

THE SWEET POTATO

Bringing healthy food to everyone!

JUN 19 - 25, 2026

BUY CANADIAN



ZEPHYR ORGANICS ROMAINE LETTUCE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



2 FOR \$5
OR \$2.79 EACH

Product of Ontario



PACKHAM & BOSCH PEARS

- ✓ CERTIFIED ORGANIC



2.49
LB
5.49

Product of Argentina

DEL FRESCO VINE RIPENED TOMATOES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



2.99
LB
6.59

Product of Ontario



PRAIRIE RANCHER FARMS ALBERTA 45-DAY AGED BEEF T-BONES & COTE DU BOEUF

- ✓ ALL-NATURAL



32.99
LB
72.73 KG

SAVE UP TO \$10/LB

Product of Alberta



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CAULIFLOWER

✓ CERTIFIED ORGANIC



3²⁹

Product of California

GRAPEFRUIT

✓ CERTIFIED ORGANIC



2²⁹
LB
5.05

Product of California

GREEN BEANS

✓ CERTIFIED ORGANIC



2⁷⁹

360g • Product of Mexico

SAUSAGE OF THE WEEK

LAMB MERGUEZ SAUSAGE

- ♦ -

\$19.99/LB \$44.07/KG



DUBRETON ONTARIO BONE-IN PORK RIB CHOPS

✓ LOCAL
✓ CERTIFIED ORGANIC



10⁹⁹
LB
24.23 KG

SAVE \$3/LB

Product of Ontario

PRAIRIE RANCHER FARMS ALBERTA BEEF BLADE ROASTS AND STEAKS

✓ ALL-NATURAL



15⁹⁹
LB
35.25 KG

Product of Alberta

THE PACKING HOUSE ONTARIO SKINLESS BONELESS CHICKEN BREASTS

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



10⁹⁹
LB
24.23 KG

SAVE \$3/LB

Product of Ontario

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IZUMI AQUACULTURE ONTARIO STEELHEAD TROUT FILLETS

- ✓ LOCAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ SUSTAINABLY RAISED
- ✓ NON-GMO
- ✓ BAP AND OCEAN WISE RECOMMENDED

19⁹⁹
LB
44.07 KG

SAVE \$2/LB



Product of Ontario



SEAGORE BRITISH COLUMBIA DOVER SOLE FILLETS

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

10⁹⁹
LB
24.23 KG



Product of British Columbia

FOUR TREES EXTRA VIRGIN OLIVE OIL

- ✓ LOCAL
- ✓ ORGANIC

5⁹⁹

SAVE \$3

250 mL



CARBONAUT HAMBURGER BUNS

- ✓ NON-GMO PROJECT VERIFIED
- ✓ PLANT-BASED
- ✓ KETO CERTIFIED

5⁹⁹

SAVE \$3

315 g



HARDBITE AVOCADO OIL CHIPS

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

2 FOR \$8

128g



SMARTBITE FIT FIGURE THIN CAKES

- ✓ ORGANIC
- ✓ GLUTEN-FREE

3 FOR \$10

120 g



BLACK RIVER APPLE & MANGO JUICE

- ✓ LOCAL
- ✓ ALL-NATURAL

6⁹⁹

1 L



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NEAL BROTHERS

Local SPOTLIGHT

BBQ SAUCE

Whether used as a marinade, glaze, dipping sauce, or finishing touch, Neal Brothers BBQ sauces are crafted with quality ingredients and authentic flavour profiles that help elevate everything from backyard barbecues to everyday family meals. Together, the five-sauce lineup reflects Neal Brothers' commitment to innovation, exceptional taste, and making memorable food experiences accessible to Canadians everywhere.

- 350 ML
- ALL-NATURAL

LOCALLY MADE VAUGHAN ONTARIO

2 FOR \$9 MIX & MATCH



CHRIS & PETER NEAL

Peter and Chris Neal are brothers, entrepreneurs, and co-founders of Neal Brothers Brands. Since launching the business in 1988, they have built a trusted Canadian brand known for quality, innovation, and better-for-you food products. What began with perfecting croutons in their parents' kitchen has grown into a national success story, with products enjoyed by consumers across Canada.



SO YAM GOOD

BEEF & BROCCOLI WITH BLACK BEAN SAUCE

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

12⁹⁹

SAVE \$1

400 g

STUFFED PEPPERS WITH GROUND CHICKEN

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

11⁹⁹

SAVE \$1

400 g

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NUTS TO YOU RAINFOREST NUT BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

7⁹⁹



365 g



DANDIES MARSHMALLOWS

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

5⁹⁹



283 g

ZEVIA SODA

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

7⁹⁹



6 x 355 mL

FARM GIRL CEREAL

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ VEGAN

9⁹⁹



280 g



BLUE DIAMOND ALMOND BREEZE

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

2 FOR \$6



946 mL

MINOR FIGURES OAT BARISTA

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

5⁹⁹

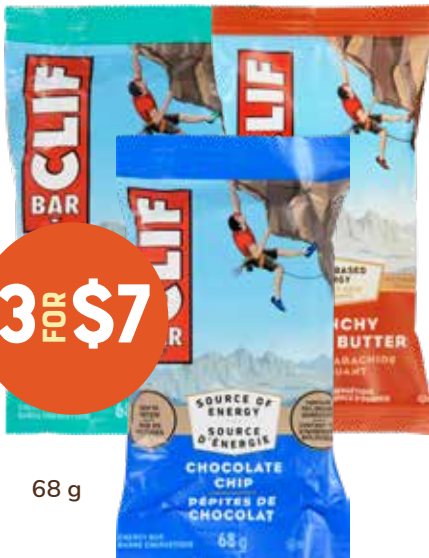


946 mL

CLIF ENERGY BARS

- ✓ MADE WITH ORGANIC
INGREDIENTS
- ✓ PLANT-BASED

3 FOR \$7



68 g

FELICETTI WHOLE WHEAT PASTA

- ✓ ORGANIC

3 FOR \$8



454 g

MUIR GLEN TOMATOES

- ✓ ORGANIC
- ✓ GLUTEN-FREE

6⁹⁹



796 mL

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Elmhurst[®]

Est. 1925

Plant-Based SPOTLIGHT

OAT CREAMERS

Elmhurst Oat Creamers bring rich, creamy flavour to every cup with no gums, oils or added junk. Made with dreamy oats and crafted to complement coffee or matcha, they offer more flavor with less sugar, with no more than 1g of sugar and 15 calories per serving. Available in craveable flavours like Unsweetened, French Vanilla, Chai, and Caramel Macchiato.

- 473 ML
- NON-GMO PROJECT VERIFIED
- GLUTEN FREE
- CARAGEENAN FREE

5⁹⁹



HENRY SCHWARTZ



Founded by lifelong dairyman Henry Schwartz, Elmhurst began as a dairy brand in 1925 before being reimagined in 2017 as a plant-based beverage company due to growing consumer trends. Partnering with food scientist Dr. Cheryl Mitchell, Elmhurst uses HydroRelease™ technology to create simple, creamy plant milks without the seed oils or fake stuff!

RISE KOMBUCHA

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE

8⁹⁹



1 L

MAISON RIVIERA CREAM CHEESE

- ✓ LACTOSE FREE

4⁴⁹



240 g

SO DELICIOUS NON DAIRY DESSERT

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN

7⁴⁹



500 mL

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ROLLING MEADOW 2% MILK

- ✓ LOCAL
- ✓ GRASS-FED

11⁹⁹



CARBONAUT TORTILLAS

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN
- ✓ KETO CERTIFIED

5⁹⁹



BUBBIES KOSHER DILL PICKLES

- ✓ NON-GMO
- ✓ GLUTEN-FREE

9⁹⁹



RAW WALNUTS

- ✓ CERTIFIED ORGANIC

2⁴⁹
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[¢]
100 G
4.90 KG



Product of Pakistan

FRENCH LENTILS

- ✓ CERTIFIED ORGANIC

69[¢]
100 G
6.90 KG



Product of Canada

RAW CASHEWS

- ✓ CERTIFIED ORGANIC

2⁷⁹
100 G
27.90 KG



Product of India

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 GOAT 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



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Monday

ROTISSERIE CHICKEN + 2 READY-TO-HEAT SIDES OR SMALL DELI SALADS

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS

19⁹⁹

ADD GRAVY \$2



Tuesday

SPK PASTA ENTREE + GREENBELT BOXED SALAD

- ✓ HOUSE-MADE

\$2 OFF



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

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

