

# THE SWEET POTATO

Bringing healthy food to everyone!

MAR 20 - 26, 2026

BUY CANADIAN



## YELLOW POTATOES 3LB BAG

✓ CERTIFIED ORGANIC



4<sup>99</sup>

1.36 kg • Product of Canada

## BROCCOLI

✓ CERTIFIED ORGANIC



2<sup>99</sup>

Each • Product of California

## GOLDEN CHERRY TOMATOES (ON THE VINE)

✓ LOCAL  
✓ HYDROPONIC



3<sup>99</sup>

255 g • Product of Ontario

## THE PACKING HOUSE ONTARIO MARINATED SPATCHCOCK CHICKENS

✓ LOCAL  
✓ ALL-NATURAL  
✓ AIR-CHILLED  
✓ ANTIBIOTIC & HORMONE-FREE

✓ FAMILY FARM RAISED  
✓ ALL MADE IN HOUSE

16<sup>99</sup>

SAVE \$2

Product of Ontario • Available in Garlic and Herb, Tandoori, Piri Piri, Jerk, Italian Herb, Herbes Des Provinces and Cajun



## TONICA KOMBUCHA

✓ LOCAL  
✓ ORGANIC  
✓ RAW



MIX & MATCH

2 FOR \$12

SAVE \$5.98

1.1 L

## MARY'S REAL THINS CRACKERS

✓ CERTIFIED ORGANIC  
✓ GLUTEN-FREE  
✓ VEGAN



2 FOR \$10

SAVE \$5.98

MIX & MATCH

142 g

**THE SWEET POTATO**  WE'RE TURNING 18 &  
YOU'RE INVITED TO OUR  
**BIRTHDAY PARTY**

SAT MAR 28<sup>TH</sup>-SUN MAR 29<sup>TH</sup>  
10AM-6PM • 108 VINE AVENUE

 **KIDS CRAFTS**  
**BALLOONS** 

**FREE HOUSE-MADE BIRTHDAY CAKE**



DELICIOUS PRODUCT  
**DEMOS**  
**RAFFLES**

**AMAZING**  
**DEALS**

\* WHILE SUPPLIES LAST

# THE SWEET POTATO

Bringing healthy food to everyone!

MAR 20 - 26, 2026

## CARROTS 2LB BAG

✓ CERTIFIED ORGANIC



**2<sup>99</sup>**

908 g • Product of Quebec



## ANJOU OR BOSCH PEARS 2LB BAG

✓ CERTIFIED ORGANIC



**5<sup>99</sup>**

908 g • Product of Washington

## JUMBO NAVEL ORANGES

✓ CERTIFIED ORGANIC



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

Product of California

### SAUSAGE OF THE WEEK

## HONEY & GARLIC PORK SAUSAGE

---

**\$6.99/LB**

\$15.41/KG

SAVE \$2/LB



## ZETTEL FAMILY FARMS ONTARIO GRASS FED ORGANIC 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



## DUBRETON ONTARIO ORGANIC BOREAL & BLACK TRUMPETS SLICED SAUSAGE

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



**5<sup>99</sup>**

SAVE \$2

65 g • Product of Ontario



## BERETTA FARMS ALBERTA BISON STEWING CUBES

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



**16<sup>99</sup>**  
LB  
37.46 KG

SAVE \$3/LB

Product of Alberta



## SEACORE ONTARIO LAKE TROUT FILLETS

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



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

SAVE \$2/LB

Product of Ontario



## SEACORE BRAZILIAN TILAPIA FILLETS

- ✓ ALL-NATURAL
- ✓ FRESH, NEVER FROZEN
- ✓ OCEAN WISE RECOMMENDED
- ✓ SUSTAINABLY RAISED



**11<sup>99</sup>**  
LB  
26.43 KG

SAVE \$2/LB

Product of Brazil • Available Plain, marinated in Garlic and Herb or Cajun



# THE SWEET POTATO

Bringing healthy food to everyone!

MAR 20 - 26, 2026



## Local SPOTLIGHT

### CEREAL

100% CANADIAN, 100% NATURAL & DELICIOUS. This cereal stays true to Farm Girl's roots by using simple, quality ingredients, that don't sacrifice on taste. Enjoy a quick and delicious breakfast the whole family will love, guilt free!

- 280 G
- GLUTEN FREE
- VEGAN

**8<sup>99</sup>**  
**SAVE \$3**



### LOCALLY MADE MISSISSAUGA ONTARIO



#### JENNIFER BOVILLE

Farm Girl stems from Jennifer's lifelong love of simple, wholesome food. As a mom, she wanted to bring that same goodness to her family. So she founded Farm Girl to make delicious, healthy food easy, even for those with busy schedules and picky eaters.



### SO YAM GOOD

#### SPK GRANOLA OR MUESLI

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



**2 FOR \$10**  
OR 5.99 EACH  
**SAVE \$4**

250 g/300 g

#### PENNE PASTA WITH PESTO AND TOMATO SAUCE

- ✓ VEGETARIAN
- ✓ PRESERVATIVE-FREE



**7<sup>99</sup>**  
**SAVE \$2**

480 g

#### SPK SMALL DIPS

- ✓ PRESERVATIVE-FREE
- ✓ PLANT-BASED OPTIONS
- ✓ MADE IN-HOUSE



**2 FOR \$10**  
**SAVE UP TO \$4**

240 mL • Does not include guacamole or salsa

# THE SWEET POTATO

Bringing healthy food to everyone!

MAR 20 - 26, 2026

## NATURE CLEAN LAUNDRY LIQUID

- ✓ LOCAL
- ✓ BIODEGRADABLE
- ✓ CRUELTY FREE



14<sup>99</sup>

3 L



## TILI SUPER GREENS JUICE BOX

- ✓ MADE WITH ORGANIC INGREDIENTS



5<sup>99</sup>

4 x 200 mL



## HIPPIE SNACKS CRUNCHERS

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



2 FOR \$10

110 g



## CAFE WILLIAM COFFEE

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED



11<sup>99</sup>

340 g



## LESLIE STOWE RAINCOAST CRISPS

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



6<sup>99</sup>

150 g



## SMARTBITE CRISPBREAD

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



2 FOR \$7

75 g



## GOOD FOOD FOR GOOD COOKING SAUCE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



7<sup>99</sup>

250 mL



## MAISON ORPHÉE EXTRA VIRGIN OLIVE OIL

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



21<sup>99</sup>

750 mL



## ENJOY LIFE BAKING CHIPS

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



8<sup>99</sup>

255 g

# THE SWEET POTATO

Bringing healthy food to everyone!

MAR 20 - 26, 2026



## Plant-Based SPOTLIGHT

### TEMPEH

Convenient, plant-based tempeh ready to use in sandwiches, wraps, caesar salads, pastas or on a pizza! Simply slice, fry and serve to make comforting meals your family will love. Made with non-gmo, organic Canadian grown soybeans and entirely gluten-free.

- 250 G
- ORGANIC
- GLUTEN FREE

**2 FOR \$9**  
MIX & MATCH



**LOCALLY MADE**  
KITCHENER ONTARIO



### PHILIP DICEANU

Fermented foods are well ingrained in Phil's life. Early childhood memories of trips at his mother's side, through the narrow cobblestone streets of 1980's Romania, acquiring homemade fermented foods and watching his family preparing traditional foods, all sparked a deep interest in all things fermented. On a trip to Indonesia in 2003, he was introduced to tempeh for the first time!

### BLUE DIAMOND ALMOND BREEZE

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



**3 FOR \$10**

946 mL

**MIX & MATCH**

### FARMER'S MARKET PUREED VEGETABLES

- ✓ ORGANIC
- ✓ GLUTEN-FREE



**2 FOR \$10**

398 mL

**MIX & MATCH**

### TONICA LOW SUGAR KOMBUCHA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ RAW



**2 FOR \$6**

355 mL

**MIX & MATCH**

# THE SWEET POTATO

Bringing healthy food to everyone!

MAR 20 - 26, 2026

## MAISON RIVIERA COCONUT YOGOURT

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



**6<sup>99</sup>**

650 g

## RIGHTEOUS GELATO OR SORBET

- ✓ ALL-NATURAL
- ✓ NON-GMO
- ✓ VEGAN VARIETIES AVAILABLE



**6<sup>99</sup>**

473 mL

## HOUSE FOODS TOFU

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

**MIX & MATCH**



**3 FOR \$7**

340 g - 396 g

## L'ANCÊTRE EXTRA OLD CHEDDAR

- ✓ CERTIFIED ORGANIC



**7<sup>99</sup>**

200 g

## MORE DEALS IN-STORE

108 VINE AVE • MON-SAT 9-8 • SUN 10-8

### FREE CUSTOMER PARKING AT 162 VINE AVE

(PLUS HELP CARRYING YOUR GROCERIES OUT TO YOUR CAR!)



Parking lot is for customers only. Loiterers will be ticketed. We appreciate your help keeping the shopping experience sweet for everyone!

## BIG MOUNTAIN KOREAN STYLE SOY FREE TOFU

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



**2 FOR \$10**

280 g

## RAW PISTACHIOS IN-SHELL

- ✓ CERTIFIED ORGANIC



**2<sup>99</sup>**  
100 G  
29.90 KG

Product of USA

## TURKISH FIGS

- ✓ CERTIFIED ORGANIC



**2<sup>49</sup>**  
100 G  
24.90 KG

Product of Türkiye

# THE SWEET POTATO

Bringing healthy food to everyone!

MAR 20 - 26, 2026

## HULLED BARLEY

✓ CERTIFIED ORGANIC



**29¢**  
100 G  
2.90 KG

Product of Canada

## MOUNTAINOAK MEDIUM GOUDA

Local  
Mountainoak Medium Gouda is an award-winning, Ontario-made Dutch-style cheese with a smooth, creamy texture and mild, slightly sweet flavour



**12<sup>49</sup>**

SAVE \$1.50

Product of Ontario

## BELLA CASARA MASCARPONE

Local  
Bella Casara Mascarpone is a premium, Canadian-made fresh cheese, renowned for its rich, sweet, and velvety texture. This award-winning, spreadable, rindless cheese is ideal for tiramisu, cheesecakes, fruit parfaits, and savory dishes.



**6<sup>49</sup>**

SAVE \$1.50

250 g • Product of Ontario

## BROWN FLAX SEEDS

✓ CERTIFIED ORGANIC



**69¢**  
100 G  
6.90 KG

Product of Canada

## IDIADZIABAL

Idiazabal is a firm, raw sheep's milk cheese from Spain, renowned for its intense, smoky, and nutty flavor, aged for at least two months, and smoked over beechwood, resulting in a complex, slightly acidic, and buttery, yet sometimes sharp profile.



**6<sup>49</sup>**  
100 G  
64.90 KG

SAVE \$1.50

Product of Spain

## GREAT LAKES SMOKIN' GOAT

Local  
This Aged Cheddar Goat Cheese is infused with applewood smoke. It has that melt-in-your-mouth flavour and a firm texture, less salty than other cheddars. Made from 100% pure farmstead goatmilk.



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

SAVE \$1.50

175 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

**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

