

RED DEVON ORGANICS
GREEN & RED CABBAGE

- ✓ LOCAL

✓ CERTIFIED ORGANIC

✓ FIRST OF THE SEASON

1²⁹
LB
2.84 KG

Product of Ontario



PRAIRIE FAMILY FARMS
ALBERTA GRASS FED BEEF
RIB EYE STEAKS

- ✓ ALL-NATURAL

✓ 100% GRASS
FED AND GRASS
FINISHED

✓ SUSTAINABLY
RAISED
- ✓ ANTIBIOTIC &
HORMONE-FREE

✓ FAMILY FARM
RAISED

38⁹⁹
LB
85.96 KG

SAVE \$3/LB

Product of Alberta



KIPFER FAMILY FARMS
ONTARIO BERKSHIRE
SKIN-ON PORK
BELLY ROASTS

- ✓ LOCAL

✓ ALL-NATURAL

✓ FAMILY FARM RAISED

✓ NON-GMO

✓ ANTIBIOTIC &
HORMONE-FREE

✓ FREE RUN

7⁴⁹
LB
16.51 KG

SAVE \$1.50/LB

Product of Ontario



GOMACRO
ENERGY BARS

- ✓ ORGANIC

✓ VEGAN
- ✓ GLUTEN-FREE

3 FOR \$10

SAVE \$4.97

65 g - 69 g



WHOLLY VEGGIE!
VEGGIE BURGERS

- ✓ LOCAL

✓ GLUTEN-FREE
- ✓ VEGAN

2 FOR \$12

SAVE \$5.98

284 g



THE SWEET POTATO

Bringing healthy food to everyone!

AUG 7 - 13, 2026

VINELAND GROWERS COOP LTD. BLUEBERRIES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ HIGH IN ANTIOXIDANTS



5⁹⁹

1 dry pint • Product of Ontario



NATURE'S FIRST FRUIT SUNRISE APPLES 3LB BAGS

- ✓ CERTIFIED ORGANIC
- ✓ FIRST OF THE SEASON



6⁹⁹

1.36Kg • Product of British Columbia



GREEN BEANS 360G PACK

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



4⁹⁹

360 G • Product of Ontario



DEL FRESCO ORANGE, RED & YELLOW BELL PEPPERS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



3²⁹
LB
7.25 KG

Product of Ontario



GREEN & RED GRAPES

- ✓ CERTIFIED ORGANIC



3⁹⁹
LB
8.80 KG

Product of California

THE PACKING HOUSE ONTARIO WHOLE CHICKENS

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



13⁹⁹

SAVE \$3 EACH

Product of Ontario



SAUSAGE OF THE WEEK

BERKSHIRE HONEY GARLIC PORK SAUSAGE

- - -

\$8.99/LB \$19.82/KG



SEACORE
CHILEAN COHO SALMON FILLETS

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



15⁹⁹
LB
35.25 KG

SAVE \$2/LB

Product of Chile

SEACORE
BRITISH COLUMBIA
DOVER SOLE FILLETS

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

10⁹⁹
LB
24.23 KG

Product of British Columbia

FLOW
SPARKLING WATER

- ✓ LOCAL
- ✓ ALL-NATURAL

9⁹⁹

6 X 355 mL

PEACASA
CHICKPEA CHIPS

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

MIX & MATCH

2 FOR \$10

128 g

COVE
PREBIOTIC SODA

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ SUGAR-FREE

MIX & MATCH

2 FOR \$5

355 mL

AËLO
MOCKTAILS

- ✓ SUGAR-FREE
- ✓ GLUTEN-FREE
- ✓ VEGAN

13⁹⁹

SAVE \$3

4 X 355 mL

GALERIE AU CHOCOLAT
CHOCOLATE BARS

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

6⁹⁹

100 g

KING ISLAND
COCONUT WATER

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

2 FOR \$10

1 L



PLUS OR ELECTROLYTE POWDERS

WakeWater is a Canadian-made electrolyte drink mix with up to 4x more electrolytes than leading brands. Each single-serve stick delivers 5 key electrolytes to replenish sweat loss, support muscle function, and fight fatigue—with 0 g sugar and no artificial sweeteners. Perfect for workouts, travel, recovery, or busy days.

- 8 x 5 G
- SUGAR-FREE

LOCALLY
MADE
TORONTO
ONTARIO

17⁹⁹



SCOTT CURRIE

With extensive CPG experience, Scott set out to build a brand rooted in better-for-you, high-efficacy products. His passion for marathon running sparked the idea for WakeWater Electrolytes — proof that the best-tasting and most effective product could exist in the same stick!



SO YAM
GOOD

YOUR CORNIEST SEASONAL FAVOURITES
ARE BACK!

SMOKEY SWEET
CORN AND BLACK
BEAN SALAD

- ✓ PLANT-BASED
- ✓ ORGANIC INGREDIENTS
- ✓ SEASONAL ITEM



7⁹⁹

350 G

STREET CORN

- ✓ MADE IN-HOUSE
- ✓ VEGETARIAN
- ✓ SEASONAL ITEM



7⁹⁹

715 G

ONTARIO ROASTED
SWEET CORN CHOWDER

- ✓ VEGETARIAN
- ✓ MADE IN-HOUSE
- ✓ SEASONAL ITEM



12⁹⁹

950 ML

ICE CREAM SUNDAYS

IN-STORE
2PM-4PM

AUG 9



AUG 16



AUG 23



AUG 30



MADE IN CANADA

PLANT-BASED

ORGANIC

*1 ICE CREAM TREAT PER PERSON WHILE QUANTITIES LAST. SUBJECT TO AVAILABILITY.

PEPPER NORTH
HOT SAUCE

- ✓ LOCAL

✓ GLUTEN-FREE

✓ VEGAN



8⁹⁹

142 mL



KETTLE BRAND
CHIPS

- ✓ NON-GMO
PROJECT VERIFIED

✓ GLUTEN-FREE



2 FOR \$8

198 g

MIX & MATCH

LACROIX
FLAVOURED SPARKLING WATER

- ✓ NON-GMO PROJECT
VERIFIED

✓ SUGAR-FREE

✓ GLUTEN-FREE



6⁹⁹

8 X 355 mL

LET'S DO
SUGAR CONES

- ✓ NON-GMO PROJECT
VERIFIED

✓ GLUTEN-FREE

✓ VEGAN



7⁹⁹

132 g

RICEWORKS
RICE CHIPS

- ✓ NON-GMO

✓ GLUTEN-FREE



2 FOR \$10

SAVE \$3.98

155 g



ECO-MAX
DISH LIQUID

- ✓ LOCAL

✓ BIODEGRADABLE

✓ NO ANIMAL TESTING



2 FOR \$10

740 mL



THE SWEET POTATO

Bringing healthy food to everyone!

AUG 7 - 13, 2026

FRANKIE'S
ORGANIC

Plant-Based SPOTLIGHT

CRUNCHIES

Frankie's Organic created their line of Baked Crunchies as a better-for-you take on a nostalgic favourite. Baked, never fried, and made with 100% organic avocado oil and organic cheese seasonings, they're irresistibly crunchy, delicious and a snack you can feel good about!

- 142 G
- ORGANIC
- GLUTEN-FREE

2 FOR \$8
MIX & MATCH



MADE IN
CANADA

ANGELA CRISTIANO & MATTHEW BORDONARO

Co-founders Angela Cristiano and Matthew Bordonaro named Frankie's Organic in honour of Angela's grandfather, Francesco, who immigrated to Canada and built a small family farm. Inspired by his lessons on food, farming and family, Frankie's Organic is proudly Canadian-owned and family-run, creating better-for-you baked snacks the whole family loves.

NANASHAKE NANAPOPS!

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



SILVER HILLS BUNS

- ✓ ORGANIC
- ✓ NUT-FREE
- ✓ VEGAN

MIX & MATCH



GUTSY KOMBUCHA

- ✓ ORGANIC



MIX & MATCH

THE SWEET POTATO

Bringing healthy food to everyone!

AUG 7 - 13, 2026

SO DELICIOUS NON DAIRY DESSERT

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN



500 mL

7⁹⁹

BUBBIE'S KOSHER DILL PICKLES

- ✓ NON-GMO
- ✓ GLUTEN-FREE



1 L

9⁹⁹

INDIAN LIFE TORTILLAS

- ✓ NON-GMO
- ✓ VEGAN



500 g

6⁹⁹

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

BUCKWHEAT GROATS

- ✓ CERTIFIED ORGANIC



69¢
100 G
6.90 KG

Product of Canada

BROWN FLAX SEED

- ✓ CERTIFIED ORGANIC



69¢
100 G
6.90 KG

Product of Canada

BLACK EYED PEAS

- ✓ CERTIFIED ORGANIC



69¢
100 G
6.90 KG

Product of Canada

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 af 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



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

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

