

# THE SWEET POTATO

Bringing healthy food to everyone!

MAY 29 - JUNE 4, 2026

BUY CANADIAN



## NORFOLK ORGANICS ASPARAGUS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

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



Product of Ontario



## DUBRETON ONTARIO PORK BLADE CHOPS AND ROASTS

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

**10<sup>49</sup>**  
LB  
23.13 KG

**SAVE \$1.50/LB**



Product of Ontario

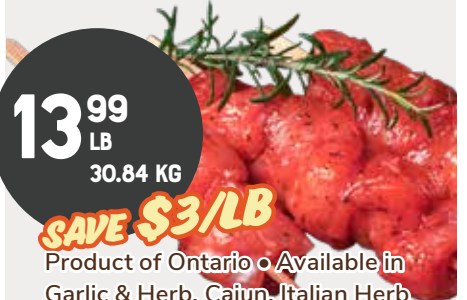


## SWEET POTATO BUTCHER ONTARIO CHICKEN KEBABS

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

**13<sup>99</sup>**  
LB  
30.84 KG

**SAVE \$3/LB**



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



## KOUZINI EXTRA VIRGIN OLIVE OIL

- ✓ ORGANIC
- ✓ GLUTEN-FREE

**19<sup>99</sup>**

**SAVE \$10**



500 mL

## SMARTBITE CRISPbread

- ✓ ORGANIC
- ✓ GLUTEN-FREE

**3 FOR \$7**

**SAVE \$4.97**



75 g

**MIX & MATCH**



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## GREEN & RED GRAPES

✓ CERTIFIED ORGANIC



**4<sup>49</sup>**  
LB  
9.90 KG

Product of Mexico

## DEL FRESCO TOMATOES ON THE VINE

✓ LOCAL  
✓ CERTIFIED ORGANIC



**3<sup>99</sup>**  
LB  
8.80 KG

Product of Ontario



## ENVY APPLES 2LB BAG

✓ CERTIFIED ORGANIC



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

908g • Product of Washington

## GREEN & BLACK KALE

✓ CERTIFIED ORGANIC



**2 FOR \$5**  
OR \$2.89 EACH

Product of California

## RUSSET POTATOES 3LB BAG

✓ CERTIFIED ORGANIC



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

1.36Kg • Product of Canada



SAUSAGE OF THE WEEK

**HOT ITALIAN PORK SAUSAGE**

**\$7.99/LB  
\$17.61/KG**



## 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!

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## PRAIRIE FAMILY FARMS ALBERTA BEEF BAVETTE STEAKS

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

**24<sup>99</sup>**  
LB  
55.09 KG

**SAVE \$3/LB**



Product of Alberta

## BISON DU NORD ONTARIO LEAN GROUND GRASS FED BISON

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

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

**SAVE \$2/LB**



Product of Ontario

## COLE MUNRO ONTARIO RAINBOW TROUT FILLETS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ SUSTAINABLY RAISED
- ✓ BAP

- ✓ OCEAN WISE RECOMMENDED
- ✓ HIGH IN OMEGA-3 FATTY ACIDS

**16<sup>99</sup>**  
LB  
37.46 KG



Product of Ontario



## SEACORE ICELANDIC HADDOCK FILLETS

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

**23<sup>99</sup>**  
LB  
52.89 KG

**SAVE \$2/LB**



Product of Iceland



## CANADIAN HERITAGE ROASTING CO. COFFEE

- ✓ ORGANIC

**15<sup>99</sup>**



340g

## HARDBITE POTATO CHIPS

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

**MIX & MATCH**

**2 FOR \$8**



150g • 150g size only

## HEARTBEAT HOT SAUCE

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ GLUTEN-FREE

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



177 mL

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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 PASTA ENTREE + GREENBELT BOXED SALAD

- ✓ HOUSE-MADE

**\$2 OFF**



## 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.*

**NEW!**

## Thursday

DESSERT BOWLS

- ✓ NEW!
- ✓ 3 DELICIOUS FLAVOURS
- ✓ HOUSE-MADE

**\$2 OFF**



## Friday

SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

**2 FOR \$20**



## Fri-Sun

QUE PASA TORTILLA CHIPS BAG + SPK DIP

- ✓ 300-350 G CHIPS
- ✓ HOUSE-MADE DIP

**\$1 OFF**



## Everyday

DELI SALADS

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

**\$3-4 OFF**



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## Local SPOTLIGHT

### CARBONATED WATER

City Seltzer is sparkling water made for showing up. Big flavours, no sugar or calories, and cans that belong at your desk, at the park, or wherever the night takes you. Easy to bring, easy to share, and easy to keep cracking open. Because good drinks help make good moments.

- 6 X 355ML
- ALL-NATURAL
- SUGAR-FREE

8<sup>99</sup>



## LOCALLY MADE OTTAWA ONTARIO



### JOSH MCJANNETT

Josh McJannett is co-founder at City Seltzer, a proudly Ottawa-made non-alcoholic sparkling water brand. Built with simple ingredients and natural flavours, City Seltzer reflects a desire to create something refreshing, meaningful, and community-minded. Every can sold also helps support clean water initiatives.



## SO YAM GOOD

### SMALL SOUP AND WRAP COMBO

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

\$14

SAVE \$4

Various

### TOFU AND CHICKPEA COCONUT CURRY

- ✓ GLUTEN-FREE
- ✓ MADE IN-HOUSE
- ✓ PLANT-BASED

10<sup>99</sup>

SAVE \$1

420 G

### SHEPHERD'S PIE

- ✓ ANTIBIOTIC & HORMONE-FREE BEEF
- ✓ MADE IN-HOUSE
- ✓ ORGANIC VEGETABLES

14<sup>99</sup>

SAVE \$1

630 G

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## ONE DEGREE PROTEIN GRANOLA

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



## POPTASTIC POPCORN

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



## KING ISLAND COCONUT WATER

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



## RAINCOAST SALMON JERKY

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ OCEAN WISE CERTIFIED



## GALERIE AU CHOCOLATE CHOCOLATE BARS

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



## GIMME SEAWEED SNACKS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



## BIOITALIA JUICE

- ✓ ORGANIC



## AREMA TOMATOES

- ✓ ORGANIC



## SOLENZI PASTA SAUCE

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



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## Plant-Based SPOTLIGHT

### VEGAN BURGERS

These are veggies, turned gourmet! VG Gourmet's incredible range of veggie burgers are exactly that, all veggies. Enjoy the freshest of fresh produce, hearty beans and legumes, and whole spices that were hand-ground on-site.

- 4 X 100G
- GLUTEN FREE

6<sup>99</sup>



MADE IN

CANADA

### CHANTAL BEKHOR



Chantal's passion for a plant-based lifestyle began when she was 12 years old. After connecting with the chickens at a nearby farm, she committed to eating plant-based no matter what it took. Years later, eating her legendary vegan burgers with her husband, Emanuel, they realized she had to sell the burgers and VG Gourmet was born.

### MIDDLETON'S HERB PANKO CHICKEN CUTLET

- ✓ LOCAL
- ✓ NON-GMO
- ✓ VEGAN



11<sup>99</sup>

### INDIAN LIFE TORTILLAS

- ✓ NON-GMO PROJECT  
VERIFIED



6<sup>99</sup>

### ORGANIC MEADOW GREEK YOGOURT

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



5<sup>99</sup>

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## L'ANCÊTRE GREEK FETA CHEESE

✓ ORGANIC



7<sup>99</sup>

150 g

## ORGANIC MEADOW 2% GRASS FED MILK

✓ LOCAL  
✓ CERTIFIED ORGANIC  
✓ GRASS-FED



2 FOR \$10

1 L

## SOYKEI TOFU

✓ ORGANIC

MIX & MATCH



2 FOR \$7

350 g - 500g

## 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



REUSE RETURN

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

LEARN MORE AT FRIENDLIER.CA

## HIMALAYAN PINK SALT

✓ ALL-NATURAL



49<sup>¢</sup>  
100 G  
4.90 KG

Product of Pakistan

## FRENCH LENTILS

✓ CERTIFIED ORGANIC



69<sup>¢</sup>  
100 G  
6.90 KG

Product of Canada

## RAW CASHEWS

✓ CERTIFIED ORGANIC



2<sup>79</sup>  
100 G  
27.90 KG

Product of India