

# THE SWEET POTATO

Bringing healthy food to everyone!

APR 10 - 16, 2026

BUY CANADIAN



## SPARTAN APPLES

✓ CERTIFIED ORGANIC



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

Product of British Columbia

## CLEMENTINES

✓ CERTIFIED ORGANIC



**2<sup>99</sup>**  
LB  
6.59

Product of California

## BERETTA FARMS ALBERTA BEEF FLANKS

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



**17<sup>99</sup>**  
LB  
39.66 KG

SAVE \$7/LB

Product of Alberta • Available plain  
or with Korean BBQ Marinade

## KIPFER FAMILY FARMS ONTARIO LEAN GROUND BERKSHIRE PORK

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



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

Product of Ontario

## BLACK & GREEN KALE

✓ CERTIFIED ORGANIC



**2 FOR \$5**  
OR \$2.79 EACH

Product of California

## RED, RUSSET & YELLOW POTATOES

✓ CERTIFIED ORGANIC



**1<sup>79</sup>**  
LB  
3.95

Product of Canada

## BARTLETT PEARS 2LB BAG

✓ CERTIFIED ORGANIC



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

Product of Washington

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## MINI CUCUMBERS ✓ CERTIFIED ORGANIC



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

Product of USA

## BISON DU NORD ONTARIO GRASS FED BISON INSIDE ROUND ROASTS

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



**17<sup>99</sup>**  
LB  
39.66 KG

SAVE \$2/LB

Product of Ontario

## THE PACKING HOUSE ONTARIO SKINLESS BONELESS CHICKEN BREASTS

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



**12<sup>99</sup>**  
LB  
28.64 KG

Product of Ontario

## SAUSAGE OF THE WEEK

### LAMB MERGUEZ SAUSAGE

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**\$19.99/LB \$44.07/KG**

### BISON SALT & PEPPER SAUSAGE

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**\$17.99/LB \$39.66/KG**



## SEACORE NEWFOUNDLAND STEELHEAD TROUT FILLETS

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



**20<sup>99</sup>**  
LB  
46.27 KG  
SAVE \$3/LB

Product of Newfoundland

## SEACORE PANAMANIAN/Guatemalan MAHI MAHI FILLETS

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



**27<sup>99</sup>**  
LB  
61.71 KG  
SAVE \$2/LB

Product of Panama/Guatemala

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## GOOD VIBES JUICE CO. WELLNESS SHOTS

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ VEGAN
- ✓ MADE WITH ORGANIC INGREDIENTS

**3 FOR \$8**  
SAVE \$3.97



MIX & MATCH

50 mL



## STEPHANO'S SECRET STASH GRANOLA

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ ORGANIC
- ✓ VEGAN

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



372 g



## FOUR TREES EXTRA VIRGIN OLIVE OIL

- ✓ LOCAL
- ✓ ORGANIC

**14<sup>99</sup>**



500 mL



## PACIFIC BROTH

- ✓ ORGANIC

MIX & MATCH

**2 FOR \$10**



946 mL - 1 L

## LUNDBERG WILD RICE BLEND

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

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



454g

## SOBER CARPENTER NON ALCOHOLIC BEER & CIDER

- ✓ LOCAL
- ✓ ALL-NATURAL

MIX & MATCH

**2 FOR \$6**



473 mL



## STASH TEA

- ✓ NON-GMO PROJECT VERIFIED

MIX & MATCH

**2 FOR \$10**



18 ct - 20 ct

## SIMPLY ORGANIC VANILLA EXTRACT

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ NON ALCOHOL VARIETY INCLUDED

**14<sup>99</sup>**  
SAVE \$5



59 mL

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## Local SPOTLIGHT

### PUMPKIN SEED BUTTER

Forget the best thing since sliced bread; this is the best thing on sliced bread! Made with Ontario Grown Pumpkin Seeds, this pumpkin seed butter is creamy, flavourful, and delicious!

- 365 G
- NON-GMO
- GLUTEN-FREE

8<sup>99</sup>



LOCALLY  
MADE  
BRANTFORD  
ONTARIO

### SAM ABRAMS

Our good friend Sam started Nuts to You in Paris, Ontario over 35 years ago with a simple mission: produce the finest nut butters in all the lands with no added sugars, hydrogenated oils, or any of the other stuff commonly found in mass market products. Now produced in Brantford, Ontario, Nuts to You produces a wide variety of nut and seed butters, creating a simple, tasty alternative for everyone!



SO  YAM  
GOOD

### ALL SPK SAVOURY PIES (FRESH OR FROZEN)

✓ MADE IN-HOUSE

14<sup>99</sup>  
SAVE \$5



780 - 830 G • Includes Chicken Pot Pie, Steak and Mushroom Pie, Vegan Pot Pie, Salmon Leek Pie, Tourtiere. While Quantities Last



### ALL 3-PACK BAKED SAMOSAS WITH GREEN GODDESS DRESSING



5<sup>99</sup>  
SAVE \$1.5

210G and 59ML - 260G and 59ML • Varieties include Chicken, Vegetable, Baked Spinach and Tofu. While Quantities last



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## CAMINO COCOA POWDER

- ✓ CERTIFIED ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE



## WHOLESOME GOLDEN SUGAR

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE



## PRANA WALNUTS

- ✓ ORGANIC
- ✓ GLUTEN-FREE



## NUTS TO YOU SUNFLOWER SEED BUTTER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE



## ELMHURST NON DAIRY BEVERAGES

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



## SIMPLY ORGANIC GRAVY MIX

- ✓ ORGANIC



## COVE PROBIOTIC SODA

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ ZERO SUGAR / CAFFEINE FREE



## LILY'S CHOCOLATE BARS

- ✓ NO SALT ADDED
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE
- ✓ NO SUGAR ADDED



## CABOO PAPER TOWELS

- ✓ NON-GMO PROJECT VERIFIED
- ✓ 100% TREE FREE





## Plant-Based SPOTLIGHT

### BEAN SNACKS

Three Farmers' Bean Snacks are a snack you can feel good about! High in protein and fibre and low in saturated fat, this plant-based protein snack will keep you and your family energized throughout the day.

- 120 G - 140 G
- NON-GMO
- GLUTEN FREE
- PEANUT FREE

**2 FOR \$8**  
MIX & MATCH



### NATASHA & ELYSIA VANDENHURK



Three Farmers is a real deal family business with three farmers and two sisters at the heart. It started one late night in a Canadian, small town curling rink. A few hours of farmer talk, one whiskey too many, a dream, and the rest is history!

### TOFURKY ROAST W/ WILD RICE STUFFING

- ✓ NON-GMO
- ✓ VEGAN



**18<sup>99</sup>**  
SAVE \$5

### ORGANIC MEADOW 35% WHIPPING CREAM

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE



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

### SKOTIDAKIS 0% GREEK YOGURT

- ✓ LOCAL



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

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## YOGGU! COCONUT YOGURT

- ✓ GLUTEN-FREE
- ✓ VEGAN



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

450 g



## STAHLBUSH VEGETABLES

- ✓ GLUTEN-FREE
- ✓ ORGANIC & NON-GMO VARIETIES INCLUDED. RICED CAULIFLOWER EXCLUDED



**2 FOR \$8**

198 g - 350 g



## NUTS FOR CHEESE CASHEW CHEESE WEDGE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



**9<sup>99</sup>**

120 g



## RAW WALNUTS

- ✓ CERTIFIED ORGANIC



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

Product of USA

OUR BULK  
DEPARTMENT IS  
*friendlier*

REUSABLE  
PACKAGING  
MADE EASY!



SIMPLY BUY\*, SCAN,  
AND RETURN



\*a refundable deposit of 50¢  
will be applied to each purchase

LEARN MORE AT FRIENDLIER.CA

## THOMPSON RAISINS

- ✓ CERTIFIED ORGANIC



**99¢**  
100 G  
9.90 KG

Product of USA

## TRI-COLOUR QUINOA

- ✓ CERTIFIED ORGANIC



**1<sup>19</sup>**  
100 G  
11.90 KG

Product of Bolivia

## RAW SUNFLOWER SEEDS

- ✓ CERTIFIED ORGANIC



**89¢**  
100 G  
8.90 KG

Product of Bulgaria

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## KRINOS SAGANAKI

Greek Town Saganaki is an exciting new way of serving grilled cheese. Made with cow & goat milk, Saganaki is a mouth watering, golden treat of pan-seared cheese fried in olive oil, served bubbly hot with a spritz of lemon and a crack of pepper all on fresh bread.



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

110 g • Product of Canada



## ETORKI

Etorki is a semi-firm, pasteurized sheep's milk cheese from the French Basque region. It is renowned for its smooth, velvety texture and a mild, sweet, nutty flavour



**7<sup>09</sup>**  
100 G  
70.90 KG  
**SAVE \$10/KG**

Product of France

## CATHERINE'S ANTIPASTO ORIGINAL OR HOT

Local Catherine's Original Antipasto, handmade in Ontario, is the perfect addition to your cheese plate or charcuterie board, or is delicious served with crusty bread or crackers.



**9<sup>49</sup>**  
**SAVE \$1.50**

375 ml • Product of Canada



## TASTE REPUBLIC SPINACH & CHEESE RAVIOLI

Made with brown rice flour and Wisconsin cheese, this Spinach & Cheese Ravioli is crafted to deliver on both taste and texture



**7<sup>49</sup>**  
**SAVE \$2.50**

255 g • 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!

**MAKIWISE**  
SUSTAINABLE *Sushi*

FRESH SUSHI AND MAKI MADE DAILY • OCEANWISE CERTIFIED FISH  
• NATURAL AND ORGANIC INGREDIENTS • PLANT-BASED OPTIONS  
• FAMILY-OWNED SMALL BUSINESS

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## 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**

- ✓ ALL SMALL DELI SALADS 2 FOR \$11
- ✓ ALL LARGE DELI SALADS 2 FOR \$20

**\$3-4 OFF**

