

THE SWEET POTATO

Bringing healthy food to everyone!

MAY 1 - 6, 2026

BUY CANADIAN



NATURE'S FIRST FRUIT PINK LADY APPLES 2LB BAG

✓ CERTIFIED ORGANIC

5⁹⁹



908 g • Product of British Columbia



RUSSET POTATOES 3LB BAG

✓ CERTIFIED ORGANIC

4⁹⁹



1.36 kg • Product of Canada



PRAIRIE FAMILY FARMS ALBERTA GRASS FED TOP SIRLOIN PICANHAS

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

17⁹⁹
LB
39.66 KG

SAVE \$4/LB

Product of Alberta • Steaks or Roasts



NUTS TO YOU ALMOND BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

7⁹⁹

SAVE \$3

365 g



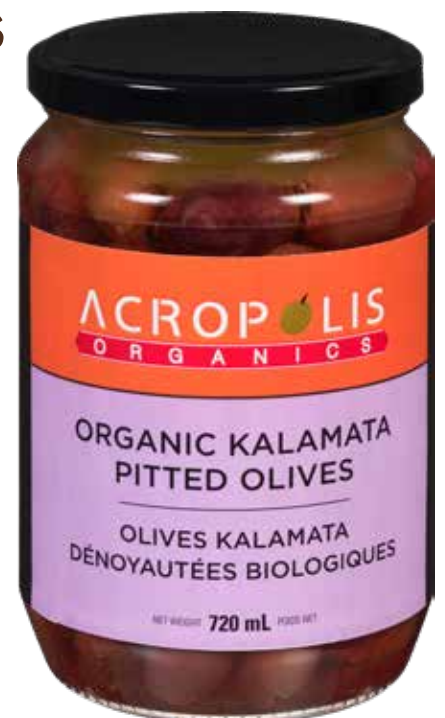
ACROPOLIS OLIVES

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

9⁹⁹

SAVE \$5

720 mL



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GREEN KALE

✓ CERTIFIED ORGANIC



2⁴⁹

Product of California

MINI SEEDLESS WATERMELON

✓ CERTIFIED ORGANIC



5⁹⁹

Product of Mexico

YELLOW ONIONS 3LB BAG

✓ CERTIFIED ORGANIC



4⁹⁹

1.36 kg • Product of USA

GRAPEFRUIT

✓ CERTIFIED ORGANIC



1⁹⁹
LB
4.39 KG

Product of California

SAUSAGE OF THE WEEK

PORK CHORIZO

\$7.99/LB \$17.61/KG



DUBRETON ONTARIO RUSTIC PORK TENDERLOIN

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ CERTIFIED HUMANE
- ✓ FAMILY FARM RAISED



12⁹⁹
LB
28.64 KG

SAVE \$3/LB

Product of Ontario

THE PACKING HOUSE ONTARIO SKINLESS BONELESS CHICKEN BREASTS

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



12⁹⁹
LB
28.64 KG

Product of Ontario

MCLEAN MEATS ONTARIO SLICED ORGANIC GENOA

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ FREE-RUN
- ✓ PRESERVATIVE-FREE
- ✓ NO DAIRY OR SOY, UNCURED



3 FOR \$7
OR \$2.99 EACH

SAVE \$2.66

70 g • Product of Ontario

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SEACORE ONTARIO LAKE TROUT FILLETS

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

15⁹⁹
LB
35.25 KG



Product of Ontario



SEACORE ONTARIO PICKEREL FILLETS

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

23⁹⁹
LB
52.89 KG



Product of Ontario



SAVE \$2/LB

CRANK COFFEE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED

14⁹⁹



340 g

MADE GOOD OAT CUPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ NUT-FREE
- ✓ VEGAN

2 FOR \$10



5 X 35 g

MIX & MATCH

ACROPOLIS EXTRA VIRGIN OLIVE OIL

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

34⁹⁹



500 mL

SAVE \$18

KETTLE BRAND CHIPS

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

MIX & MATCH

3 FOR \$11



156 g - 193 g

MAISON ORPHEE VINAIGRETTE DRESSING

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

MIX & MATCH

2 FOR \$10



250 mL

SIMPLY COCKTAILS MIXER

- ✓ ALL-NATURAL

9⁹⁹



480 mL



HUMMINGBIRD
CHOCOLATE MAKER

Local SPOTLIGHT

PEANUT BUTTER CUPS

Canadian, ethically produced, bean to bar Chocolate Bars and Peanut Butter Cups. Minimal ingredients, clean label and always focused on being delicious!

- 32 G
- MADE WITH ORGANIC INGREDIENTS

2 FOR \$7
MIX & MATCH



**LOCALLY
MADE
ALMONTE
ONTARIO**

ERICA AND DREW GILMOUR



Erica and Drew met working overseas, both in roles supporting farmers in developing countries. A strong desire to stay connected to these farmers turned a chocolate making hobby into what we see as Hummingbird Chocolate today. A focus on quality, direct trade and most importantly, delicious tasting chocolate and confections is what drives us everyday!



**SO YAM
GOOD**

BUTTER CHICKEN PIE

- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN
- ✓ MADE IN-HOUSE

SPAGHETTI AND MEATBALLS OR PLANTBALLS

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

CHIPOTLE CHICKEN OR ROASTED MUSHROOM BLACK BEAN QUESADILLA *WITH CILANTRO CREMA*

- ✓ MADE IN-HOUSE
- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN
- ✓ VEGETARIAN OPTION

19⁹⁹

IT'S BACK!!!



830g

11⁹⁹

SAVE \$2



355g

10⁹⁹

SAVE \$2



325g

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BOB'S RED MILL PROTEIN OATS

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



10⁹⁹

SAVE \$4

907 g

HUMMINGBIRD CHOCOLATE BARS

- ✓ LOCAL
- ✓ SINGLE ORIGIN



7⁹⁹

60 g



ANNIE'S MAC & CHEESE

- ✓ MADE WITH ORGANIC INGREDIENTS



MIX & MATCH

2 FOR \$7

149 g - 170 g • Super Mac and Vegan Mac not included

DUTCHMAN'S GOLD SUMMER BLOSSOM HONEY

- ✓ LOCAL
- ✓ UNPASTEURIZED



17⁹⁹

1 kg



BIOITALIA DURUM WHEAT PASTA

- ✓ ORGANIC



MIX & MATCH

2 FOR \$7

500 g

NATURE'S BAKERY FIG BARS

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



7⁹⁹

340 g

THE GOOD CRISP POTATO CRISPS

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

MIX & MATCH



2 FOR \$10

160 g

HORNBY ENERGY BARS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ DAIRY-FREE
- ✓ SOY-FREE

MIX & MATCH



2 FOR \$7

80 g



ZEVIA SODA

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



6⁹⁹

6 x 355 mL

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the 
ginger
people®

Plant-Based SPOTLIGHT

MINCED OR PICKLED GINGER

We partner with small-scale farmers who share our deep respect for the land and sustainable farming practices. Many of these farms are located near our manufacturing facilities, helping us reduce our carbon footprint. We support more than 500 farmers, factory workers, and staff across the world's premier ginger growing regions, including Australia, China, Fiji, Indonesia and Peru.

- 190 G
- ORGANIC

6⁹⁹



BRUCE AND ABBIE LEESON

Now approaching 40 years in business, Bruce and Abbie have built their family enterprise around a shared passion for ginger. Recognized as “Best Product Line” by the National Association of the Specialty Food Trade, The Ginger People reflects the authentic, innovative and values-driven spirit that has guided the couple from the beginning and inspired by the healing powers of ginger.

GREENHOUSE LEMONADE

- ✓ LOCAL
- ✓ ORGANIC

MIX & MATCH



2 FOR \$7

300 mL

TREE ISLAND CREAM TOP YOGURT

- ✓ GRASS-FED

MIX & MATCH



2 FOR \$9

500 g

L'ANCÊTRE OLD CHEDDAR

- ✓ CERTIFIED ORGANIC
- ✓ GRASS-FED



11⁹⁹

325 g

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PLANT UP APPETIZER'S & ENTREE'S

- ✓ LOCAL
- ✓ NON-GMO
- ✓ PLANT-BASED



7⁹⁹



GT'S KOMBUCHA

- ✓ NON-GMO PROJECT VERIFIED
- ✓ UNPASTEURIZED



12⁹⁹

1.4 L

AMY'S BURRITOS

- ✓ MADE WITH ORGANIC INGREDIENTS



2 FOR \$9

BROWN FLAX SEEDS

- ✓ CERTIFIED ORGANIC



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

TURKISH FIGS

- ✓ CERTIFIED ORGANIC



GARBANZO BEANS (CHICKPEAS)

- ✓ CERTIFIED ORGANIC



HAZELNUTS (FILBERTS)

- ✓ CERTIFIED ORGANIC



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CAPELLA MEADOWS ORGANIC GOAT FETA

Local • Organic

Second place at the Royal Agricultural Winter Fair 2023 (plain feta).

This quality artisan cheese was aged in brine to give it a distinct feta flavour.

Enjoy it in salads, mixed with fruits, or in your cooking.



4⁴⁹
100 G
44.90 KG
SAVE \$5

Product of Ontario



BELLA CASARA BURRATA

Local

Beautifully balanced in taste, Burrata is a perfect blend of contrasting textures working together to create a landscape of soothing delights. Its soft shell wrapped around a creamy center delivers a clash of sensations and a buttery consistency unlike any other.



10⁹⁹
SAVE \$3

Product of Ontario



MANCHEGO CHEESE WITH BLACK GARLIC

Ribbons of black garlic run throughout this firm spanish cheese, lending it both flavour and a subtle sweetness that is sure to delight.



7²⁹
100 G
72.90 KG
SAVE \$5

Product of Spain

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



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

