

THE SWEET POTATO

Bringing healthy food to everyone!

JULY 24 - 30, 2026

BUY CANADIAN

RED DEVON ORGANICS ZUCCHINI

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC

2²⁹
LB
5.05 KG

Product of Ontario



KIPFER FAMILY FARMS ONTARIO BERKSHIRE PORK KEBABS

8⁹⁹
LB
19.82 KG

Product of Ontario



AVAILABLE
IN GARLIC
& HERB,
ITALIAN, AND
CAJUN

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

KOOPS' MUSTARD

- ✓ ORGANIC
- ✓ GLUTEN-FREE

2 FOR \$7

SAVE \$4.98

325 mL



THREE FARMERS SALAD TOPPERS

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

2 FOR \$6

SAVE \$3.98

140 g



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VINELAND GROWERS COOP LTD. BLUEBERRIES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



5⁹⁹

1 dry pint • Product of Ontario



ZEPHYR ORGANICS FIELD CUCUMBERS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



2 FOR \$4
OR \$2.29 EACH

Product of Ontario



ZEPHYR ORGANICS RED SWISS CHARD

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



1⁹⁹

Product of Ontario



RED AND GREEN GRAPES

- ✓ CERTIFIED ORGANIC



4⁹⁹
LB
11.00 KG

Product of California

FUJI APPLES 2LB BAG

- ✓ CERTIFIED ORGANIC



6⁹⁹

908g • Product of Chile

PRAIRIE RANCHER FARMS ALBERTA ABF BEEF BLADE STEAKS

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



14⁹⁹
LB
33.05 KG

Product of Alberta



MCLEAN MEATS ONTARIO SLICED CALABRESE SALAMI

- ✓ LOCAL
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ PRESERVATIVE-FREE
- ✓ GLUTEN-FREE
- ✓ FREE TO ROAM



1⁹⁹

SAVE \$5/UNIT

70 g • Product of Ontario



PRAIRIE FAMILY FARMS ALBERTA GRASS FED BAVETTE/VACIO STEAKS

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



26⁹⁹
LB
59.50 KG

Product of Alberta



THE SWEET POTATO

BEAT THE HEAT!

ICE CREAM SUNDAYS



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

🍁 JULY 26 🍁 RIGHT EOUS	🍁 AUG 9 🌿 nana SHAKE	🌿 AUG 16 🌿 So Delicious DAIRY FREE	🍁 AUG 23 🍁 coppa
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MADE IN CANADA

PLANT-BASED

ORGANIC

*SUBJECT TO AVAILABILITY.

SEACORE
ICELANDIC ARCTIC CHAR FILLETS

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



23⁹⁹
LB
52.89 KG

SAVE \$2/LB

Product of Iceland

SAUSAGE OF THE WEEK
PORK CHORIZO SAUSAGE

\$8.99/LB \$19.82/KG



SEACORE
NOVA SCOTIA
HALIBUT FILLETS

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



46⁹⁹
LB
103.59 KG

SAVE \$3/LB

Product of Nova Scotia

COVERED BRIDGE
POP IT! POPCORN

- ✓ NON-GMO
- ✓ GLUTEN-FREE



2 FOR \$8

125 g - 142 g

MITSOH
BISON PEMMICAN STRIPS

- ✓ GLUTEN-FREE
- ✓ SOY-FREE



2 FOR \$10

23 g

LACROIX
FLAVOURED SPARKLING WATER

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



6⁹⁹

8 X 355 mL

SAPSUCKER

Local SPOTLIGHT

SPARKLING TREE WATER

- Organic Canadian maple sap
- Natural hydration
- Low sugar and clean-label ingredients
- Made from sustainably harvested Canadian maple sap
- 355 ML
 - ORGANIC
 - VEGAN

LOCALLY MADE FLESHERTON ONTARIO

3 FOR \$5 MIX & MATCH

SAVE \$2.47



NANCY CHAPMAN

Nancy Chapman created the brand after seeing an opportunity to turn Canada’s maple sap into a healthier beverage alternative. She was inspired by Canada’s maple-sap tradition and wanted to create a naturally sourced drink with less sugar than traditional soft drinks. What began as a flat maple-water product evolved into the sparkling maple-water beverage that Sapsucker is known for today.



SO YAM GOOD

BOLOGNESE

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



9⁹⁹

SAVE \$1

500 mL



FROZEN SPK STOCKS

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



9⁹⁹

SAVE \$2

950 mL • Chicken or Beef



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MANITOBA HARVEST SUPERSEED GRANOLA

✓ ORGANIC



6⁹⁹



DOI CHAANG THAI MOUNTAIN COFFEE

✓ ORGANIC
✓ FAIR TRADE CERTIFIED



11⁹⁹

SAVE \$4



OAT-LY BARISTA

✓ ORGANIC
✓ GLUTEN-FREE
✓ VEGAN



2 FOR \$10

SAVE \$3.98

ONE DEGREE SPROUTED OAT O'S CEREAL

✓ ORGANIC
✓ GLUTEN-FREE



2 FOR \$10

SAVE \$3.98



CHOSEN AVOCADO OIL MAYO

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



12⁹⁹

NORA SEAWEED SNACKS

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



2 FOR \$10

COLLECTIVE ARTS NON ALCOHOLIC BEER

✓ LOCAL
✓ ALL-NATURAL



3 FOR \$7



BIG PICTURE OLIVES

✓ ORGANIC
✓ GLUTEN-FREE



6⁹⁹

PACIFIC SOUP

✓ ORGANIC
✓ GLUTEN-FREE
✓ VEGAN



5⁹⁹

946 mL - 1L • Cashew Carrot Ginger not Included

TONICA
KOMBUCHA

Plant-Based
SPOTLIGHT

KOMBUCHA

Celebrating 20 Years of authentic fermentation & building a national brand from scratch.

Tonica is a Canadian beverage company producing living, certified organic & authentic Kombucha that is fermented in the small-batch tradition and sold in over 2500 stores across Canada.

Tonica's milestone offers a timely reminder of kombucha's roots in traditional fermentation, organic ingredients, and craft-based production.

- 355 ML
- LOCAL
- ORGANIC
- RAW
- 355 ML CANS INCLUDED

3 FOR \$9
MIX & MATCH
SAVE \$2.97



ZOEY SHAMAI



Zoey Shamai is the founder of Tonica Kombucha, Canada's first kombucha brand, founded in 2006. Zoey first discovered the fermented tea beverage while studying yoga in New Mexico and brought it back to Toronto to share with family, friends and yoga students. Demand spread throughout her community and Tonica was born with a deep respect for traditional fermentation and organic ingredients,

ORGANIC MEADOW
ICE CREAM

- ✓ LOCAL
- ✓ ORGANIC



946 mL

MAISON RIVIERA
COCONUT KEFIR

- ✓ NON-GMO PROJECT VERIFIED
- ✓ VEGAN



946 mL

RIGHTEOUS
GELATO & SORBETTO

- ✓ GLUTEN-FREE
- ✓ VEGAN VARIETIES AVAILABLE



473 mL

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JULY 24 - 30, 2026

GOLDEGG FREE RUN EGG WHITES

✓ LOCAL



7⁹⁹

500 g



WHOLLY WHOLESOME PIZZA DOUGH

✓ NON-GMO PROJECT
VERIFIED
✓ GLUTEN-FREE



8⁹⁹

396 g



TWO BEARS FROTHED OAT MILK LATTE

✓ LOCAL
✓ MADE W/GLUTEN
FREE OATS, VEGAN



2 FOR \$6

207 mL

SHREDDED COCONUT

✓ CERTIFIED ORGANIC



1⁵⁹
100 G
15.90 KG

Product of Sri Lanka



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

POPCORN

✓ CERTIFIED ORGANIC



29¢
100 G
2.90 KG

Product of Canada



DRIED MANGO

✓ CERTIFIED ORGANIC



3⁹⁹
100 G
39.90 KG

Product of Mexico

RAW SUNFLOWER SEEDS

✓ CERTIFIED ORGANIC



89¢
100 G
8.90 KG

Product of Bulgaria

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.

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JENSEN MARBLE

Local
Bring premium, old-fashioned quality to your table with Jensen Marble Cheddar. Artfully marbled for a beautiful look and a rich, buttery taste. It is the ultimate choice for gooey grilled cheese sandwiches, school lunchboxes, or crowd-pleasing party platters

3⁶⁹
100 G
36.90 KG

SAVE \$4



SANTA LUCIA SMOKED MOZARELLA BALL

Local
Add a delicious, smoky twist to your favorite dishes with Santa Lucia Smoked Mozzarella. Slices beautifully for unique Caprese salads and melts flawlessly over pizzas and hot pasta bakes.



7⁹⁹

SAVE \$1

KRINOS ORGANIC GREEK FETA

Organic
Made with 100% organic sheep and goat's milk sourced from traditional Mediterranean farms. Tangy, crumbly, the ultimate gourmet addition to your fresh summer salads, flatbreads, and baked dishes.



6⁹⁹

SAVE \$1

BLACK RIVER WHITE CHEESE CURDS

Local
These are traditional, twisted white cheddar cheese curds. Known for their squeaky texture and mild flavour. Great for snacking!

7⁴⁹

SAVE \$1.50



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

