



RED DEVON ORGANICS

ZUCCHINI

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

2²⁹

LB

5.05



Product of Ontario



GEN V

VINE RIPENED TOMATOES

- ✓ CERTIFIED ORGANIC

2⁹⁹

LB

6.59



Product of Quebec



PURE FLAVOR GREENHOUSE

MINI CUCUMBERS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

3⁴⁹



Product of Ontario



KIPFER FAMILY FARMS

ONTARIO BERKSHIRE SPARE RIBS - ST. LOUIS STYLE

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

9⁹⁹

LB

22.02 KG



Product of Ontario



THE SWEET POTATO

Bringing healthy food to everyone!

JULY 17 - 23, 2026

ZEPHYR ORGANICS ROMAINE AND RED LEAF LETTUCE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



2 FOR \$5
OR \$2.79 EACH

Product of Ontario



BOSC PEARS

- ✓ CERTIFIED ORGANIC



2⁴⁹
LB
5.49

Product of Argentina

LEMONS 2LB BAG

- ✓ CERTIFIED ORGANIC



6⁴⁹

908 g • Product of South Africa

SWEET POTATO BUTCHER ONTARIO ALL FROZEN CHICKEN BURGERS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ FREE-RUN
- ✓ WHEAT-FREE
- ✓ FAMILY FARM RAISED, MADE IN HOUSE



16⁹⁹

SAVE \$2/PACK

4 X 150 g • Product of Ontario



MCLEAN MEATS ONTARIO BLACK FOREST HAM HALVES & STEAKS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ PRESERVATIVE-FREE
- ✓ GLUTEN-FREE
- ✓ NO DAIRY, SOY OR SUGAR ADDED; ANIMAL WELFARE CERTIFIED



9⁹⁹
LB
22.02 KG

SAVE \$5/LB

Product of Ontario



SWEET POTATO BUTCHER ONTARIO SAUSAGE OF THE WEEK: MILD ITALIAN PORK

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



7⁹⁹
LB
17.61 KG

Product of Ontario



IZUMI AQUACULTURE ONTARIO STEELHEAD TROUT FILLETS

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ SUSTAINABLY RAISED
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ BAP AND OCEAN WISE RECOMMENDED



19⁹⁹
LB
44.07 KG

SAVE \$2/LB

Product of Ontario



SEACORE ICELANDIC HADDOCK FILLETS

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



16⁹⁹
LB
37.46 KG

Product of Iceland

BEAT
THE
HEAT!

THE SWEET
POTATO



ICE CREAM
SUNDAYS



*1 ICE CREAM TREAT PER PERSON.
WHILE QUANTITIES LAST.

 JULY 19  	 JULY 26  	 AUG 9  	 AUG 16  
---	---	--	--

 **MADE IN CANADA**  **PLANT-BASED**  **ORGANIC**

*SUBJECT TO AVAILABILITY.

THE SWEET POTATO

Bringing healthy food to everyone!

JULY 17 - 23, 2026

NUTS TO YOU PEANUT BUTTER

- ✓ LOCAL
- ✓ GLUTEN-FREE

MIX & MATCH

2 FOR \$12

SAVE \$3.98

750 g



FLOW SPRING WATER

- ✓ LOCAL
- ✓ ALKALINE

MIX & MATCH

3 FOR \$7

SAVE \$3.47

1 L



HUMBLE RUMBLES POTATO CHIPS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

MIX & MATCH

2 FOR \$7

SAVE \$2.98

135 g • Rumbles Variety Only



SOBER CARPENTER NON ALCOHOLIC BEER & CIDER

- ✓ ALL-NATURAL
- ✓ VEGAN

3 FOR \$9

473 mL



MAISON ORPHÉE VINAIGRETTE DRESSING

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

MIX & MATCH

2 FOR \$9

SAVE \$2.98

250 mL



QUE PASA TORTILLA CHIPS

- ✓ ORGANIC
- ✓ GLUTEN-FREE

MIX & MATCH

2 FOR \$10

300 g - 350 g



QUE PASA SALSA

- ✓ ORGANIC

2 FOR \$12

420 mL



ROAR ELECTROLYTE INFUSION BEVERAGE

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

MIX & MATCH

2 FOR \$6

532 mL





KETCHUP & BBQ SAUCE

Good Food For Good offers organic, no-added-sugar sauces that make healthy meals fast, flavourful, and family-friendly. Crafted with simple ingredients and bold global flavours, each jar brings convenience without compromise while supporting their mission to nourish people and the planet.

- 250 ML
- ORGANIC
- VEGAN

LOCALLY
MADE
PICKERING
ONTARIO

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



RICHA GUPTA



Richa founded Good Food For Good after facing the struggle of choosing convenience over healthy meals. Inspired to make nutritious cooking easier, she created organic, no-added-sugar sauces that support families and the planet. Today, her B Corp, Women-Owned brand has donated over 2M meals and diverted 2M plastic bottles.



SO YAM GOOD

SMALL SOUP AND WRAP COMBO

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

\$14

SAVE \$4

Various

BUY ANY FRESH ASIAN ENTREE AND GET FREE SIDE OF BROWN OR WHITE RICE

- ✓ PLANT-BASED OPTIONS
- ✓ ANTIBIOTIC & HORMONE-FREE MEAT
- ✓ PRESERVATIVE-FREE

SAVE \$3.99

Various • Fresh entrees only

THE SWEET POTATO

Bringing healthy food to everyone!



JULY 17 - 23, 2026

BLUE MONKEY COCONUT WATER

- ✓ ORGANIC
- ✓ GLUTEN-FREE

MIX & MATCH

2 FOR \$10

SAVE \$3.98

1 L



ACROPOLIS EXTRA VIRGIN OLIVE OIL

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

27⁹⁹

500 mL



GINGERBUG SODA

- ✓ LOCAL
- ✓ ORGANIC

MIX & MATCH

2 FOR \$5

SAVE \$2.98

355 mL



GREAVES JAM & JELLIES

- ✓ LOCAL
- ✓ ALL-NATURAL

7⁹⁹ OR 8⁹⁹

SAVE \$1

250 mL



BUFF BISON STICKS

- ✓ LOCAL
- ✓ GLUTEN-FREE

MIX & MATCH

2 FOR \$11

50 g



SIETE GRAIN FREE TORTILLA CHIPS

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

7⁹⁹

142 g



STASH TEA

- ✓ ORGANIC

5⁹⁹

SAVE \$2

16 ct



RAINCOAST GLOBAL SKIPJACK TUNA

- ✓ MSC CERTIFIED, DOLPHIN SAFE

MIX & MATCH

2 FOR \$8

142 g



MAPLE3 PURE MAPLE WATER

- ✓ ORGANIC

MIX & MATCH

2 FOR \$8

1 L





Plant-Based SPOTLIGHT

PROTEIN PASTA

Otelia is organic protein pasta made from just beans and water. Two ingredients, nothing else. Every serving has 21g of protein and 9g of fibre, with the taste and bite of pasta you actually want to eat. Certified organic, higher in protein, lower in carbs, and simple enough to read the whole label in one breath. Simple ingredients, big nutrition.

- 200 G
- ORGANIC
- GLUTEN FREE
- VEGAN

2 FOR \$7
MIX & MATCH
SAVE \$2.98



BARRON LAU



From Barron: “I started Otelia because of my family. I wanted food I felt good about putting in front of them, and most pasta didn’t pass once I read the label. So I made one I’d trust with my own: just beans and water, nothing hidden. Because eating well shouldn’t be a luxury.”

ORGANIC MEADOW ICE CREAM

- ✓ LOCAL
- ✓ ORGANIC



9⁹⁹

946 mL

BIG MOUNTAIN VEGGIE LINKS

- ✓ GLUTEN-FREE
- ✓ SOY-FREE
- ✓ PLANT-BASED



7⁹⁹

300 g - 360 g

RISE KOMBUCHA

MIX & MATCH

- ✓ ORGANIC
- ✓ UNPASTEURIZED
- ✓ GLUTEN-FREE



2 FOR \$8

414 mL

THE SWEET POTATO

Bringing healthy food to everyone!



JULY 17 - 23, 2026

JONNY POPS ICE POPS

✓ ORGANIC



7⁹⁹

5 x 55 mL

WILD TEA KOMBUCHA

✓ UNPASTEURIZED
✓ GLUTEN-FREE
✓ VEGAN



3 FOR \$7

SAVE \$4.97

MIX & MATCH

355 mL

KARTHEIN'S SAUERKRAUT

✓ ORGANIC
✓ GLUTEN-FREE
✓ RAW



11⁹⁹

750 mL

WHITE QUINOA

✓ CERTIFIED ORGANIC



1¹⁹
100 G
11.90 KG

Product of Bolivia

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

RAW HAZELNUTS (FILBERTS)

✓ CERTIFIED ORGANIC



2⁹⁹
100 G
29.90 KG

Product of Türkiye

TURKISH FIGS

✓ CERTIFIED ORGANIC



2⁴⁹
100 G
24.90 KG

Product of Türkiye

RED LENTILS

✓ CERTIFIED ORGANIC



69¢
100 G
6.90 KG

Product of Türkiye

THE SWEET POTATO

Bringing healthy food to everyone!

JULY 17 - 23, 2026

SARTORI ROSEMARY AND OLIVE OIL ASIAGO

An aromatic burst of rosemary coupled with the earthy flavor of olive oil lends a new dimension to this truly unique Asiago.



150g

SANATA LUCIA PART SKIM MOZZARELLA

Local
Santa Lucia Part Skim Mozzarella is a mild, creamy cheese. It is widely used in cooking.



2.69
100 G
26.90 KG

SAVE \$3

PORTUGUESE CHEESE CO. QUESO FRESCO

Local
This delicately milky, slightly spongy cheese can be grilled or grated and crumbled and then sprinkled liberally on traditional dishes like enchiladas, tacos and burritos, from Mexico and South America to Spain.



2.49

ALEXIS DE PONT NEUF TREASURE BLUE

This blue cheese is highly prized for its exquisitely rich, tangy, and savory flavor, alongside a soft, crumbly texture that makes it perfect for sprinkling over salads or serving on gourmet dessert platters.



3.99

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



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

