

# THE SWEET POTATO

Bringing healthy food to everyone!

MAY 15 - 21, 2026

BUY CANADIAN



## GEN V ENGLISH CUCUMBERS

✓ CERTIFIED ORGANIC



**2 FOR \$5**  
OR \$2.99 EACH

Product of Quebec



## BLACKBERRIES

✓ CERTIFIED ORGANIC



**2 FOR \$5**  
OR \$2.99 EACH

Product of Mexico

## BISON DU NORD ONTARIO GRASS FED BISON RIB EYE & STRIPLOIN STEAKS

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

- ✓ SUSTAINABLY RAISED
- ✓ AGW CERTIFIED
- ✓ GRASS FED & GRASS FINISHED



**39<sup>99</sup>**  
LB  
88.16 KG

**SAVE UP TO \$8/LB**

Product of Ontario



## FENWOOD FARMS ONTARIO SKINLESS BONELESS CHICKEN BREASTS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ AIR-CHILLED
- ✓ FREE-RUN
- ✓ FAMILY FARM RAISED



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

**SAVE \$2/LB**

Product of Ontario



## HUMBLE RUMBLES POTATO CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

**MIX & MATCH**



**2 FOR \$7**

135 g

## KOOPS MUSTARD

- ✓ ORGANIC
- ✓ GLUTEN-FREE

**MIX & MATCH**



**2 FOR \$7**

**SAVE \$4.98**

325 mL



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## ABATE FETEL PEARS

✓ CERTIFIED ORGANIC



**2<sup>49</sup>**  
LB  
5.49 KG

Product of Argentina

## BEC SUCRE RED CABBAGE

✓ CERTIFIED ORGANIC



**1<sup>49</sup>**  
LB  
3.28 KG

Product of Quebec

## JUMBO NAVEL ORANGES

✓ CERTIFIED ORGANIC



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

Product of California

## GARLIC, GINGER, AND TURMERIC 85G BAGS

✓ CERTIFIED ORGANIC



**2<sup>99</sup>**

Product of Argentina / Peru

## SWEET POTATO BUTCHER ONTARIO PORK KEBABS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ NON-GMO
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ FREE-RUN
- ✓ FREE RUN, SUSTAINABLY RAISED



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

**SAVE \$2/LB**

Product of Ontario • available in  
Garlic & Herb, Cajun and Italian

## PRAIRIE RANCHER FARMS ALBERTA ABF MEDIUM GROUND BEEF

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



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

**SAVE \$2/LB**

Product of Alberta

## SAUSAGE OF THE WEEK

### HONEY AND GARLIC PORK SAUSAGE

— • —

**\$6.99/LB \$15.41/KG**



FRESH

THE SWEET POTATO 

GRASS FED

**SAVE \$5/LB!**  
ENDS JUNE 4, 2026

BEEF

BURGERS



**NOW \$9.99/LB!**

AVAILABLE IN PLAIN OR CLASSIC SALT & PEPPER

**ALL FROZEN BISON BURGERS \$19.99/4 PACK**

AVAILABLE IN PLAIN, GRASS FED PLAIN, ROASTED GARLIC, SMOKEY

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## CREATIVE SALMON BRITISH COLUMBIA CHINOOK SALMON FILLETS

- ✓ CERTIFIED ORGANIC
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED

**27<sup>99</sup>**  
LB  
61.71 KG

**SAVE \$2/LB**



Product of British Columbia



## SEACORE ICELANDIC COD FILLETS

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

**26<sup>99</sup>**  
LB  
59.50 KG

**SAVE \$2/LB**



Product of Iceland



## BLACK RIVER LEMONADE

- ✓ LOCAL
- ✓ ALL-NATURAL

**MIX & MATCH**

**2 FOR \$10**



1 L



## NEAL BROTHERS TORTILLA CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

**MIX & MATCH**

**2 FOR \$10**



300 g



## LEVEL GROUND COFFEE

- ✓ COLLECTIVE FAIR TRADE, ORGANIC VARIETIES

**16<sup>99</sup>**



300 g



## ROAR ELECTROLYTE DRINK

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

**MIX & MATCH**

**2 FOR \$6**



532 mL



## AELO MOCKTAILS

- ✓ GLUTEN-FREE
- ✓ ZERO SUGAR

**13<sup>99</sup>**



4 x 355 mL



## MAISON ORPHEE EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC
- ✓ GLUTEN-FREE

**24<sup>99</sup>**

**SAVE \$5**



750 mL



## Local SPOTLIGHT

### HOT SAUCE

Using only natural ingredients, sourced locally and in partnership with Ontario farmers, Pepper North has crafted a wide line of exciting and flavourful spicy sauces for every palate. Add a little kick to your meals today with the homegrown goodness of their incredible culinary creations.

- 4 X 355ML
- GLUTEN FREE
- VEGAN

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



**LOCALLY  
MADE  
OSHAWA  
ONTARIO**

### DREW & ANA STEVENS



Inspired by a mutual love of all things spicy, husband-and-wife team Drew & Ana Stevens founded Pepper North in Oshawa in 2013. Drew, with his passion for cooking and gardening, and Ana with her drive for sales and logistics, make the perfect hot sauce duo. Over the years they have grown as a business and a family, however their core values have remained the same: supporting local and being proudly Canadian.



**SO YAM GOOD**

### CHANA MASALA CHICKPEA CURRY

- ✓ MADE IN-HOUSE
- ✓ GLUTEN-FREE

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

**SAVE \$2**

420 g



### BOLOGNESE

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



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

**SAVE \$1**

500 mL



### TOMATO SALSA (PLANT-BASED)

- ✓ MADE IN-HOUSE
- ✓ ORGANIC INGREDIENTS
- ✓ PLANT-BASED



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

**SAVE \$1**

500 mL



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## TONY CHOCOLONLEY CHOCOLATE BARS

- ✓ FAIR TRADE CERTIFIED

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



180 g

## LACROIX SPARKLING FLAVOURED WATER

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

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



8 X 355 mL

## FREEYUMM CRACKERS OR CRACKER BITES

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

**2 FOR \$10**



120 g

**MIX & MATCH**

## KOOPS SPECIALTY MUSTARD

- ✓ NON-GMO
- ✓ GLUTEN-FREE

**2 FOR \$6**



325 mL

**MIX & MATCH**

## HIPPIE SNACKS CRUNCHERS

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

**2 FOR \$10**



110 g

**MIX & MATCH**

## CHOSEN FOODS AVOCADO OIL MAYO

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

**12<sup>99</sup>**



355 mL

## TERRA BREADS GRANOLA

- ✓ NON-GMO PROJECT VERIFIED

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



340 g

## BLUE MONKEY SPARKLING JUICE

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

**3 FOR \$6**



330 mL

**MIX & MATCH**

## NATURE CLEAN DISH SOAP

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ CRUELTY FREE

**2 FOR \$10**



740 mL

**MIX & MATCH**



## BBQ SAUCE & KETCHUP

Good Food for Good's sauces are certified organic and free of refined sugar, soy, corn syrup, gluten, dairy, or preservatives. Basically, if you wouldn't add it when cooking from scratch, you won't find it here!

- 250 ML
- ORGANIC
- VEGAN

**2 FOR \$12**  
MIX & MATCH  
**SAVE \$4.98**



### RICHA

Born and raised in India, Richa grew up eating fresh home-cooked meals every night. As an adult, she strived to cook the same kind of wholesome, hearty meals she grew up on, but the lack of options that were both convenient and nutritious made it increasingly difficult to eat healthy on busy nights. Driven by her growing desire to make a difference in the world through food, Richa launched Good Food For Good. Her fierce belief in the power of real, whole food and her love for cooking empowered her to create food products that were both nutritious and delicious.

### TONICA KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED

MIX & MATCH

**2 FOR \$6**



355 mL

### MID-DAY SQUARES

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

MIX & MATCH

**3 FOR \$7**



33 g

### RIGHTEOUS GELATO & SORBET

- ✓ GLUTEN-FREE
- ✓ VEGAN VARIETIES AVAILABLE

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



473 mL

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## EARTH'S OWN OAT BEVERAGE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN

**MIX & MATCH**



**2 FOR \$10**

1.75 L



## JONNY POPS ICE POPS

- ✓ ORGANIC



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

5 x 55 mL

## ELMHURST SOUR CREAM ALTERNATIVE

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



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

227 g

## RAW CALIFORNIA ALMONDS

- ✓ CERTIFIED ORGANIC



**3<sup>29</sup>**  
100 G  
32.90 KG

Product of California

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

## COCONUT SUGAR

- ✓ CERTIFIED ORGANIC



**1<sup>79</sup>**  
100 G  
17.90 KG

Product of Sri Lanka

## RAW SUNFLOWER SEEDS

- ✓ CERTIFIED ORGANIC



**89<sup>¢</sup>**  
100 G  
8.90 KG

Product of Bulgaria

## RED LENTILS

- ✓ CERTIFIED ORGANIC



**69<sup>¢</sup>**  
100 G  
6.90 KG

Product of TÜRKIYE

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## EBY MANOR HAVARTI

Local Eby Manor Guernsey Havarti is a premium, locally produced Canadian cheese made from 100% A2 Guernsey milk, noted for its smooth, creamy texture and buttery flavour



**12<sup>99</sup>**  
SAVE \$3.5

280 g



## KRINOS HALLOUMI

Krinos halloumi is an authentic, Cypriot-style semi-hard cheese known for its high melting point, making it perfect for grilling or pan-frying.



**8<sup>49</sup>**  
SAVE \$1.5

250 g

## MAISON RIVIERA PARMESAN FLAKES

Maison Riviera Parmesan Flakes are a premium, lactose-free Canadian cheese crafted in Quebec with a firm, crumbly texture and a fruity, slightly pungent flavour. These flakes are ideal for elevating salads, soups, and pasta dishes.



**7<sup>99</sup>**  
SAVE \$1

150 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!

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

**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

