

THE SWEET POTATO

Bringing healthy food to everyone!

APR 17 - 23, 2026

BUY CANADIAN



VÔG ORGANIC ENGLISH CUCUMBERS

✓ CERTIFIED ORGANIC

2⁴⁹

Product of Quebec

AMBROSIA APPLES 3LB BAG

✓ CERTIFIED ORGANIC

6⁹⁹

Product of British Columbia

CLEMENTINES

✓ CERTIFIED ORGANIC

2⁹⁹
LB
6.59 KG

Product of California

BERETTA FARMS ALBERTA BEEF TRI TIP STEAKS & ROASTS

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

21⁹⁹
LB
48.48 KG

SAVE \$3/LB

Product of Alberta



DUBRETON ONTARIO PORK BLADE ROASTS

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

10⁹⁹
LB
24.23 KG

SAVE \$2/LB

Product of Ontario



GREENHOUSE SMOOTHIES

- ✓ LOCAL
- ✓ ORGANIC
- ✓ PLANT-BASED

2 FOR \$12

SAVE \$3.98

900 mL

MIX & MATCH



CAFÉ WILLIAM COFFEE

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED

11⁹⁹

SAVE \$4

340 g



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RAINBOW CHARD

✓ CERTIFIED ORGANIC



2⁴⁹

Product of California

CILANTRO

✓ CERTIFIED ORGANIC



1⁹⁹

Product of California

BOSC PEARS 2LB BAG

✓ CERTIFIED ORGANIC



5⁹⁹

Product of Washington

SAUSAGE OF THE WEEK

PORK WITH BACON SAUSAGE

\$6.99/LB \$15.41/KG

SMOKEY BISON SAUSAGE

\$18.99/LB \$41.87/KG



MCLEAN MEATS ONTARIO ORGANIC BAVARIAN PORK SMOKIES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FREE-RUN
- ✓ GLUTEN-FREE
- ✓ PRESERVATIVE-FREE
- ✓ DAIRY FREE, ANIMAL WELFARE CERTIFIED



5⁹⁹
SAVE \$9

375 g • Product of Ontario

PRAIRIE FAMILY FARMS ALBERTA 100% GRASS FED LEAN GROUND BEEF

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



13⁹⁹
LB 30.84 KG
SAVE \$2/LB

Product of Alberta

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SEACORE ICELANDIC ARCTIC CHAR FILLETS

- ✓ ALL-NATURAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ SUSTAINABLY RAISED
- ✓ OCEAN WISE RECOMMENDED
- ✓ FRESH, NEVER FROZEN



23⁹⁹
LB
52.89 KG

SAVE \$2/LB

Product of Iceland



SEACORE BRITISH COLUMBIA ROCKFISH "PACIFIC SNAPPER" FILLETS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLE
- ✓ MBA YELLOW CHOICE



10⁹⁹
LB
24.23 KG

SAVE \$2/LB

Product of British Columbia

EARTH'S OWN OAT BEVERAGE

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



MIX & MATCH

2 FOR \$7

946 mL

RAINCOAST GLOBAL SKIPJACK TUNA

- ✓ MSC CERTIFIED, DOLPHIN SAFE



MIX & MATCH

2 FOR \$8

142 g



MANITOBA HARVEST HEMP HEARTS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



9⁹⁹

200 g

REBEL GREEN LAUNDRY DETERGENT

- ✓ ORGANIC
- ✓ MADE IN CANADA, LEAPING BUNNY CERTIFIED



22⁹⁹

SAVE \$6

2 L

PATIENCE TART CHERRY JUICE

- ✓ ORGANIC
- ✓ 100% PURE



11⁹⁹

946 mL

NATURE'S PATH PROTEIN GRANOLA

- ✓ CERTIFIED ORGANIC
- ✓ VEGAN



8⁹⁹

284 g

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ORGANIC potato chips
HUMBLE

Local
SPOTLIGHT

POTATO CHIPS

Made to taste familiar. Made to feel right. Nothing extra. Humble potato chips use thoughtful ingredients starting with certified organic potatoes. Flavours come from real seasonings and if it doesn't add to the flavour, it doesn't make it in. That means you feel good while you're eating and feel fine after.

- 135G
- ORGANIC
- GLUTEN-FREE

**LOCALLY
MADE
GUELPH
ONTARIO**

2 FOR \$7
MIX & MATCH
SAVE \$2.98



"Rumbles" not included

ALICIA AND JEFF LAHEY



After years working in the snack food industry, Alicia and Jeff built Humble with one simple goal: Make a chip that felt as good as it tasted — starting with organic potatoes and clear, upfront ingredients. Jeff and their son Wilder have both been chief taste testers from the beginning. One brings enthusiasm. The other brings standards. If it passes both, it makes it into the bag.



SO YAM GOOD

SPK PICKLED BANANA PEPPERS

✓ MADE IN-HOUSE

3⁹⁹

225 G (Drained Weight)



SMALL SOUP AND WRAP COMBO

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

14⁰⁰

SAVE \$4

Various



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NORA SEAWEED SNACKS

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

MIX & MATCH

2 FOR \$10



28 g - 32 g

FLOW WATER

- ✓ LOCAL
- ✓ NATURALLY ALKALINE

3 FOR \$8
SAVE \$2.47



1L

MIX & MATCH

MAPLE3 MAPLE WATER

- ✓ ORGANIC

2 FOR \$8



1L

RX BARS ENERGY BARS

- ✓ GLUTEN-FREE

MIX & MATCH

2 FOR \$7



52 g - 55 g

LUNDBERG THIN STACKERS

- ✓ ORGANIC
- ✓ GLUTEN-FREE

6⁹⁹



168 g

CHA'S ORGANICS COCONUT MILK

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ FAIR FOR LIFE CERTIFIED

3 FOR \$8



400 mL - 405 mL

MIX & MATCH

ALTER ECO CHOCOLATE BARS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ FAIR FOR LIFE CERTIFIED

MIX & MATCH

2 FOR \$10



75 g - 84 g

MUIR GLEN TOMATOES

- ✓ ORGANIC
- ✓ GLUTEN-FREE

6⁹⁹



796 mL

LÄRABAR ENERGY BARS

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

3 FOR \$7



45 g - 48 g

MIX & MATCH

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MAC 'N CHEEZE SAUCE

Le Grand Mac n Cheese Sauce is a rich, creamy plant-based twist on a comfort food classic. Made with cashews, potatoes and carrots, this dairy-free, sugar-free, gluten-free sauce is perfect for mac and cheese, delicious on veggies and nachos and great on just about anything that could use a creamy, cheesy boost.

- 227 G
- NON-GMO PROJECT VERIFIED
- GLUTEN-FREE

MADE IN

CANADA

5⁹⁹



BERNARD LE GRAND AND TATIANA BOSSY

Since 1997, founders Bernard LeGrand and Tatiana Bossy have brought Maison LeGrand into Canadian kitchens with fresh, vibrant 100% plant-based foods. With Bernard creating inspired recipes and Tatiana leading the business, their shared mission is to make healthy, delicious products with quality ingredients, no preservatives and a love of plants for people and planet.



RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE

7⁹⁹





1 L 

MILLSIE CASHEW DIPS

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

7⁹⁹



185 g 

THE A2 MILK COMPANY 2% OR 3.25% MILK

- ✓ MADE WITH 100% CANADIAN MILK

7⁴⁹



2 L 

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TWO BEARS LATTE

✓ LOCAL

MIX & MATCH



2 FOR \$7

207 mL - 250 mL



AMY'S BOWLS OR ENTREE'S

✓ MADE WITH ORGANIC INGREDIENTS



8⁹⁹

234 g - 283 g

TOFURKY DELI SLICES

✓ NON-GMO PROJECT VERIFIED

✓ VEGAN



4⁹⁹

156 g

HEMP SEEDS

✓ CERTIFIED ORGANIC



2⁶⁹
100 G
26.90 KG

Product of Canada



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

RAW CASHEW PIECES

✓ CERTIFIED ORGANIC



1⁹⁹
100 G
19.90 KG

Product of India

PINTO BEANS

✓ CERTIFIED ORGANIC



49¢
100 G
4.90 KG

Product of USA

HULLED BARLEY

✓ CERTIFIED ORGANIC



29¢
100 G
2.90 KG

Product of Canada



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MIX & MATCH ANY CROSSWIND FARM CHEESE 2 FOR \$20!

CROSSWIND FARM GOAT CHEDDAR

Local
A Sweet Potato favourite! We are so happy to showcase all The Crosswind Farm products. All produced in small batches, from their own goats. The Goat cheddar is rich and complex with a slightly sweet finish.



2 FOR \$20

OR \$10.99 EACH

200 g • Product of Ontario

CROSSWIND FARM GOAT FETA

Local
The farmstead feta is a top seller, if you haven't tried the tomato and basil one, here's the perfect opportunity! perfect balance of tangy and salty.



2 FOR \$20

OR \$10.99 EACH

250, 300 g • Product of Ontario

CROSSWIND FARM FRESH CHEVRE

Local
The fresh chevre is incredible, soft, fluffy, mild and creamy, available in a variety of flavours.



2 FOR \$20

OR \$10.99 EACH

250 g • Product of Ontario

CROSSWIND FARM REGULAR AND SMOKED GOUDA

Local
The regular gouda is a great introduction to goat cheese, mild sweet, more body in the smoked variety.



2 FOR \$20

OR \$10.99 EACH

200 g • Product of Ontario

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!



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

