULTANA RAISINS

- ✓ CERTIFIED ORGANIC



1⁵⁹
100 G
15.90 KG

Product of Türkiye

HULLED MILLET

- ✓ CERTIFIED ORGANIC



49[¢]
100 G
4.90 KG

Product of USA

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COW'S CREAMERY APPLETREE SMOKED CHEDDAR

Full, natural smoky flavour that is deliciously mouth-watering and perfect for cooking or eating on its own.



9⁹⁹

SAVE \$2.50

180 g • Product of Prince Edward Island

6 MONTH MANCHEGO

This Spanish sheep's milk cheese offers a perfect balance between youthful creaminess and mature, complex nuttiness. It has a firm, slightly supple texture, a buttery mouthfeel.



6⁹⁹

100 G
69.90 KG

SAVE \$10

Product of Spain

EBY MANOR GUERNSEY CHEDDAR

Local Eby manor cheddar is a premium locally produced 100% A2 cheddar. Mild, buttery and slightly fruity with a clean finish.



13⁹⁹

SAVE \$2.50

300 g • Product of Ontario

CATHERINES PEPPER JELLIES

Local This exceptional classic is made with simple, fresh ingredients and an original family recipe that is more delicious with every spoonful!

MIX & MATCH



2 FOR \$12

OR \$6.99 EACH

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

