

DON'T FORGET TO JOIN OUR 18TH

# BIRTHDAY PARTY

SAT-SUN MAR 28-29TH

10AM-6PM



KIDS CRAFTS  
BALLOONS

DELICIOUS PRODUCT  
DEMOS

FREE  
CAKE

AMAZING  
DEALS

RAFFLES  
RAFFLES  
RAFFLES

## BROCCOLI

✓ CERTIFIED ORGANIC



2<sup>99</sup>

Each • Product of California

## STRAWBERRIES

✓ CERTIFIED ORGANIC



2 FOR \$7  
OR \$3.99 EACH

454 g • Product of California • Fair Trade

## YORKSHIRE VALLEY FARMS ONTARIO ORGANIC WHOLE TURKEY

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FAMILY FARM RAISED
- ✓ FRESH, NEVER FROZEN

5<sup>99</sup>  
LB  
13.21 KG

SAVE \$2/LB

Product of Ontario



EAT  
ORGANIC  
THIS  
EASTER!



# THE SWEET POTATO

Bringing healthy food to everyone!

MAR 27 - APR 2, 2026

## MINI CUCUMBERS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



**3<sup>99</sup>**

Each • Product of Canada



## JUMBO NAVEL ORANGES

- ✓ CERTIFIED ORGANIC



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

Product of California

## BUNCHED CARROTS

- ✓ CERTIFIED ORGANIC



**2<sup>69</sup>**

Each • Product of California

## YELLOW ONIONS 3LB BAG

- ✓ CERTIFIED ORGANIC



**4<sup>99</sup>**

1.36 kg • Product of the USA

### SAUSAGE OF THE WEEK

## FRENCH ONION SOUP SAUSAGE

◆◆◆  
**\$6.99/LB**  
**\$15.41/KG**

SAVE \$2/LB



## PRAIRIE RANCHER FARMS ALBERTA GRASS FED TRI TIP STEAKS AND ROASTS

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

**18<sup>99</sup>**  
LB  
41.87 KG

**SAVE \$3/LB**

Product of Alberta



## KIPFER FAMILY FARMS ONTARIO BERKSHIRE PORK BELLY ROASTS & THICK CUT

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

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

Product of Ontario



## BERETTA FARMS ALBERTA TOP SIRLOIN BEEF STEAKS

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

**18<sup>99</sup>**  
LB  
41.87 KG

**SAVE \$6/LB**

Product of Alberta



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## COLE MUNRO ONTARIO RAINBOW TROUT FILLETS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ OCEAN WISE RECOMMENDED
- ✓ FROZEN AT SEA

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



Product of Ontario



## SEACORE BRITISH COLUMBIA DOVER SOLE FILLETS

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

**10<sup>99</sup>**  
LB  
24.23 KG



Product of British Columbia



## 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**

## 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



**MIX & MATCH**



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## 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

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## CAFE WILLIAM COFFEE

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED



11<sup>99</sup>

SAVE \$4

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



MIX & MATCH

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



## 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

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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!

### TONICA LOW SUGAR KOMBUCHA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ RAW



**2 FOR \$6**

355 mL

**MIX & MATCH**

### 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

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## HOUSE FOODS TOFU

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

MIX & MATCH



3 FOR \$7

340g - 396g

## L'ANCÊTRE EXTRA OLD CHEDDAR

- ✓ CERTIFIED ORGANIC



7<sup>99</sup>

200g

## BIG MOUNTAIN KOREAN STYLE SOY FREE TOFU

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



2 FOR \$10

280g

## RAW PISTACHIOS IN-SHELL

- ✓ CERTIFIED ORGANIC



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

Product of USA

## 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!

## TURKISH FIGS

- ✓ CERTIFIED ORGANIC



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

Product of Türkiye

## HULLED BARLEY

- ✓ CERTIFIED ORGANIC

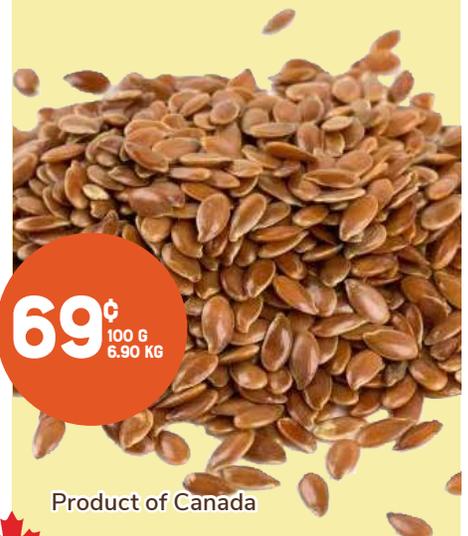


29<sup>¢</sup>  
100 G  
2.90 KG

Product of Canada

## BROWN FLAX SEEDS

- ✓ CERTIFIED ORGANIC



69<sup>¢</sup>  
100 G  
6.90 KG

Product of Canada

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## 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

## 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

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



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

