

THE SWEET POTATO

Bringing healthy food to everyone!

MAR 20 - 26, 2026

BUY CANADIAN

YELLOW POTATOES 3LB BAG

✓ CERTIFIED ORGANIC



1.36 kg • Product of Canada

BROCCOLI

✓ CERTIFIED ORGANIC



Each • Product of California

GOLDEN CHERRY TOMATOES (ON THE VINE)

✓ LOCAL
✓ HYDROPONIC



255 g • Product of Ontario

THE PACKING HOUSE ONTARIO MARINATED SPATCHCOCK CHICKENS

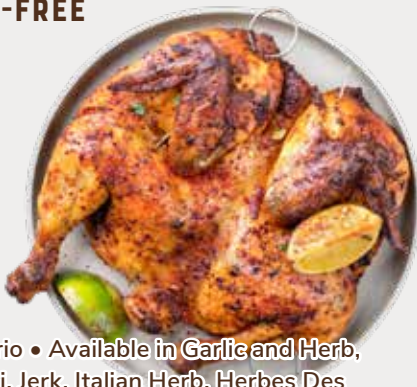
✓ LOCAL
✓ ALL-NATURAL
✓ AIR-CHILLED
✓ ANTIBIOTIC & HORMONE-FREE

✓ FAMILY FARM RAISED
✓ ALL MADE IN HOUSE

16⁹⁹

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

142 g



MIX & MATCH

THE SWEET POTATO

WE'RE TURNING 18 &
YOU'RE INVITED TO OUR

BIRTHDAY PARTY

SAT MAR 28TH-SUN MAR 29TH
10AM-6PM • 108 VINE AVENUE



KIDS CRAFTS

BALLOONS



FREE HOUSE-MADE BIRTHDAY CAKE



DELICIOUS PRODUCT

DEMOS

RAFFLES

AMAZING

DEALS

• WHILE SUPPLIES LAST

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CARROTS 2LB BAG

✓ CERTIFIED ORGANIC



2⁹⁹

908 g • Product of Quebec



ANJOU OR BOSC PEARS 2LB BAG

✓ CERTIFIED ORGANIC



5⁹⁹

908 g • Product of Washington

JUMBO NAVEL ORANGES

✓ CERTIFIED ORGANIC



1⁹⁹
LB
4.39 KG

Product of California

SAUSAGE OF THE WEEK

CUMBERLAND PORK SAUSAGE

HERBACEOUS UNDERTONES
WITH A SWEET AND SPICY KICK
EVERYONE CAN ENJOY

\$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



14⁹⁹
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



5⁹⁹

SAVE \$2

65 g • Product of Ontario



BERETTA FARMS ALBERTA BISON STEWING CUBES

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



16⁹⁹
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



14⁹⁹
LB
33.05 KG

SAVE \$2/LB

Product of Ontario



SEACORE BRAZILIAN TILAPIA FILLETS

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



11⁹⁹
LB
26.43 KG

SAVE \$2/LB

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





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

8⁹⁹
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

7⁹⁹

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

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NATURE CLEAN LAUNDRY LIQUID

- ✓ LOCAL
- ✓ BIODEGRADABLE
- ✓ CRUELTY FREE



14⁹⁹

3 L

TILI SUPER GREENS JUICE BOX

- ✓ MADE WITH ORGANIC
INGREDIENTS



5⁹⁹

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



11⁹⁹

SAVE \$4

340 g

LESLIE STOWE RAINCOAST CRISPS

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



6⁹⁹

150 g

SMARTBITE CRISPBREAD

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



2 FOR \$7

75 g

GOOD FOOD FOR GOOD COOKING SAUCE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



7⁹⁹

250 mL

MAISON ORPHÉE EXTRA VIRGIN OLIVE OIL

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

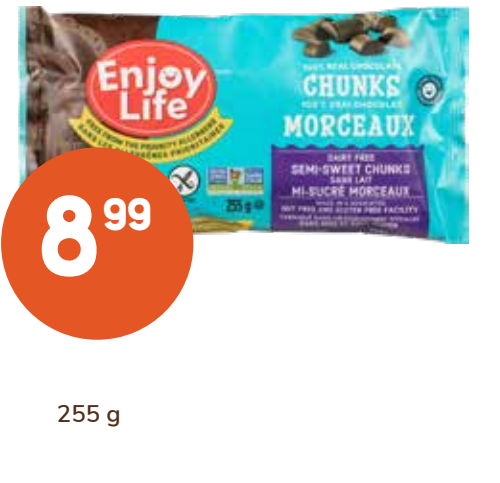


21⁹⁹

750 mL

ENJOY LIFE BAKING CHIPS

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



8⁹⁹

255 g

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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



MIX & MATCH

2 FOR \$10

398 mL

TONICA LOW SUGAR KOMBUCHA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ RAW



2 FOR \$6

355 mL

MIX & MATCH



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MAISON RIVIERA COCONUT YOGOURT

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



6⁹⁹

650 g

RIGHTEOUS GELATO OR SORBET

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



6⁹⁹

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



7⁹⁹

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



2⁹⁹

100 G
29.90 KG

Product of USA

TURKISH FIGS

- ✓ CERTIFIED ORGANIC



2⁴⁹

100 G
24.90 KG

Product of Türkiye

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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



12⁴⁹

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.



6⁴⁹

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.



6⁴⁹
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.



8⁹⁹

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



Product packaging may differ in store than shown in the flyer, in case of discrepancy between the picture and the text, the text will be deemed correct. We reserve the right to limit quantities, while supplies last. Product selection may vary by location. Deals may differ for online shopping. Produce, meat, and seafood pricing is valid for the first seven days of the promotional period.

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

